The Fellrunner

AUTUMN/WINTER 2007

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AUTUMN WINTER 2007

The Fellrunner

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

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Well, if reading this issue of the *Fellrunner* takes anywhere near as long as it has taken to put it together you should all be occupied for many a dark winter's night by the fire-side!

Yet, despite the huge amount of content crammed into this issue, I'm still sat here with some fantastic articles and photographs for which I have run out of room. There were some difficult decisions to be made as to what goes in and what stays out – in the end it was just a matter of time (and pages) running out, so please do not be offended if your article hasn't made it in this time around and please keep submitting more!

Every photo and every article is much appreciated, but it's a mammoth task to keep it all organised – again, please don't be offended if I don't get round to replying to every phone call, letter or email – it's not that I take it for granted, or that I don't mean to get back to you 'later' – it's just time running out ...

It's a huge learning curve and the support I have received, both practical and just given in form of a pat on the back, has been quite overwhelming. Huge THANK YOUs in particular go to Allan Greenwood & Ben Abdelnoor. Pete Hartley yet again deserves a mention too, on my list of helpers, without who I may have struggled!

The support fellrunners provide for each other is legendary already and much talked in the following pages. It's the 75th anniversary of Bob Graham's round this year and the one thing that stands out the most to me, from all the reports about the experiences during 'those' 23 and a bit hours, is the huge gratitude towards those who help along the way, be it through endless recces, pacing, road support or just some encouragement and how that welds people together.

Having done my own bit of 'research' on the subject this year I can certainly confirm that realising to what length your friends (or in some cases strangers!) will go to help you get through the challenge is quite humbling.

Having got all that off my chest, I hope you enjoy the magazine and, most importantly, your running!

Britta Sendlhofer

Chairman's Chat

Time certainly seems to pass quickly and it is hard to believe that I have now been chairman for almost a year. I would like to thank the committee for the time that they have devoted throughout the year and the work that they have done. The new members have settled in quickly to the workings of the committee and have all made useful contributions. I must congratulate Britta on the last magazine, which apart from being probably the largest one we have had is my view the best produced and most colourful.

My congratulations also go to all the various medal winners this year and I look forward to seeing you all at the annual dinner on the 10th November. It would be nice to see a few more people attend the AGM and perhaps some of you who are coming to the dinner might also consider coming up early for the AGM, or am I being optimistic?

The year has also been another successful and enjoyable year for the junior section and our thanks for this must go to Bashir and his team. I will see you all at the junior do on Sunday 14th October.

It was disappointing to see this year's Borrowdale fell race having the course altered to avoid Scafell Pike on the advice of Bowland MRT. Whilst some were critical of Scoffer for following their advice I do not see that he had any other option. I see this as a natural progression of the general trend of life in general becoming risk averse and it is in my opinion to the detriment of the spirit of fell running, lets hope that it is an isolated incident.

It is a feather in the cap for the organisers of the Three Peaks Race that their event has been chosen for the World long distance mountain running challenge next year. They will obviously need extra assistance in putting on this event and we should all see what help if any we can offer them.

Work is also ongoing, albeit at a very early stage, in organising the trial that will hopefully lead to a fell race being included in the Commonwealth Games.

Tony Varley

Fellrunner

AUTUMN/WINTER 2007

The Fellrunner is published three times a year. Please send in any articles, letters or photographs which may be of interest. Ideas and comment on what content you would like to see in *your* magazine are always welcome.

The deadline for submission of content for the next issue is January 7, for editorial content and January 21, 2008 for news, results and other 'last minute' things. Please try and let me know what you intend to send and try to submit articles as early as possible.

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COVER PHOTO Ian Holmes on leg 4 of the Ian Hodgson relays. Photo courtesy of John Parminter.

Secretary's Corner

by Alan Brentnall

There have been two Committee meetings since the last issue of The Fellrunner, and here are some brief notes of those meetings. If anybody requires any further information, they can be obtained this by contacting me directly.

COMMITTEE MEETING –

Horwich, Saturday 30 June, 2007.

There was a discussion of the outcome of the recent ballot, and it was agreed that any motion proposed for the 2007 AGM to disaffiliate from UKA would not be accepted in the light of the large ballot response which it would be inappropriate to overturn by the relatively few members who would attend an AGM. There had been some criticism of the wording of the Summary Note/ Ballot Paper and the Committee agreed that it would be mindful of this for any future ballot.

An appeal is to be made to club championship organisers asking them to refrain from selecting certain national championship races in order to maintain reasonable field sizes.

It was confirmed that the 2008 British Relay Championship would be based in the Clwydian Hills, and organised by Martin Cortvriend.

The committee was pleased to note that, at the Marco Germanetto Races in Susa, the boys' team had come second and the girls' team third. Jonathan Brownlee had come third in the boys' race.

It was reported that three of the six Junior Championship races had been held, and that the Uphill Championship would be held on the following day in Ilkley. Bashir Hussain is to organise an elite Training Session on 21/22nd August.

Chris Knox, the FRA Environment Officer, stated that some progress had been made with United Utilities over Open Access under the CRoW Act and its wish to charge an overall admin fee of £30 for races. Chris is also researching First Aid for Fell Running courses - watch this space.

In response to various rumours, it was confirmed that any individual who is not a member of a UK Athletics affiliated club may compete in the English or British individual Championships providing he or she is a member of the FRA. For a Club to compete it must be affiliated.

The committee was pleased to note that the 2009 Commonwealth Games may include two "mountain running" events with two ultra-distance events as part of a "Festival of Running". The committee approves this venture and hopes that the association of fell events with the Commonwealth Games might lead to further Government recognition or funding for fell running in future.

Section 9 of the FRA Safety Requirements is to be supplemented to allow race organisers to specify reasonable additional safety equipment where this is seen as a requirement, as happens on some of our more arduous races, such as Jura and the Lake District Mountain Trial, where waterproof clothing as distinct from wind proof is currently specified.

COMMITTEE MEETING –

Glossop, Sunday 2 September, 2007.

The Committee agreed to continue supporting the FRA Safety and Navigation Courses on a non-profit basis, but decided that the cost differential between FRA and Non-FRA members should be increased by £10 to £85 from 2008. (This makes joining the FRA even more of a bargain!).

In addition to the club championship appeal letter (see previous meeting notes) it was agreed that championship race organisers should also be encouraged to take actions which would also alleviate problems (e.g. later entry opening dates, limiting use of online entry, allowing substitutions).

It is recognised that the U23 Championship provides a useful stepping stone between junior and senior championships, but, as the competitors were more akin to senior runners than juniors, it was agreed that senior age criteria should apply and that race eligibility from 2008 would be over 18 but under 23 years on the day of any of the four counting races.

The committee would like to thank Bashir Hussain and Jackie Newton for the excellent work they both put into the elite Training Session on 21/22nd August.

The committee noted with relief that the foot and mouth outbreak (which had occurred since the previous meeting) had been contained, and that restrictions were shortly to be lifted.

It was reported that Margaret Chippendale and Brett Weeden had done considerable work on the FRA Calendar database, for which Committee members expressed their grateful thanks. The outcome of this work will appear on the FRA Website for 2008 races and then in the 2009 printed Calendar.

UKA News

With the implementation of the CROW Act a number of quango have appeared on the scene and flexed their muscles once they realised the British Relay was to take place this year in Bowland. This involved long and at times painstaking negotiations to ensure the event took place. Finally at the beginning of September we obtained the necessary permissions and I look forward to seeing many of you there. I am sure you will all join me in thanking the organisers in anticipation of a great event.

The group are currently reviewing the format of the British Championships as we would prefer more competitors from the Celtic countries to be taking part but any changes will not be implemented until the 2009 season. If anyone wishes to contact me with their thoughts on improving what we do then please do not hesitate. In the meantime we are to introduce awards for O50 women in 2008 for the first time.

Congratulations to all the winners of awards and I look forward to seeing you all at the FRA dinner.

Alan Barlow
Chairman
Competition Management Group

RESULTS AND RACE REPORTS

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Birth Announcement

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Officers and Committee Members 2007

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ANNUAL GENERAL MEETING

TO BE HELD AT THE CASTLE GREEN HOTEL, KENDAL, ON SATURDAY 10 NOVEMBER 2007 AT 4:00PM.

AGENDA

1. **Apologies for absence.**
2. **Adoption of Minutes of 2006 AGM.**
3. **Chairman's Report.**
4. **Secretary's Report.**
5. **Treasurer's Report and Adoption of Accounts.**
6. **Motions.**

a. Proposed change to FRA CONSTITUTION RULE 4F

Under the overriding clause "The executive committee shall have the power to:", the FRA Constitution (Rule 4f) currently states:-
f) appoint additional specialist officers from outside the executive committee and to co-opt up to four extra members. These specialist officers and members, **not having been elected at the Annual General Meeting, shall not have a vote**.

This motion proposes that this rule be amended to state:-

f) appoint additional specialist officers from outside the executive committee and to co-opt up to four extra members. These specialist officers and members **will be able to take part in any duties deemed appropriate by the executive committee, and will be able to discuss and vote on executive committee decisions.**

(Proposed by Alan Brentnall, seconded by Sue Becconsall. Approved by the Executive Committee.)

b. Proposal regardingballot paper formats

Where FRA ballot papers are to be using in voting, the ballot papers shall show only the wording of the motion, the two boxes marked 'FOR' and 'AGAINST' and unique voter identification.

(Proposed by Bill Buckley, seconded by Neil Shuttleworth. Not 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 2 November 2007 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 World Mountain Running Association.**
   - **b. Appointment of the Auditor.**

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

Change of address or missing magazines

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JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES

In my last review, back in the summer of 2006, I noted the passing of the resolution at the FRA AGM in October 2005 confirming that financial support can be given to FRA members who are selected to represent England in international events. This was on the back of a high number of applications to the Foundation between June and September 2005, many in connection with international/World trophy events.

I expressed the hope that the change might allow more of the Foundation's funds to be available for athletes not necessarily in the elite category.

In fact, since the last update, the number of grant applications received by the Foundation has fallen significantly. 6 athletes have had applications supported in the last 12 months or so. Clearly, we need to be more visible and will be working on further methods of ensuring we stay in the collective conciousness of young athletes. The athletes who have received support are Ruth, Amy and Declan McGivern of Holmfirth Harriers, Adam and Hanah Bateson of Lancaster & Morecambe AC and Adam Grice of Leeds City AC.

Adam won the English World Trophy trial race this year as a relative newcomer to the sport and wanted financial help to travel out to, and have accommodation in, Switzerland to train for a week before the event to help with acclimatisation and to familiarise himself the course. The JTF was only too happy to help. By the time you read this, we should have reports of how he got on.

The Foundation has a healthy sum of cash in the bank and a wish to continue to help young athletes who have a need that requires assistance. To those of you who are helping young athletes (under 25 is the JTF criteria for "young") in whatever capacity, and are involved with an athlete who wants to make the best of an opportunity in their career which will further their development, please encourage them or their parent(s) to get in touch with us to see if we can help.

On the people side of things, our thanks to Roger Bradley of Holmfirth Harriers for his contribution to the affairs of JTF during his period as a trustee. Congratulations also to Kirstin and Simon Bailey on the birth of baby Oliver a short time ago. Should be one to watch for the future!

We continue to receive donations from various quarters; race organisers, clubs, individuals and some kind souls who wish to remain anonymous. To all who have contributed, thank you. The support the JTF delivers makes a difference to those who receive it. The "Reports" section of our website is always a treat to review and to those who give money to JTF, you can be sre that the assistance given is gratefully received and put to good use.
To contact JTF, please either email us at **enquiries@johntaylorfoundation.org.uk** or write to Kirstin Bailey, 1 Smithy Fold, Rushton Spencer, Macclesfield SK11 0SD.

Morgan Williams
Trustee

JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES

BY **BILL WADE**

Chris Fitt

1941 - 2007

For a few years during the 1960s Chris Fitt was one of the most outstanding runners on the fell running scene. Although a southerner, Chris's job as a civil engineer brought him to the Lake District to work on the construction of the M6 over Shap. He joined Kendal AC.

In his earlier years Chris was a talented cross-country and road runner, competing for Mitcham AC and Cambridge University. In 1962 he was a member of the University's record breaking John o' Groats to Lands End relay team. Chris was also a keen climber and mountaineer so he had plenty of experience of navigating in the hills. He was particularly strong in the longer events where he came up against two of the best fell runners of that era, Mike Davies and Joss Naylor. In 1966 he was 2nd to Joss Naylor in the Mountain Trial and in the following year 2nd again to Mike Davies. However in 1968 he not only won the event but beat Mike and Joss by more than 20 minutes. Other victories included the Lakeland 3000s in 1966 and 1967, Skiddaw in 1967 and 1968 and Fairfield in 1967. He was twice 2nd in the 3 Peaks Race and in 1967 was only 32 seconds away from preventing Mike Davies from winning the third of his 4 victories in the event. Sadly Chris's running career came to a premature end before the age of 30 as a result of injury. Much more recently he was involved, through his civil engineering company, in the construction of the Commonwealth Games stadium in Manchester.

Chris died on September 19th 2007. He is survived by his wife, Margaret (whom he met in the Lake District and married in Troutbeck) and his son, Robert.

Bill Wade

(With acknowledgement to *Stud marks on the summits* and *Fifty Years of Running – A History of the Mountain Trial* for some of the information quoted here).

BY **WENDY DODDS**

Janet Sutcliffe

31/3/40 – 6/7/07

Younger readers will not have known Janet, but she was at the forefront of women's fell running when the men reluctantly allowed the fairer sex to join them in competition on the hills in the late 1970s. She is one of the select women profiled in Bill Smith's 'Stud marks on the summits' and has more than 20 references to her achievements noted in the index.

She came from a background of hill walking and 'notched up' many long distance, 'firsts', ranging from the Peakland bogtrots, Lyke Wake Walk and the Long Mynd Hike. At that time she was in the Manchester Associates Rambling Club, later joining the Rucksack Club, being vice president in 2004, Cumberland Fell Runners and West Cumberland Orienteering Club.

My first knowledge of Janet was when I entered the Fellsman in the 1970s when I found this quiet, unassuming person had been the first woman to finish (for the 4th time) many hours ahead of me.

1978 was the second year that women were allowed at Fairfield and Janet was there, in 3rd position behind Jean Lochhead and Ros Coates, her time of 1.40 still respectable today. That same year the inaugural Duddon FR was held, with women doing the short course and Janet was 3rd behind Sue Parkin and Anne Bland. The following day she won the Duddon orienteering event, which in the early days was a feature of the weekend. Also that year she was 2nd in the short Welsh 1000m peaks behind Joan Glass. In the same year she was 2nd woman at Blisco, behind Pauline Haworth and 2nd at Crag Fell behind Jean Lochhead

1979 was my first memory of meeting Janet when we both decided to run the 'men's race' at the Manx Mountain Marathon, with the 'normal' women starting their race at the half way point at St Johns. Later that year Janet was 3rd woman at Duddon and in the Duddon O event the next day and 4th woman at Langdale. That same year was Janet's first of many Lake District Mountain trials. She was the 4th woman to receive the coveted award for completing 15 trials (1979-2000) and only 6 have done so to date, with only 4 having done more than Janet's 17.

In 1980 women were 'permitted' to enter Ennerdale for the first time and Janet was there,

\Janet Sutcliffe (CFR) bronze medallists at World Masters in Keswick 2005

coming 3rd in 5.16 behind Pauline Haworth and Joan Glass. She did one better in the first Wasdale allowing women to do the full course that same year, being 2nd to Pauline in 6.03. The Sedbergh Hills race organiser also allowed women to do the full course for the first time and again Janet was there with another 3rd behind Ros Coates and Anne Bland, beating Jean Lochhead on that occasion. In the same year she was 2nd at Duddon and Kinniside (which allowed women for the first time that year).

She regularly took part in KIMMs and Capricorns.

Despite being ill she successfully competed at the World Masters in Keswick.

Competition apart, Janet enjoyed being in the mountains walking and supporting-Bob Grahams/Joss Naylor Challenges/Wainwrights/ Joss's Hadrian's Wall record- to name but a few. She would often be out on the course during some of the long Lakeland classics. I remember one of my early days at the Ennerdale fell race when it was wet and misty and I was on my own navigating around Haystacks, where there is the potential for route choice, when Janet popped up from behind a rock with the offer of a cup of tea. Such actions epitomised Janet – being prepared to offer help for any activities in the hills. On another occasion she gave me a lift to the start of the KIMM when she was marshalling. Many people from Janet's era will be able to recall acts of kindness by Janet in support of their mountain adventures. She did however rarely ask for support for her own achievements, recording 27 hours for a solo ('not wanting to trouble anyone'), unsupported BG.

She 'compleated' the Munros, Munro Tops, Corbetts and was well on the way to finishing the Grahams.

When not on the hills or at work as a nurse, she was a private person, keeping her illness to herself for a long time. She asked for only the undertaker to be present at her cremation.

Her many friends could not allow her to leave this world without a celebratory event to mark her life. This was celebrated in the form of 'Janet's day' on September 1st when members of CFR, WCOC, Rucksack club, Manchester Associates Rambling Club, Keswick AC and other friends met at Loweswater village hall. There were 2 walks, low and high, a run over the 2 tops of Mellbreak, followed by a scattering of Janet's ashes at the foot of Mellbreak by Joss Naylor. Joss gave a moving account of her life, with others giving their memories of Janet. This was followed by tea and cakes and a sale of Janet's outdoor gear, books and maps. There were almost 150 friends present and more than £1300 was raised for the Palliative care unit at West Cumberland Hospital where Janet had received help and support in her final months.

Although it will be sad without Janet on the Lakeland hills there will be many who can smile at happy memories of their outings with Janet.

Wendy Dodds

(I am grateful to all those who kindly provided information for this obituary and acknowledge use of 'Studmarks on the summits' by Bill Smith)

BY **CHRIS KNOX**

Access and Environment

Autumn/Winter 2007

Hopefully by now the tragic emergence of Foot and Mouth in Surrey has been sorted, its unbelievable how an apparent lack of basic maintenance can create so much financial havoc to rural industry in general and agriculture in particular. The effects on our sport, although of little importance to most people, could have been much worse and we are so grateful to those farmers and landowners who were able to let us continue. Not forgetting the long suffering organisers who obviously had a lot more liaison work to do.

Thank you.

Well I know many of us are still waiting for Summer to happen and yet here we are in October! How did that happen? What about all this strategic planning to manage the most broadly predicted heat-wave and almost inevitable drought we were going to suffer as a result of possibly the hottest Summer on record? You'd think nature would have the decency to follow 'proven' trends, instead of going for the traditional cool temperate climate, typical of the British Isles. Ah well at least we can look forward to another set of experts telling us where last years experts went wrong. Wonder if we'll have any snow this Winter, Cumbria had the first frosts in September and I gather Cairngorm has snow now, any experts willing to predict? If so bung it on our forum to cheer up the gloomy weather we normally get in November.

Caterpillars

Now then I know quite a few of you have paced, planned, reccied or even attempted the Bob Graham Round and most will have been to the biennial dinner by the time you read this. I've been involved in a few attempts this year and was staggered by the number of caterpillars emerging on the flanks of Clough Head. Turns out that this was the young Antler Moth (*Cerapterys graminis)* on its roughly ten year cycle of population explosion. The ground at times looked like it was alive with maggots (your face does get close to the ground on this climb) and they ate just about every blade of grass, leaving the moss and sedges to keep the hillside green. Towards the end of June there were piles of dead and dying caterpillars, who'd emerged too late to complete their cycle, the early ones had consumed all their food source.

Access

Over the last few months there has been quite a bit in the press about disabled access onto parts of the Lake District fells. Two purpose made tracks have been created, one in Langdale and the other on Latrigg near Keswick. Great news for those who are wheelchair or buggy bound, but the Langdale one seems to be the most controversial as it sticks out as a new scar on the landscape. Right or wrong it must be a bitter pill to swallow for those that are refused permission for things like plastic windows or conversions 'out of keeping' with the local character of the area. Lets hope these routes get well used and enjoyed, otherwise they may just end up being blots on the landscape.

All being well and despite a huge number of bureaucratic hurdles and interference, we should have had the British relays in Bowland by now. Many thanks to the patience, tolerance and persistence of the Bowland club, in particular Steve and Wynn Cliffe, who put the event on.

This is my brief take on how things progressed.

Despite routes, timing, numbers and access being agreed with the landowners and following our own environmental guidelines, Natural England (NE) made contact and, as it

Speaking of forums, many moons ago I mentioned that the CRoW Act would bring us LAFs who would contribute to NAF policies etc. being formed and it would be good to get at least one or two members on to some of the forums to represent our interests. Don't understand? Oh come on LAF – Local Access Forum, NAF – National Access Forum, no really!

Anyway here's one of our members who continues to be involved in Peak District matters that has been appointed, I'll let Bob take up the thread.

Bob Berzins
Peak District Local Access Forum

I've been appointed to this forum for the next three years and I'm there to represent fellrunner's interests. So, any problems with access in the Peak District National Park, email or phone me and I'll see what I can do to help. I'll be attending quarterly meetings and the minutes are on the Peak Park's website.

Access Points

I'm often asked about access points in the Peak District. Since the CroW Act was implemented, large areas of previously closed moorland now has open access, but in some places there doesn't seem to be many (or any!) access points – stiles or gates.

The Peak District Local Access Forum negotiated with landowners and conservation bodies about the situation and number of new stiles and gates. No one could accurately predict levels of usage on newly opened land.

In general terms the policy has been to provide a minimum number of access points and then monitor how the land has been used.

As a runner you have the right to access the recently opened land whether there is a stile or not. Obviously, climbing over walls or fences can lead to wear or tear and any damage should be reported.

If you have a frequently used route which could do with some stiles, let me know and I will pass on the request.

My own experience tells me that recently opened moorland has not seen a large number of people, but some landowners are still very worried and are reluctant to agree to any new stiles. Unfortunately what this can mean, because of a lack of resources at the Peak Park Authority, is that sometimes new access points are not put in place.

Don't let this stop you from going on land which has been mapped as open access.

Wire Snares

I'm trying to collect some information about the frequency and use of wire snares on access land. Runners in my club have been injured by snares and I would particularly like to hear from anyone with a similar experience.

Contact: Bob Berzins by phone 0114 2668415 or email (preferred) postmaster@bobberzins.plus.com

Many thanks Bob, a worrying last paragraph that, so just check if the access land you're going on is being managed for game and wildlife, if it is there could well be traps. Most wire snares are now illegal so should be reported in any case. Has anyone else out there managed to get on their respective LAF? If so let us know!

crosses SSSI land more or less said no. The landowners had to seek permission from NE before they could give permission to Bowland to use their own land. A round robin of meetings, exclusion areas and map swapping eventually led to permission for a modified route, after NE no doubt consulted their experts. This went back to the main landowner who was horrified to see the NE changes sending our runners directly into the drive of one of the main shoots (it is a working estate) planned for the day. The route was reversed and hey presto NE had to issue a new permission, as it was now effectively a new event! Meanwhile the County Council official get in on the act talking about risk assessment and the need for more 'expert' advice. I wonder, has he met Wynn? Has he organised big fell events before? Anyway I gather a special place has been reserved for his car on the day, lets hope he enjoyed the day and didn't feel moved to hand out too much 'expert' advice.

Renewable Energy

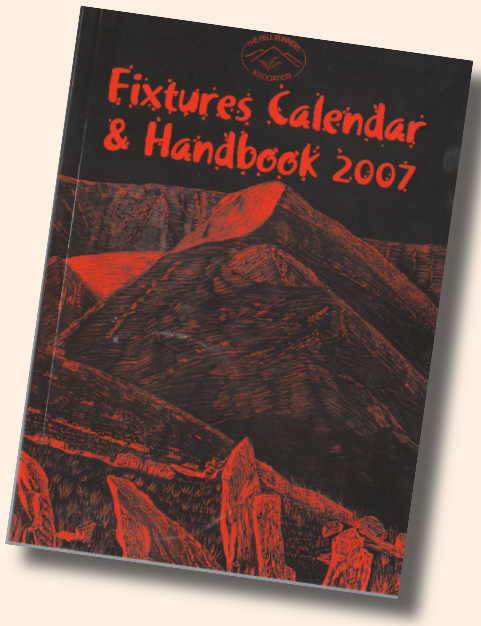
Just an update on other things controversial, the growth in wind farms seems to continue, though I gather the one on the Isle of Lewis has been dropped as the cost of cables to the mainland was too high. Don't suppose anyone worked out the environmental cost of making those cables? North Harris, the adjoining island, has come up with a better idea, a small scale partially hidden scheme, to provide power for North Harris. Sounds like just the thing, a local scheme for local need – mind you they might not get permission as it might be 'out of keeping' with the character of the area.

A proposed hydro scheme in Glen Lyon looks good, until you read the local community web page that explains how another section of Scotland's longest glen will be lost and access to the nearby 'Munro' tops will be blocked.

Good to see the car share thread on the forum, have you used it yet?

BY **MARGARET CHIPPENDALE**

CALENDAR UPDATE



By the time you read this Race Registration Forms for 2008 will have been sent out to all this year's organisers. The deadline for returning the completed forms to me will be **Wed. Oct. 31st**, otherwise the races won't get in the printed Calendar.

As in recent years the FRA is only allowed to Permit (with associated UKA insurance) races held in England but information about races held in Northern Ireland, Scotland and Wales can also be included in the Calendar.

Anyone organising a new race or wanting a race to be included that wasn't in the 2007 Calendar should contact me by phone (01457 863319) or email (fixtures@fellrunner.org.uk) for the relevant form and other documentation and give me their name, telephone number and postal address.

At present Brett Weeden and I are working on a new database for the Calendar, in part, to facilitate an improved format for displaying race information on the FRA website. The printed Calendar will be prepared using the old database but it is hoped that the new one will be ready for use on the website early in the New Year and for subsequent printed Calendars.

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

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

Margaret Chippendale

RACE INFORMATION

Events which have been Registered with and Permitted/Insured through the FRA are identified by "(R)" after the name of the race. Most but not all the races in England have been Permitted/Insured in this way. They will be run in accordance with "FRA Safety Requirements for Fell Races" and the "FRA Rules for Competition"

Races which are not identified in this way are included for information only and are not Registered with the FRA. This includes all races held in Northern Ireland, Scotland and Wales. The FRA cannot vouch for their Permit or Insurance status and details should be obtained from the organisers if required.

Details of most of the races listed below were received too late to be included in the Calendar itself. Corrections and amendments to the information in the Calendar are also listed. Please note that the update is in chronological order of when the races will **NOW** take place.

SUN.OCT 14. BREIDDEN HILLS RACE. AM. 11.00 a.m. 7m/2300' from Criggion Village Hall, Criggion, (GR 296149 on OS Sheet 126). £4 on day only. LK/PM. Over 16. Records: 50.38 M. James 2006; f. 57.49 P.Gibb 1999. Also junior race: 2m/350', over 10. No safety pins. Details: Rick & Jan Robson, Little Corner, Wollaston, Shrewsbury, Shropshire, SY5 9DN. Tel: 01743 884786. Email: rick.robson@tiscali.co.uk Website: dawsy.co.uk

SAT.OCT 27. RHINOG HORSESHOE. **Please note change of date from Sat. Oct. 20th.** All other details unchanged.

SUN.NOV 11. COPELAND CHASE. O. 9.00 a.m. to 11.00 a.m. 12.5m, 9.5m and 6m courses from Whinlatter Forest Park Visitor Centre (GR NY209245). £8 senior/ £5 junior (£2 discount for BOF members), pre-entry preferred - refreshments included. NS. Preprinted map supplied, Sportident timing. Event resurrected by West Cumberland Orienteering Club. Details: John Slater, 30 Victoria Road, Whitehaven, Cumbria, CA28 6JA. Tel: 01946 67941. Email: johnny@10gc.fsbusiness.co.uk Website: lakes-o.freeserve.co.uk

SUN.NOV 18. EAVES WOOD TRAIL RACES (R). CS. 12.00 noon. 5.25m/600' from Holgates Caravan Park, Silverdale, Lancs. (GR 456760 on OS 97). £5 pre-entry (advised as limit 100) - cheques payable to "Dallam Running Club", or £6 on day. Entries to: Gary Dowthwaite, Fairfield, Lancaster Road, Slyne, Lancs., LA2 6AS. PM. Over 16. Records: 34.57 S. Bolland 2006; f. 38.38 A. Raw 2006. Junior races: 12.05 p.m., U8, 0.5m; U10, 1m; U12, 2 m; U16, 3m; £2 pre-entry, £2.50 on day. 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 Website: dallamrunningclub.com and http://eaveswoodtrail.blogspot.com

BY **GRAHAM BREEZE**

A tremendous natural talent

A Profile of Gary Devine

Photo courtesy of Pete Hartley

Gary Devine; Three Peaks winner in 1990

Photo courtesy of Allan Greenwood

At the Kentmere Horseshoe I was parked next to Gary Devine who was feeding his six weeks old daughter Leah under the watchful eyes of his wife Debbie. Was this really the tranquil feminine side of the most famous "punk" in fell running? Was this the man who, according to "The Ben Race" history, won the Ben Nevis in 1988 setting off with hair dyed a "magnificent shade of punk pink but by the time he returned all the dye had been washed out"?

I think we should be told.

So what about the Ben?

Are the stories Scoffer, a friend since their junior fell running days, tells about Gary winning his mates free pie and peas from an incredulous chip shop owner after his Ben performance true? Did he really get called a "scruffy git" by Jimmy Saville at a Highland Games race which, along with Melantee, he has won three times?

"Well", he says, "the stories are basically true but the year gets changed and the alleged colour of my hair varies" but he recognises that once stories get into print the truth ceases to matter or, more pithily, "when the legend becomes fact, print the legend".

Gary Devine: a legend in his own lifetime!

Gary who?

Gary's name may not really register with younger readers of *The Fellrunner* but Gary is a double Championship winner, winning the English in 1989 (when he was 23) and the British in 1990.

This is very young to win a Championship. Only Gavin Bland has won the English when younger when he was approaching 20, although even Gavin had to wait until he was nearly 28 to win the British.

As for the British Championship; in the early days it was known as "Fellrunner of the Year" and Alan McGee won it when he was 20 and Dave Cannon when 22. However most winners of the formal British Championship have been considerably older such as the 2007 Champion Rob Hope who is now 33. The youngest winners have all been around 24 i.e. Simon Bailey, Steve Hawkins, Jack Maitland, and Gary.

Earlier this year I was at Beamsley Beacon which is one of those low key fell races (58 entries in 2007) that are not listed in the FRA Calendar and only those in the know around Ilkley get to hear about. As I powered past Gary in the warm up (but only in the warm up) I suggested that the Beacon was a bit low key for a previous British and English Champion. "Oh that's a long time ago", he said "and anyway I like low key races!"

But as a Vet 40 since May 2006 doesn't he want to take on Ian Holmes in the V40 Championships?

"Of course!" he said "but I've been injured with Achilles problems in both heels. It started last year and I ran Langdale when I shouldn't have and that exacerbated the problem. But I'm hoping I am now back."

How did it all begin?

Gary started running from about eight years with his father who played Rugby and who jogged to keep fit. After moving to Ilkley he attended St Mary's School in Guiseley where Terry Lonergan (later to found *The Complete Runner*) was an inspirational head of PE and Terry would take dozens of pupils out for a run at lunchtimes. Gary started doing cross-country and racing on the roads and eventually graduated to BOFRA races when these were really the only fell races available for juniors. In fact he recalls beating Richard Nerurkar in the BOFRA Ilkley Moor race, the first race he ever won.

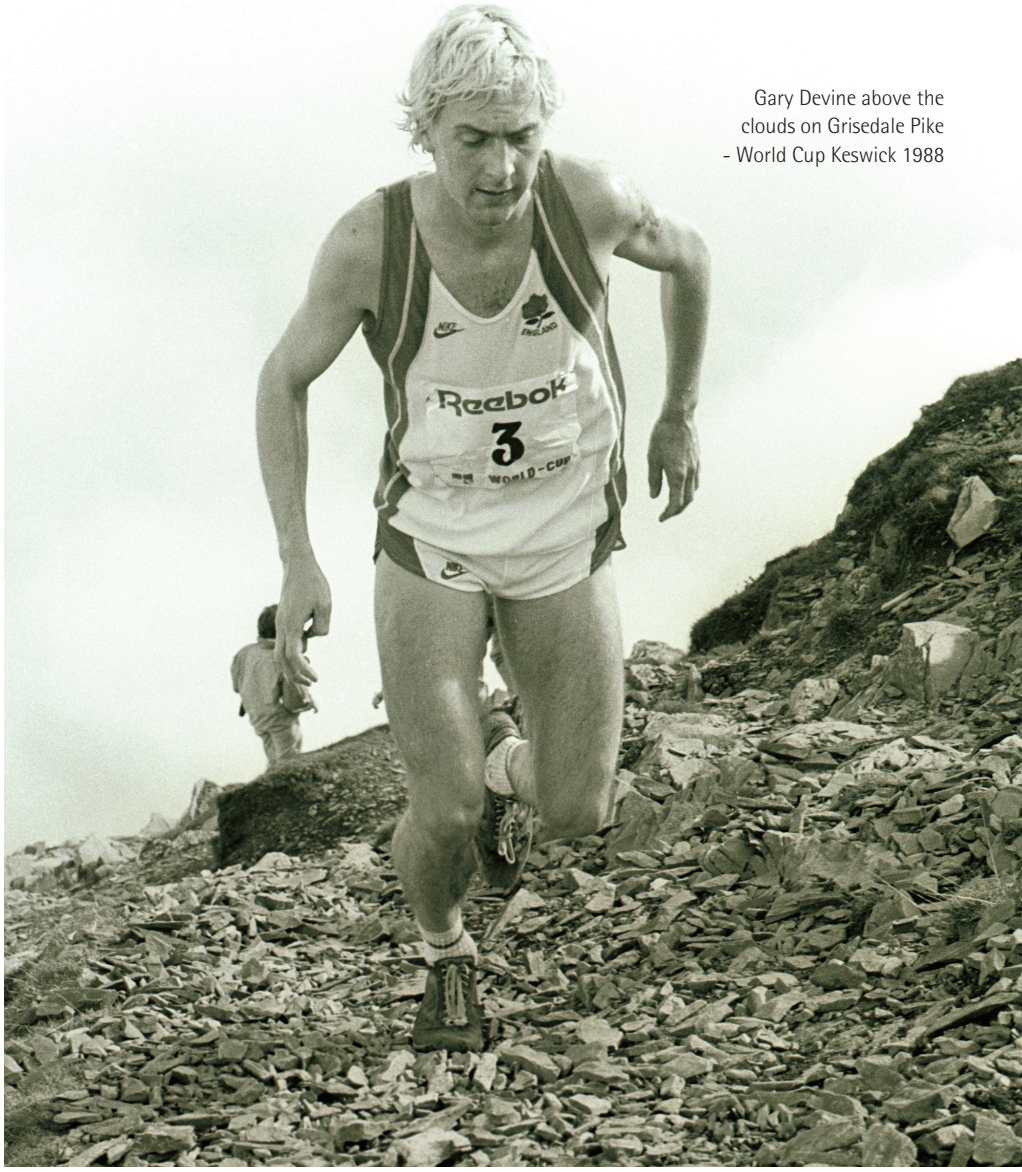
Terry told me that at the time he was there St Mary's competed in the Leeds Schools Cross Country League and under his coaching pupils who had never competed before soon emerged to lead races. However, he said, Gary was exceptional and having already run on the moors with his father he made an immediate impact and won his under 12 races straight away becoming Leeds Cross Country Champion in his first year. Gary was, said Terry, "a tremendous natural talent".

Along with other pupils from St Mary's, Gary joined Bingley Harriers (Terry's club at the time) and pupils were "bussed over" for training by Gordon Agar who later moved to be Chief Coach at Skyrac AC in Guiseley. It was while Gary was with Bingley that the Northern Counties made things difficult for him for the crime of running in "professional" BOFRA races.

Everyone comes into fell running in their own way and whilst Brendan Foster may not be foremost in many fell runner's thoughts, after talking with Gary I was struck by one of Foster's recent comments where he said "In the early eighties, our world-class Olympians… came to athletics through their teachers".

Left to right: Richard Pallister, Boff Whalley, Adey Illingworth and Gary Devine - all P&P. October 1988. Calderway (reccie), Hinchcliffe Arms, Cragg Vale. End of leg 1

Photo courtesy of Pete Hartley



Gary Devine above the clouds on Grisedale Pike - World Cup Keswick 1988

After Bingley, Gary joined Skyrac AC for a few years under Gordon Agar and eventually moved to his true home: Pudsey & Bramley where he has been one of the giants of the club for many years.

As Scoffer said

"Gary is still there, keen as ever, getting the lads out…" which includes P&B winning four English Champs, a British Champ and winning the Calderdale Way Relay eight times between 1988 and 2004. P&B also hold the team record for the Pennine Way Relay which, to the chagrin of some clubs, included two women: Sarah Rowell and Yvette Hague. Overall one always gets the impression with P&B runners of a strong sense of camaraderie within the club with, for example, groups going off to race or holiday abroad together.

Gary was heavily involved in organising the successful Pennine Way record attempt and this fact and the knowledge that he retains many of his race results (although he is not so bothered now that results are more internet-based than "30p in an envelope"), served on the FRA Committee for a couple of years, served as President of P&B for three years, organised the Will Ramsbotham Badger Stone Relay and now organises the Really Wild Boar Fell Race...all rather contradicts the impression some people have of him as the dissolute, wild, irresponsible punk of fell running with an idiosyncratic choice of hair colour.

Although no one has ever suggested that Gary is averse to a little fun.

Beating Billy

"Some people lose interest as their performances decline with age but I love racing and, although I'll never be as fast as I was, I am now just racing against a different group of people. I remember once overtaking Billy Bland who, as you know, did not take kindly to being overtaken. It was near the end of Gunson Knott and we were lying 4th or 5th and I felt 'fantastic, I've overtaken Billy'; but he then reappeared in front of me because he had just dropped back to let me pass and then taken a shorter line. I learned from that and I now do it myself!"

Gary won the second FRA Intermediate Championship in 1987 when he was 20. Robin Bergstrand had won it in 1986 and the other winners in the first 10 years were John Taylor, Ged Cudahy, Ben Evans, Patrick Boyd, Nathan Matthews, Robert Hope, Matthew Wigmore and Lee Gibson. John died tragically and Rob Hope has just won the British Champs but it is perhaps interesting to reflect on how few of those other names are still active fell runners?

To some extent Gary shares the views of Scoffer that junior fell runners today are over protected although he recalls that as a junior he won a race at Sedbergh and "I was out for 1 hour 40 minutes so you can imagine how long the back markers were out on the fell".

Although running for over thirty years he reckons not to have really suffered serious injury – as distinct from the knocks that all fell runners accept. He admits to over-racing in the past when he did 50-60 races a year but now under the watchful eye of his personal coach (Debbie is a qualified coach) he has cut back to around 40 races a year. He guessed his weight as 74kg, which is equivalent to 11st 9 lb so seems unlikely even if he does claim to be 6' 4"! Debbie suggests a touch over 5'10" is nearer to the mark. He has been a vegetarian since he was 16 because he opposes cruelty to animals and can be scornful about those who once adopted vegetarianism but have fallen by the wayside, although he admits to eating eggs. Free-range of course.

We talked about the myth believed by many average runners that top runners are good because they are "born that way" whereas the truth is that they just train harder. Gary trains every day and given that he and Debbie have lived in a log cabin near Sedbergh since October last year, not much of his speed work or reps. or long runs are done on the flat. His only "junk miles" are when he goes out training with Debbie (a Computer Systems Analyst) in preparation for the forthcoming OMM (Original Mountain Marathon – previously known as the KIMM). Debbie, it should be noted, is the daughter of Peter Covey (P&B) who won the V65 Gold Medal at the 2005 Keswick Masters and was rewarded with the cover of *The Fellrunner* for October 2005. Debbie is, of course, also a member of P&B.

In a running career as long as Gary's he has obviously covered every kind of running. "I did the Nidderdale ½ Marathon a couple of times when I was 16 or 17 in around 1hr 15, I was once 9th in the English Schools Cross Country, I've run a 54 minute 10 miles and that was in a snowstorm; although I never broke 32 minutes for a 10K."

Does he still win races? "Hardly any! But I won Dodd Fell this year".

So what has he won?

Yorkshire Champion, Winter Hill, Carneddau, Melantee, Kentmere, Rydal Round, Ilkley Moor, Otley Chevin, Pendle, Burnsall, Chew Valley, Rombalds Moor, Kentmere & etc.: mostly won when there were *far* fewer races than today and wins were much harder to come by because the top runners all turned up to the same events. (For reference: the 1987 FRA Calendar included just 230 races. Twenty years later the 2007 Calendar includes around 540 races but a rigorous study suggests that the number of fell races actually held each year in the UK is approaching 750!).

And in 2006 he was the Swiss Valais V40 Champion- a season long Championship of 15 races.

You must have won hundreds of races I enquire: "Oh I don't know about that! I don't regard myself as a 'pot- hunter' but I have had

a lot of good seconds!" And records? "There is only Screel Hill left. I have held a few but some races have disappeared like Rombalds Moor or Chew Valley or they have changed the course. My favourite wins are the Ben, because it is the Ben, and for similar reasons, the Three Peaks, although my winning time in 1990 (3.00.51) was slower than in 1989 (2.54.24) when Sean Livesey beat me into second place on the run in from Ingleborough."

Gary has not featured as a winner of the longish races that make up the Lakeland Classics Trophy and I wondered what races he should have won or wished he had won? "Well I probably should have won more of the medium races like Coniston and Fairfield but races like Three Shires and Langdale come at the end of a season when I have been racing abroad. I have won the Rydal Round a couple of times but I have only come second at Fairfield although both times the winner had to break the record to win. As for Wasdale and Ennerdale: I just 'blow up' so I tend to only do them when they are Championship races".

"A lot of racing is in your mind and good runners know on the line whether they will win a race easily or have to work at it. I used to just do enough to keep in front and maybe win by one second. It makes the race more interesting".

"However I do regret not holding the record for the Badger Stone Relay (on Ilkley Moor) which I organised in memory of Will Ramsbotham". Will was a P& B runner who died in a climbing accident in 1993 on Cader Idris and *The Fellrunner* for October 1993 includes an eloquent obituary describing his many talents. Gary emphasised "I *should* hold the record for the Badger Stone lap (in this relay three team members complete the same lap) but my watch fell off one year and I stopped to pick it up and lost a couple of seconds."

Photo courtesy of Pete Hartley

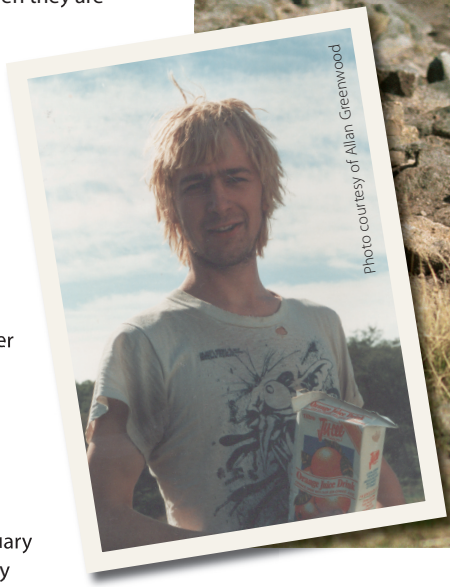


Photo courtesy of Allan Greenwood

Top left: Gary Devine 1988. Top right: Gary Devine, Lad's Leap March 2003 - Engl Champs.
Below: Pudsey & Bramley take on 'The Old Dungeon Ghyll' after the Gunson Knott fell race, Langdale. Gary with P&P team mates Ady Illingworth, Bob Whalley, Allen Greenwood, Richard Pallister and anchorman Hugh Devine (Gary's dad).

Photo courtesy of Allan Greenwood

Switzerland: Land of opportunity

Gary was brought up in Burley, Leeds and then Ilkley and after school served an apprenticeship as a bricklayer and worked for his father until there was a parting of the ways and he left home at 17 to live in "squats" for five years. Moving quickly up to date from that chequered part of his life, last year he gave up his building business and planned to move to France to build a house on land he and Debbie had bought in Provence. However this did not come to pass and Plan B is that they are having a Chalet built in the Valais in Switzerland (when the snow melts) for occupation by Christmas 2008 by which time Gary hopes to be a qualified ski instructor and then he and Debbie plan to offer a broad range of holiday facilities for skiing, cycling, running and walking.

"I've skied a lot with the likes of Ian Holmes, Andy Peace and Rob Jebb, although Rob isn't

allowed to come with me anymore since he was taken off the mountain by helicopter with broken ribs after buying the wrong ski boots".

Perhaps the idea that Gary and Debbie should up sticks for Switzerland should be no surprise. He has often raced abroad including competing in Sierre-Zinal nine times and is impressed with the organisation of the Swiss and the quality of foreign runners. He has raced in Corsica along the GR20 somewhat to the surprise of the local press who interviewed him and featured his photograph bemusedly enquiring "so where exactly *are* the mountains in England?"

And he has represented England in the World Mountain Trophy almost since its inception returning with three Silver Medals from Morbegno 1986 (13th overall and third English counter in the Junior Team), Keswick 1988 and Telfes 1990.

The cover of *The Fellrunner* for December 1988 featured a blonde Gary climbing Grisedale Pike in the Keswick 1988 race although he only finished 4th English counter (but a still excellent 17th overall) behind Rod Pilbeam, Malcolm Patterson and Sean Livesey. But then, blondes have more fun.

"I felt a bit guilty at Telfes in 1990 because I was travelling as the reserve and really went along for the drinking and Pete Bland (Team Manager) put Sean Livesey, Andy Peace and me in the same room and separate from everybody else. Well that was his first mistake and then Sean came down with a cold and he felt it would be unfair on the team if he ran so Pete, second mistake, had to come to me and tell me that I was racing and suggest that perhaps I stopped drinking".

He was 4th counter again, he got his silver medal and as Pete Bland recognised in his report for *The Fellrunner,* Gary still "had a creditable run to finish 21st overall".

How did he win?

"I am an all rounder. I set off as hard and fast as I can and although I can navigate there isn't really much navigation in fell running because you are usually following somebody", although that was obviously not the case on his leg of the 2006 UKA British Relay Champs! "Some people are great descenders and of my generation I think Keith Anderson (1991 British Champion) was the best. The best climbers were Malcolm Patterson, Rod Pilbeam and Robin Bergstrand but the best ever all rounder was Colin Donnelly (1997/98/99 British Champion). And the best Fellrunner never to win the British is Shaun Livesey, although he did win the English Champs in 1988 and 1990".

And the most underrated races? "The Grisedale Horseshoe, which unfortunately clashes with the Ben, and, of course, the Really Wild Boar Fell Race!"

And the Bob Graham? "I haven't done it and have no inclination to do it. P&B did it as a relay and after the first Leg I looked at my time compared to Billy's and had no desire to do the other 5 sections; ever. In fact there is more chance of me doing the London Marathon than of doing a Bob Graham".

Photo courtesy of Pete Hartley

Gary Devine – descending Red Screes, Ian Hodgson Relays 2007

Photo courtesy of Alan Greenwood

Gary, Debbie & Leah Devine

And when he is not running?

"Well Debbie and I now have Leah. I love skiing and I used to follow Leeds United, although that was more to do with pre-and post-match drinking."

So, at the end of our conversation, it was good to hear that some of the legend is in fact true!

BY **GRAHAM BREEZE**

Lakeland Classics Trophy

The First Five Years

Each Spring edition of The Fellrunner includes a review of the Lakeland Classics Trophy for the previous year. Five reviews have been published and these always include the names of the award winners.

However to finish any of the "Superlong" races: Ennerdale, Wasdale or Duddon Valley, is an achievement and to finish two in the same year and then go on to complete a LCT series is something many fell runners have suggested deserves recognition along with the normal race results printed in The Fellrunner.

After five years 164 runners have completed at least one LCT series and their names are shown below. This data (provided by Brian Martin) shows:

Year / Position/ Name in alphabetical order of first time completer for each year/ Club/ Age Category/ Points in that year.

Each runner completing a LCT series for the first time has been allocated a number retained in subsequent years ie 2002 (1-38), 2003 (39-61), 2004 (62-77), 2005 (78-106) and 2006 (107-164). So 38 runners completed the series in 2002, 23 new runners in 2003, etc

Rank	Name		Club	Cat.	Points	Position	Year	No. Years	Awards	All 3 SL	All 6 races	Years
1	Andrew	Schofield	Borrowdale		299	1	2005	5	5	2		5 / 2
2	Rob	Jebb	Bingley		299	1	2003	1	1			1
3	Lloyd	Taggart	Dark Peak		298	1	2006	1	1	1		1 / 1
4	Jonny	Bland	Borrowdale		298	1	2002	1	1			1
5	John	Hunt	CFR		296	2	2002	3	2	2	2	3 / 2 / 2
6	Gavin	Bland	Borrowdale		293	2	2004	1	1	1		1 / 1
7	Pete	Vale	Mercia		289	2	2006	2	2			2
8	John	Heneghan	P&B		287	3	2006	1	1			1
9	Jon	Deegan	Ambleside		274	4	2002	1				1
10	Joe	Blackett	Middlesbro		273	5	2002	1				1
11	Mark	Hartell	Macclesfield		273	3	2003	1	1			1
12	Andrew	Davies	Borrowdale	V40	271	5	2006	1	1			1
13	Allan	Miller	Kendal	V40	269	6	2002	3	1	1		3 / 1
14	Julian	Rank	Holmfirth	V40	266	5	2003	2	1	1		2 / 1
15	Adam	Breaks	Calder Valley		263	6	2006	1				1
16	Steve	Birkinshaw	NFR		262	7	2002	1				1
17	Leigh	Warburton	Bowland	V40	262	8	2002	5	3	3	2	5 / 3 / 2
18	Paul	Cornforth	Borrowdale	V40	261	7	2006	1	1			1
19	Mike	Robinson	Dark Peak		260	9	2002	4	3	3	2	4 / 3 / 2
20	Gary	Thorpe	Ambleside		260	6	2003	2	2	1		2 / 1
21	Mike	Johnson	Bowland	V40	256	9	2006	2		1		2 / 1
22	Chris	Reade	Bowland		255	10	2002	3		1		3 / 1
23	Tim	Edward	CleM	V40	253	10	2006	1		1	1	1 / 1 / 1
24	Lee	Dowthwaite	Bowland	V40	251	11	2002	1				1
25	John	Fleetwood	Ambleside	V40	247	14	2006	1		1		1 / 1
26	Phil	Clark	Kendal	V50	245	9	2003	1	1			1
27	Geoff	Briggs	Pennine	V40	244	15	2006	1				1
28	Bill	Fairmaner	Cheshire HR	V40	244	16	2006	1				1
29	Willie	Bell	CFR	V50	243	17	2006	1	1			1
30	Chris	Lumb	Kendal	V50	243	18	2006	1		1		1 / 1
31	Peter	Crompton	CFR	V40	243	19	2006	3		1		3 / 1
32	David	Ward	Borrowdale		242	20	2006	1				1
33	Matt	Beresford	Kendal		237	21	2006	1		1	1	1 / 1 / 1
34	Michael	Cunningham	Borrowdale		237	22	2006	2	1			2
35	Ian	Weetman	Unattached	V40	234	23	2006	1		1	1	1 / 1 / 1
36	Jackie	Winn	CFR	V50	233	24	2006	1				1
37	Dave	Spedding	Keswick	V50	232	10	2003	1				1
38	Ian	Cowie	Mercia	V40	232	5	2004	3	2	1	1	3 / 1 / 1
39	Dave	Nuttall	CleM	V40	231	25	2006	1				1
40	Pete	Pollitt	CFR		229	6	2005	2		1		2 / 1
41	Rob	James	CFR	V40	229	12	2002	3		1		3 / 1
42	Dave	Tait	Dark Peak	V50	229	6	2004	4	2			4
43	Jon	Wright	Todmorden		227	7	2005	1				1
44	Colin	Valentine	Keswick	V40	227	8	2004	2				2

Rank	Name		Club	Cat.	Points	Position	Year	No. Years	Awards	All 3 SL	All 6 races	Years
45	Gareth	Jones	Unattached		227	27	2006	1				1
46	Richard	Mellon	Bowland		223	8	2005	1				1
47	Brian	Clough	Ambleside	V40	222	13	2002	1				1
48	John	Parsons	P&B		220	14	2002	1				1
49	Neil	Wrigley	Horwich	V40	218	15	2002	1				1
50	Philip	Pearson	Saltwell	V40	216	31	2006	2		1		2 / 1
51	Richard	Suddaby	Unattached	V40	215	32	2006	1				1
52	Chris	Upson	Westerlands	V40	214	11	2005	1				1
53	Ross	Litherland	FRA		213	14	2003	3				3
54	Rick	Ansell	Tring	V40	212	33	2006	2				2
55	Christopher	Howie	Hoad Hill		212	35	2006	1				1
56	Andy	Brown	CleM		212	13	2005	1				1
57	Nick	Hewitt	Bowland	V50	211	9	2004	2		2		2 / 2
58	Martin	Brady	CleM	V40	210	17	2002	2				2
59	Paul	O'Reilly	Unattached		208	18	2002	2				2
60	Nick	Wharton	Kendal	V40	208	15	2003	1				1
61	Pete	Wilkin	Thirsk & Sowerby	V40	207	37	2006	1				1
62	Mark	McDermott	Macclesfield	V40	207	16	2003	1				1
63	Dave	Allen	Dark Peak	V40	206	17	2003	1				1
64	Jerry	Dawson	CFR	V40	206	15	2005	1				1
65	Peter	Ward	Helm Hill		204	39	2006	1		1	1	1 / 1 / 1
66	Ryan	Edwards	Dark Peak		204	40	2006	1				1
67	Vinny	Booth	Cheshire HR	V40	203	41	2006	1				1
68	Irvine	Block	CFR	V50	203	42	2006	1		1		1 / 1
69	Richard	Bellaries	CleM	V40	203	19	2002	1				1
70	Paul	Johnson	Unattached		203	43	2006	1		1		1 / 1
71	Andrew	Hinde	Settle	V40	202	20	2002	1				1
72	Ian	Harland	CFR	V40	201	18	2003	1				1
73	Mike	Wardle	Calder Valley	V40	200	21	2002	1		1		1 / 1
74	Yiannis	Tridimas	Bowland	V50	199	22	2002	1				1
75	Simon	Deakin	N York Moors		198	44	2006	1				1
76	Rigby	Jerram	Kendal	V40	198	24	2002	1				1
77	Johnny	Moore	Stainland		192	45	2006	1				1
78	Russell	Cannon	Helm Hill		191	27	2002	3				3
79	Lee	Thompson	CleM	V40	191	13	2004	1				1
80	David	Atkinson	NFR	V40	190	20	2005	1		1		1 / 1
81	Eddie	Winslow	Ilkley		190	46	2006	2		1		2 / 1
82	Michael	Howard	Radcliffe	V40	189	47	2006	2		1		2 / 1
83	Ashley	Hardwell	Ilkley	V40	186	14	2004	1				1
84	Steve	Wilson	CFR	V40	185	15	2004	1				1
85	Ozzy	Kershaw	Unattached	V40	185	48	2006	1		1		1 / 1
86	Graham	Breeze	Skyrac	V50	184	28	2002	2				2
87	Simon	Halliday	CleM		184	49	2006	1				1
88	John	Rusius	CleM	V50	183	52	2006	1				1
89	Chris	Taylor	Mercia	V50	182	53	2006	1				1
90	Phil	Hodgson	Todmorden	V50	180	54	2006	1				1
91	Martin	Farrar	Skyrac	V40	180	16	2004	1				1
92	Chris	Cripps	CFR		179	23	2005	1				1
93	Sam	Waddy	Unattached		176	18	2004	1				1
94	Rich	Hopkinson	Dark Peak	V50	176	20	2003	1				1
95	Paul	Simpson	Kendal	V40	175	19	2004	2		1		2 / 1
96	David	Fleming	Unattached	V40	174	24	2005	1				1
97	John	Donnelly	Westerlands	V40	172	56	2006	1		1	1	1 / 1 / 1
98	Dennis	Lucas	Rochdale	V60	170	20	2004	3	3	1	1	3 / 1 / 1
99	Greg	Houghton	Calder Valley	V50	170	29	2002	1				1
100	Andrew	Hirst	Unattached	V40	169	57	2006	1		1	1	1 / 1 / 1
101	Paul	Jackson	Unattached		168	58	2006	1				1
102	Benjamin	Robson	Hallamshire	V40	168	26	2005	1				1
103	Stephen	Cox	Bowland		168	59	2006	1				1
104	Adrian	Orringe	Mynydd Du	V50	162	61	2006	1				1
105	David	Aspen	Dallam		160	63	2006	3				3

Rank	Name		Club	Cat.	Points	Position	Year	No. Years	Awards	All 3 SL	All 6 races	Years
106	Richard	Leonard	Todmorden	V40	159	21	2004	3				3
107	Joe	Faulkner	Eden	V40	156	30	2005	1				1
108	Andy	Liddell	CFR		155	31	2002	1				1
109	Mike	Berry	Black Combe	V50	152	67	2006	1				1
110	Alan	Kenny	Achille Ratti	V50	152	25	2003	1				1
111	John	Ely	CFR	V50	152	32	2002	3	1			3
112	Paul	Wright	Helm Hill	V40	152	68	2006	1				1
113	Phil	Rigby	U/A	V40	149	27	2003	1				1
114	Peter	Jagan	Bingley	V50	148	69	2006	1		1		1 / 1
115	Stewart	Barrie	Carnethy		148	70	2006	1				1
116	Philip	Helliwell	Bingley	V50	147	33	2002	1				1
117	Peter	Ferris	CFR	V40	146	71	2006	2		1		2 / 1
118	Roy	Gardner	Saddleworth	V40	145	72	2006	1				1
119	Steven	O'Keefe	CFR		145	73	2006	2				2
120	Mark	Graham	CFR	V40	144	28	2003	1				1
121	Garry	Beardwood	Helm Hill		144	75	2006	1				1
122	Steven	Honeyman	N York Moors	V40	143	34	2005	1				1
123	Trevor	Wilkinson	CFR	V40	142	76	2006	1		1		1 / 1
124	Nick	Harris	Rossendale	V50	142	77	2006	1				1
125	John	Goodwin	Middlesbro		141	29	2003	1				1
126	Mark	Willis	Middlesbro	V40	141	30	2003	1				1
127	Simon	Daws	Telford	V40	140	23	2004	1				1
128	Phil	Cheek	Macclesfield	V50	139	36	2005	1				1
129	Martin	Wood	CFR	V40	132	24	2004	1				1
130	Dave	Till	Helm Hill	V40	128	80	2006	1				1
131	Gavin	Stewart	Mercia		123	42	2005	1				1
132	Dave	Robinson	Ambleside	V50	123	35	2002	1				1
133	Richard	Clarke	Middlesbro	V50	120	36	2002	2				2
134	Eddie	Lesniak	Achille Ratti	V50	111	43	2005	1				1
135	Tony	Spicer	Rossendale	V50	110	83	2006	1				1
136	Jim	Evans	Ambleside		102	84	2006	1				1
137	Ken	Jaquiery	Ilkley	V40	97	85	2006	1				1
138	Jim	Fulton	Dark Peak	V50	96	86	2006	1				1
139	Richard	Baker	Ambleside	V50	96	37	2002	1				1
140	Jack	King	CFR	V50	93	34	2003	1				1
141	Barry	Johnson	CFR	V60	86	38	2002	1	1			1
142	Karl	Fursey	Black Combe		81	87	2006	1				1
143	Michael	Robinson	Notts	V40	69	89	2006	1				1
144	Martin	Walsh	Lytham	V50	68	90	2006	1				1
145	Robin	Smithurst	Black Combe	V40	52	91	2006	1				1

Rank		Name	Club	Cat.	Points	Position	Year	No. Years	Awards	All 3 SL	All 6 races	Years
1	Helene	Diamantides	Carnethy	LV40	249	1	2006	1	1	1		1 / 1
2	Jackie	Lee	Eryri	L	230	2	2006	3	3	2		3 / 2
3	Wendy	Dodds	CleM	LV50	195	1	2002	5	5	2	1	5 / 2 / 1
4	Alison	Weston	Ilkley	L	193	2	2002	2	1			2
5	Jane	Reedy	Ambleside	L	184	3	2006	2	1			2
6	Jane	Meeks	Keswick	LV40	183	2	2005	1	1			1
7	Rebecca	Cash	Borrowdale	L	178	4	2006	2	1			2
8	Christine	Preston	K&C	LV40	164	5	2006	2				2
9	Anna	Forrest	Carnethy	L	159	3	2002	3		1		3 / 1
10	Nicky	Jaquiery	Ilkley	L	158	4	2005	1				1
11	Alison	Eagle	Ilkley	LV40	145	6	2005	1				1
12	Jane	Smith	Todmorden	LV40	144	7	2005	1		1		1 / 1
13	Susan	Clough	Ambleside	LV40	144	8	2006	1				1
14	Jo	Foster	Ilkley	L	141	8	2005	1				1
15	Clare	Kenny	Calder Valley	LV40	140	9	2006	1				1
16	Jo	McClintock	Unattached	L	127	4	2002	1				1
17	Jane	Grundy	NFR	LV40	126	10	2006	2				2
18	Debbie	Thompson	Keswick	LV50	117	11	2006	1				1
19	Lindsay	Buck	CFR	LV40	84	4	2004	1				1

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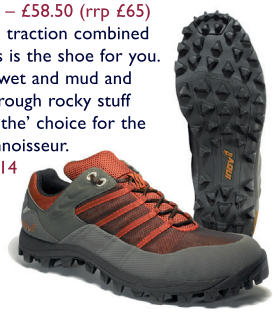

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Utilising Patagonia's groundbreaking regulator fleece, the R1 pullover makes a superb choice as your warm layer. The grid fleece construction ensures excellent breathability and great warmth to weight ratio. Off set zips and capilene4 tuck in points on the seat and wrists means chafing will be a thing of the past. At half price it won't sting your wallet either.
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OMM Kamelika Smock - £78 (rrp £90)
A light, waterproof, windproof hooded smock specially designed for the rigors of mountain marathons but excellent for any kind of running in wet, windy weather. Made from Gelanots fabric, an elastomeric film bonded to a knitted fabric and tape seamed. Stow away hood. Reflective strips. Packs into chest pocket. 300g
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OMM Kamelika Pant - £58 (rrp £70)
Designed for the formidable OMM Mountain Marathon, but excellent for running in all wet windy conditions. Same 4 way stretch technology as the smock.
XS-XL

Silva 6 Thumb Compass - £25
Thumb compass for orienteering and navigation fell racing. North Needle settles almost instantly when running. For use on left hand. Buy one of these and Mountain Navigation for Runners and you will soon be chasing Al and Ifor Powell round the hills!

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Probably the largest selection of fell running shoes under one roof.

MSR Pocket Rocket - £25 (rrp £30)
The quintessential smaller stove against which all others are compared! The Pocket Rocket is really light and compact but still has a very high heat output. The perfect stove for mountain marathons or simply any time when you want to cut weight. Works with threaded screw on gas cylinders. Weight: 86g

RAB Quantum Top Bag - £115 (rrp £130)
Filled with 200g of down on the top of the bag but has no fill on the bottom. The idea is to cut a foam mat to the correct size to fit inside the bag. A super specialist bag that is primarily designed for adventure racers, mountain marathons, etc. 96% pure white goose down 750+EU (850+US). Temp Rating (0C): 0 Weight: 430g

Inov-8 Race Pro 30 - £50 (rrp £55)
The Race Pro 30 is an elite functional lightweight hydration compatible pack. Includes a large stretch mesh pocket on the top and side multi access pockets for storage to more frequently accessed items. Ideal for mountain marathon use. Capacity: 30L Weight: 590g

Terra Nova Laser Competition - £200 (rrp £240)
With a minimum weight of just 860g the Laser Competition is a favourite for Adventure Races, Mountain Marathons. Enough space for a 'comfortable' night for 2 (just).

Petzl Myo XP - £50 (rrp £55)
Compact and light yet still offers plenty of power. 3 lighting levels give you power when you need it and saves battery when you don't. Boost mode gives out a super bright 65m beam for 20 seconds. Rear mounted battery pack. Gives enough light to navigate by (not just run).
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Walsh PB Extreme - £54 (rrp £60)
The super tough version of the classic PB Trainer fell running shoe, still the market leader and largely unchanged over the years. Glove like fit and superlative grip on virtually all surfaces.
UK 4 – 12 inc ½

OMM Classic Marathon 25L - £45 (rrp £50)
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BY **GRAHAM PATTEN**

Photo courtesy of Pete Hartley

Group headed by Martin Roscoe - Coniston Trail 2006

Lakeland Trails

Inspiring races in beautiful places

Inspiration

The idea of organising a big occasion, continental style mountain trail race in England had been bubbling for many years. In fact, since the late Eighties, every time I competed in any of the famous Alpine races, such as SierreZinal or the Matterhornlauf, I was left feeling totally inspired and invigorated and the idea resurfaced. Then I'd return to the Lake District, do a low key fell race, have a great time, a few beers in the pub afterwards and go home with all thoughts of continental mountain trail running forgotten.

Over the hill

Then, like most things in life, fate intervenes. In my case this was through recurrent injuries – no doubt age related. Side lined and unable to train properly, often unable to run at all, I found myself going to the odd fell race as a spectator. This was unfamiliar territory for me. As all my mates headed off onto the fells they left behind a few race marshals, a handful of spectators and me. I mooched around, watching the zigzag of runners on the hill getting smaller, becoming dots, then disappearing. Boredom followed as the minutes dragged by. So this is what being a fell running widow feels like ? Later on as the runners finished in bigger numbers and elated voices shared stories of the day's epic I felt even more of an outcast. After a few experiences like these, my career as a fell running spectator was over !

A breath of French air

In the summer of 2004 I was in the French Alps on a walking holiday and stumbled across the ski village of Flaine. Posters were everywhere advertising the 29th Cross Du Flaine taking place next day. Feeling reasonably fit after all the walking, we camped over and registered – there was even a "tourist class" for my non running partner Claire to have a go at, setting off beforehand. Music from huge loud speakers with a commentary created a carnival atmosphere, as the various classes set off over the same course. What a cracker it was too – long, tough climbs, awesome alpine views with loads of marshals, spectators and "tourist class" competitors cheering each other on. We both finished knackered, but elated and decided to organise something similar as soon as we got back.

Garburn Trail - named the most scenic race in Britain by Runner's World

Photo courtesy of Pete Hartley

Trial run

We planned an Alpine style point to point course using bridleways with graded ascents and descents that would have a negligible impact on them. This linked Staveley and Winderemere via the gruelling climb of the Garburn Pass. We called it the Garburn Trail. Claire wanted an event to cater for people like herself – the "Challenge". This was planned to start 1 ½ hours before the "Race". In September 2004, the Garburn Trail Race & Challenge was born and was a big success, with 60 running the "Race" and 20 completing the "Challenge", almost all of them women. We even had 20 children running in the "Fun Trails" at the finish.

Big surprise

Now we were ready for an all singing, all dancing version on a much grander, European–style of scale scheduled for June 2005. Sponsors were sought, the Kookaburra All Stars samba drumming band were booked, and the local radio station invited along to do a live road show at the finish. Entry forms and colourful posters were printed and distributed making photo model Jebby, our 2004 Garburn winner, even more famous. What happened next took us completely by surprise.

Girls love Garburn

Our limit of 500 was reached weeks before the entry closing date. Almost half the entrants were women, and most of these girls entered the Challenge. Nearly 200 children came along on the day to take part in the "fun trails" and hundreds of spectators flocked into the finishing arena at the school grounds, attracted by the thumping beat of the samba band and the music from the roadshow. It was one hell of a party, and the feedback afterwards was phenomenal. Most of the finishers had never done an "offroad" race before and were elated at completing this one, even though many found it the hardest thing they had ever done.

Global appeal

Two years on and the four Lakeland Trails have grown in to day long running and walking festivals attracting thousands of competitors and spectators from all over the world. Lifestyle brand Puma have been the presenting sponsors of the main races, and Frederick Warne (Beatrix Potter's publisher) sponsor the Peter Rabbit Fun Trails. This year Falke have joined us as a main sponsor too, and the events receive support from local businesses and the regional development agency Cumbria Vision. With substantial cash and Puma product as prizes, the races are fought out between some of the UK's most talented men and women endurance athletes from every running background road, track, cross country, fell, mountain and trail.

Stepping Stones

The aim of the Lakeland Trails events is to attract ordinary people off the roads and into the hills. Although these races may not be "true" fell races in that they follow waymarked trails, they have all been registered as category

Photo courtesy of Lakeland Trail Races

Above: Beatrix Potter's Peter Rabbit proves a big hit

Photo courtesy of PPaul Sheard

Above: Children on the climbing wall. Below: The Under 8's are off in the Peter Rabbit Fun Trails

Photo courtesy of PPaul Sheard

BY **GRAHAM PATTEN**

Photo courtesy of Pete Hartley

Andi Jones enjoying himself
- Hawkshead Trail 2007

All photos on this page courtesy of Pete Hartley

Sticky conditions
- Derwentwater
Trail 2006

Rob Hope
- Derwentwater Trail 2007

Peter Rabbit Fun Trail U8 finishers
- Derwentwater 2007

B fell races. Despite this, many people find the courses surprisingly tough as there is no let up and you have to be as agile as a mountain goat to run at speed. It also means runners from other disciplines can race without the fear of getting lost. The routes use sustainable bridleways in cooperation with the National Trust, Lake District National Park Authority and landowners. They make a logical stepping stone for road runners wanting to run in the hills but who don't have the necessary navigation and mountain skills to do a "proper" fell race.

Sport for all

A new Sport Trail (46km) has been added to the day's events for everyone 12 years of age and older, so now all ages and abilities are catered for. The main "Trail" events all follow the same course and have staggered start times, so walkers and less competitive runners in the Challenge set off first. Nordic walkers are next armed with special poles, with the serious runners setting off an hour or more later, in the Puma Trailfox Race. This means everyone finishes close together and there is a great camaraderie. Children under 12 star as the highlight of a busy day in the Peter Rabbit Fun Trails. This "sport for all" ethos means anyone and everyone can take part.

Family fun

Children are kept active and occupied throughout the day with bouncy castles & slides, a 7.5m high climbing wall, story telling and face painting. Spectators and finishing competitors are entertained by live music and a PA commentary and there are marquees, a beer tent, food stalls and retail stands too. The events make for a great, fun, family day out and attract new blood to take part in sport, particularly women and the younger age groups – the Under 8's fun trail alone regularly gets over 100 children taking part.

The future

LAKELAND TRAILS 07

2008 should see some exciting developments, with the events growing further to weekend-long running and walking festivals, with a full programme of evening entertainments too. Why not come along with your family and friends and join in the fun ! The provisional dates and venues for next year are : 18-20th April – Hawkshead; 30th May – 1st June – Staveley; 5-7th September – Keswick and 3-5th October – Coniston. You can find out more from the event website www.lakelandtrails.org

Photo courtesy of the BBC

The International runners get underway - Hawkshead 2007

Photo courtesy of Pete Hartley

Garburn Challenge 2006

Photo courtesy of Paul Sheard

The finish arena at Elleray School, Windermere

So who is Graham Patten?

He completed his first fell race at 15 (in 1977), and did the Langdale Horseshoe just after his 16th birthday (in 1978). His father Alistair was one of the handful of pioneers who brought orienteering to the UK in 1961 and organised the first orienteering event in the UK in 1962.

Other pioneers in these early days were Chris Brasher (now deceased) a former family friend; John Disley, Gerry Charnley (now deceased) and George Brass (now deceased). Gerry Charnley was the person who started the Karrimor Mountain Marathon, and used to take Graham to orienteering events when he was a kid. George Brass, Graham's godfather, as well as winning the Three Peaks, famously won the Mountain Trial in the 60's, in appalling weather conditions being the only finisher.

His own running background has been diverse. He started orienteering internationally from the age of 16, winning the JK Trophy in 1988 with his club SELOC. He has won quite a few fell races and has set a number of records. He has also won mountain running and orienteering events in Sweden, Norway, Denmark, France, Switzerland, Germany, and New Zealand.

He was the 1994 Irish Mountain Running Champion (whilst living there), has competed in a World Cup Orienteering event for GB in Finland, and three World Mountain Running Trophy events in the early 90's. He also finished 2nd and 4th in the KIMM Elite class, with Paul Sheard.

His road best times are: 10km - 30.30; 10 miles - 50.38; 1/2 mar - 66.51

BY **JOHN FLEETWOOD**

The Ambleside Owls

As the nights draw in and thoughts of wet, dark runs on wet, dark roads replace joyous memories of summer evenings on the fells, why not think again? Inspired by the Bowland Bats, Ambleside's own creatures of the night, the owls, spent last winter flying the night skies of the Lakes. Our first adventure saw just three of us brave a chill North Easterly wind in my home valley of Longsleddale. Chilly it may have been, but the stars shone brightly and plentiful conversation was assured with Anna in attendance. Even the tussocks of Tarn Crag and the icy bog beneath couldn't dent our spirits, especially once established in the bothy which formed that evening's objective. Mosedale Cottage is a fine establishment, so with a brew on the go, a wee dram and Alison's cake all round, a spirit of bonhomie prevailed. Reluctantly we prised ourselves away, feet freezing in the icy water of the never ending bog that is Mosedale. My feet felt like they were stumps at the end of my legs, but by Sadgill they'd just about thawed.

Outing number two was clearly one for the connoisseur. Just Anna had braved the persistent drizzle in Langdale, where we entered the thick mist just 100 metres up the hill. As the wind picked up, the rain became more persistent and the visibility fell further, I stopped to put on a top. With fumbling fingers and in darkness it took me a while, by which time Anna had disappeared down the fellside, leaving me wondering what to do. Not one to give up on a challenge, I set forth into the pea soup. At first all went well, but with visibility reduced to less than a metre, Broad Crag was a nightmare; the rocks were slippy, the rain was penetrating everything and I couldn't see further than the rock in front. Most alarmingly I couldn't tell whether a drop was a couple of metres or fifty. In these conditions I scrabbled up and down, around and back again, until I was thoroughly confused. At one point I found myself on small ledges on 50 degree slabs above a wet, black void. It was now a quarter to ten at night and I was contemplating the prospect of a very miserable night out with no spare gear. As Joe Simpson says, you have to make a decision, even if its the wrong one, so I decided to go in completely the opposite direction from that which I'd previously followed. This proved to be a good strategy and before long I literally stumbled into a cairn near the Scafell Pike col. Who says that there are too many cairns on Scafell Pike! In these conditions I was glad of them every 10 metres – I could only see one metre. Once over the boulders life became easy and a rather sorry looking Ambleside owl fluttered slowly downwards, reaching the ODG at half past midnight. I was grateful to see that Anna had not alerted the mountain rescue. Ihad a soggy sandwich and drove home to my nest.

After this fiasco, I would not have been surprised to see nobody the following week, but from there on the joys of night running seemed to gather appeal. Clearly it is not to everyone's taste but a dedicated posse of owls flew forth on Tuesday night forays. Not surprisingly, most owls seemed to have some mountaineering pedigree - a useful background for Jack's Rake in a night-time hail storm, or Striding Edge in fresh snow. Striding Edge in plenty of fresh snow was probably the highlight, but there were many wonderful outings – Bowfell via the Climbers Traverse in the snow, Skiddaw, Sheffield Pike (where I lost my car key), Yoke and Ill Bell, Harter Fell, The Fairfield Horseshoe, Red Screes, Lingmoor, the Coledale Horseshoe, Dow Crag and Blencathra. There were also some great socials in the hostelries of the area with new friends. The owls are an eclectic mix. There's Mike 'local knowledge' Vogler (he got temporarily misplaced on his home turf whilst claiming local knowledge), Brian of the bright torch (take your shades), Britta and her faithful dogs, foreigner Bill (from West Cumbria), Nick who undergoes a bodily change in the moonlight from a Fish to an owl, and then there's me – the person who mistakenly led our party in to the farmyard at Sadgill to be questioned by a quizzical farmer's wife as to where on earth we were going. In my own back yard, it was hard to live that one down, but hey – local knowledge.

So if you fancy a night-time adventure this winter why not join us for a Tuesday evening foray, or better still why not fly off for your own adventures?

Ambleside Owls's winter schedule can be found on www.amblesideac.org.uk

BY **ANDY TODD**

Are you consistently "off the pace"?

How to experience those feelings of success

From the author of "Helsby, where's that?", "What to put in your bum bag" and "Glamour on the Fells".

Many of us never win anything other than the occasional spot prize and search in vain for our name amongst the results in the 'Fellrunner'. As Vets we pass the significant age barriers and train even harder in anticipation that we will be one of only two or three entrants in our category in a remote mid-week Mid-Wales fell race. We have even arranged the family holiday to coincide with this event so that we may at last win a prize. However, we discover that there are throngs of '50 somethings' rushing about the hills like trail hounds and those valuable vouchers for Pete Bland or Running Bear remain merely a dream.

How then to experience this prize winning feeling? Here are some carefully calculated, tried and tested tips.

Computer calculated results create opportunities, since the marshals at the finish are looking only at the number, not the gender or age of the wearer. For this ruse avoid races where 'MV50' or 'SVF' are written in red felt pen on the race number. Take your mother or older sister to the race and tell her to enter as an 'over 50 unattached'. Calm her down and explain the unattached has nothing to do with marital status and promise her a rum and black in the pub afterwards. Run the race, eyeballs out, wearing her number and send her to pick up the voucher at the presentation. Unless you are quite fit this will be for 'third SVF'! Another rum and black in exchange for the voucher which you immediately take to messrs Hulme or Bland in their nearby van and spend with a flourish, rubbing shoulders with the other voucher winners and elite sports persons. Nothing on the results sheet yet but a pleasant little ego trip exchanging vouchers for a pair of 1,000 mile socks.

Next, invent a race, something like "The Ashton Atrocity" (there are lots of Ashtons, both places and people). Send the results, just prior to copy deadline, to the 'Fellrunner' accompanied by a suitable photo of 'a post, any-old-race, muddy and exhausted' you. Put yourself in the results as a winner, or category winner, and invent the names. Provide a short race report, featuring a fast finish by you of course and the overcoming of quagmire conditions and horizontal hail on the high fell. With luck this will be published including photo and you can enlarge a copy to place in a frame on your office wall as well as carry a few around in your wallet. You can pull these out and impress those sceptics in the 'Bull's Head', who do not even believe that you run up and down hills.

Have a t-shirt printed with 'KANGCHENJUNGA PEAKS CHALLENGE FIRST BRITISH RUNNER 1992' printed on it. Bury it in a Dark Peak Bog for two weeks. Wash it in warm water, no washing powder. Wear it before and after races. If questioned, be modest and elusive.

If all this seems too contrived and complicated, just write 'FIRST' in biro on the corner of a long brown envelope and place it next to your pint of Jennings in the pub after prize-giving.

Still, you say, you've not yet told me how to finish proudly in a prize winning position in front of the crowds and pick up a prize on hearing my name announced later on. Well, even this is possible.

Ideally you need to be in a Vet 50 or 60 category or qualify for first local. First buy a big old coat and slightly too long pair of baggy trousers from your local charity shop. Then, select a suitable short, straight up and down race and enter early. On the day, put on your running kit and race number. Then, in a quiet spot behind your car, put on the coat and trousers. The long baggy trousers will cover your fell shoes sufficiently so as not to attract attention as you stroll quietly up to a rock, stone wall or hollow a hundred yards or so from the summit. Once the first two or three runners have gone by, discard the coat and trousers and slip onto the route, pass the summit marshal and run absolutely flat out to the finish. You stand a good chance of edging into the prize list and a mention in the 'Fellrunner' results column. If anyone knows you and is surprised at your sudden success, hint at a change of diet, early nights and extra training mileage.

Of course, if you did lay off the beer for a year, double your training efforts, start sprint work, circuit training and hill reps and sort out your sleeping patterns, you probably still would not win anything. Perhaps you lack that added ingredient, a degree of natural ability. In this case I suggest that you write an article instead.

The winner of the Ashton Atrocity. (The entries were very low – possibly only one)

BY **SHEILA MCNULTY**

The Ben

FOUR hundred people line up behind a pipe band on a damp dull day with mountains around them shrouded in mist. It's the Ben Nevis Race.

We huddle together in the starting pen like sheep. I am nervous. This is my second time and I assure a faster club mate she will do a good one. Suddenly we are off round the field and hitting the dreaded tarmac that winds its way to the start of Britain's highest mountain.

I suffer on the road just like I did last time. When I finally reach the end of it I am embarrassed as people shout encouragement and I am already almost down to walking pace.

Gasping I get behind a small group and start up the slabs of the tourist path. I catch my breath. I feel stronger, fearful it will not last. At Red Burn friends hand out welcome jelly babies and I hear their shouts behind me as I disappear into the drizzle and mist.

We have to reach the half way point in an hour or we are turned back. We get into a crocodile and my group gets safely through the checkpoint and scrambles on upwards on the slippery scree and rocks. After what seems an eternity we hear shouts. The leaders are coming down. Ian Holmes scampers past to my left, running with such expertise across the treacherous rocks. Others appear all round us, gasping and leaping past. One runner falls full length on the rocks. He gets to his feet and carries on. Another jumps and lands against me. We are both winded but okay and we carry on. Friends fly past, my husband, looking good, gives me a shout. Despite the mist and cold I feel revived.

Finally we see the summit, a line of smiling faces holding out a tub for our number disc and offering jelly babies.

I turn for my descent, but it's scary with the slippy rocks. A club mate ahead of me shouts encouragement over his shoulder, but I lose him in the mist and can't see anyone. There is a crashing behind and a runner hurtles past. Panicked I latch on. We are going to the left and I wonder if this is correct but I keep going. We come out onto the steep grassy slope where 300 runners have slid and tumbled down before us and I hear a shout of "well done", we have taken a good line and my club mate is now behind.

I hit the banking at Red Burn and am back on the tourist path. I have no watch but I still feel okay. I tell myself to keep it together then I fall. I jump up, thank concerned walkers, and run on. I see my fast club mate ahead. Her shoe has collapsed. We hit the tarmac once more and we are cheered all the way to the finish. I run 2hrs 37mins 58secs, 18 minutes faster than last year. I am elated.

But my husband has had a nasty fall, a suspected broken nose. The blood is spectacular but he assures us all that he feels all right.

We make it to the presentation. Ian Holmes wins it for the sixth time, Angela Mudge does a tremendous run finishing 27th overall and seven competitors get a plaque for running the Ben 21 times!

And there is a surprise for me when friends and club mates buy a bottle of wine and persuade the organisers to present it to me as the first 60-year-old woman.

I feel wonderful. I say I will probably not be doing it again but as I hobble around three days later I am already waiting for the entry form for next year.

BY **PETER TRAVIS**

Langdale Pikes

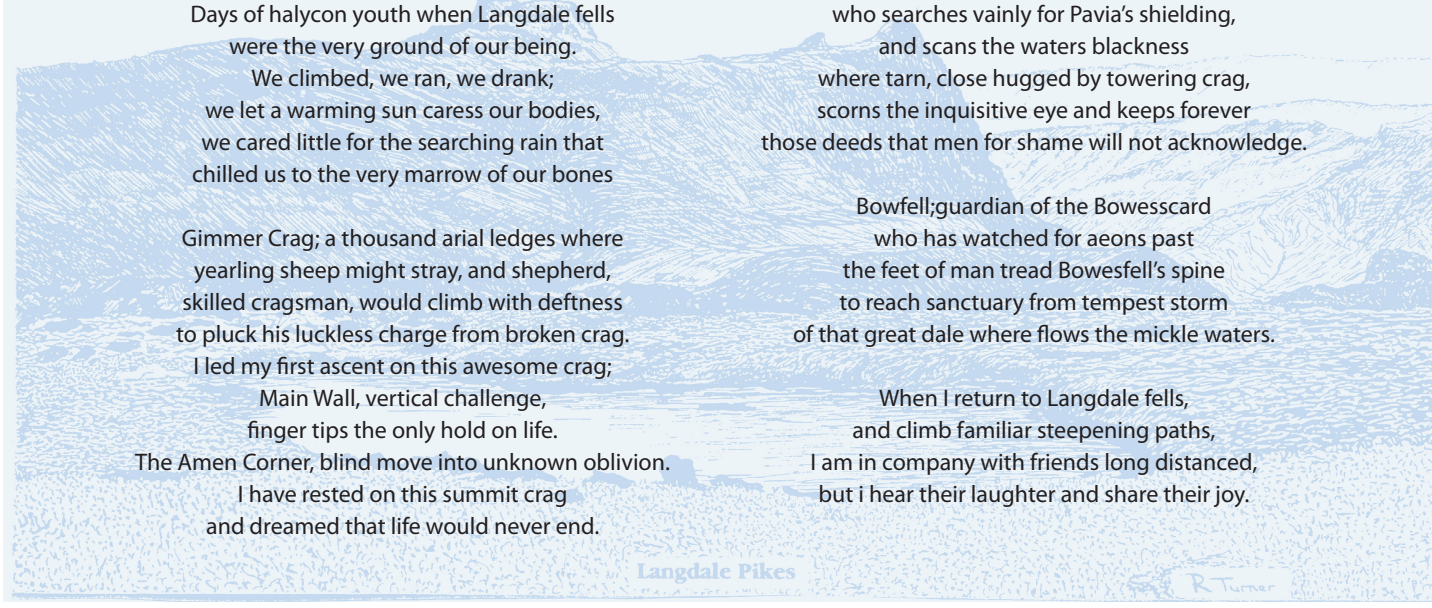
Old Dungeon Ghyll; I still recall
the peals of raucous laughter,
the gripping tales of crags we climbed,
the fells we ran, the peaks we conquered.
Days of halycon youth when Langdale fells
were the very ground of our being.
We climbed, we ran, we drank;
we let a warming sun caress our bodies,
we cared little for the searching rain that
chilled us to the very marrow of our bones

Gimmer Crag; a thousand arial ledges where
yearling sheep might stray, and shepherd,
skilled cragsman, would climb with deftness
to pluck his luckless charge from broken crag.
I led my first ascent on this awesome crag;
Main Wall, vertical challenge,
finger tips the only hold on life.
The Amen Corner, blind move into unknown oblivion.
I have rested on this summit crag
and dreamed that life would never end.

Pike o' Stickle; giant chimney above the
darkened cavern where ancient man
wrought splintered stone into crudley fashioned axe.
Thunacar Knott; the ridge of the thin man
who searches vainly for Pavia's shielding,
and scans the waters blackness
where tarn, close hugged by towering crag,
scorns the inquisitive eye and keeps forever
those deeds that men for shame will not acknowledge.

Bowfell;guardian of the Bowesscard
who has watched for aeons past
the feet of man tread Bowesfell's spine
to reach sanctuary from tempest storm
of that great dale where flows the mickle waters.

When I return to Langdale fells,
and climb familiar steepening paths,
I am in company with friends long distanced,
but i hear their laughter and share their joy.



BY **JENN MATTINSON**

This is what it's all about

No emails, mirrors, condemnation or raucous political banter...

Event: Saunders Lakeland Mountain Marathon 2007
Location: Patterdale / Ullswater / Haweswater, Lake District, Cumbria
Names: Jenn Mattinson / Michael Moss
Ages: 22 / 58
Course: Wansfell
Class: Mix

Has there ever been a time in your life when you proudly raised your head and looking out towards the open sky in awe of the world said to yourself 'yes, this is what it's all about'? This was my immediate reaction as I stood in an open field in what seemed like the abyss of nowhere with little on but a vest, breathable shorts and up to my ankles in a couple of plastic bags and soggy Walsh'. Walsh', for those of you who are less familiar with what I like to call *the lingo of altitudenessness*, are fell shoes. The kind of shoes you will only experience the pleasure of wearing if you are to spend half of your amateur running career at a great height. Indeed this is where I find my excuse for the crazier part of my being, the fact that since I began hill running 12 months ago it has undoubtedly all gone to my head!

Our commencement of the Saunders began early! On 7th July 2007 at 8.59am complete with a rucksack of provisions. My running partner for the event was Mike, a faithful friend and fellow loon. As we crouched down to plot the map I caught my hip with the electronic tag I had been arrested to that morning, my only offense being that I was to be roaming the tops of the Cumbrian Peaks for two consecutive days. We ferociously sought the whereabouts of 'stream junction', 'tree at waterfall' and my favourite of the weekend, that of 'path bend'. I thought to myself here we stand/walk/run in the heart of the Lake District. It's not quite the centre of the universe, nor even middle England but nonetheless the hub of our next 36 hour world. We live in a time of independent rights beyond the claws of any dictatorship and yet here we all are a mass mob of free thinkers hungrily eager to follow a series of black blobs on nothing but a wisp of laminated paper.

Despite the sleepless arctic night in the tent, trundling through ferns that reached my ribs (I'm only 5ft 2) and sore heels the weekend was incredible. Like the events' notable terrain there were ups... and there were downs! However it will most definitely go down in my history of triumphant life-time experiences. Mike and I can treasure the fact that we did it together and we made a great team. At the end of day one we were 14th but the huge navigational error come day two lost us about 30 places. But as this was my first ever stab at such an affair I was in it to complete, not to compete by conquest. Besides, the Saunders offered me something far beyond competition. It provided me with a huge sense of physical achievement and mental liberation. No emails, mirrors, condemnation or raucous political banter...I could go on. At that overnight camp nobody had to attempt to be anybody, we were all content just 'to be'. I was a mere 30 miles from Sedbergh, the place I have grown up since I was 2 years old and where I live now. And yet as I stood mesmerized within a sea of tents at the core of this Saunders City I was plagued by nothing but my own sumptuous serenity and I felt more at home than I have ever done.

BY **BILL SMITH**

For the 5000th time!

Reg Baker's Clougha Pike Record

77-year-old Reg Baker of Lancaster climbed his local fell, Clougha Pike (1,355 feet), for the 5,000th time on June 23rd – surely a record not only for Clougha but for any hill or mountain?

His first ascent took place in 1946 at the age of sixteen, since when he has visited this northwest Bowland peak on a regular basis, running the route up to 1994, by which time he had traversed it around 4,000 times, and walking it since then. For variation, he would sometimes start from the Birk Bank carpark and at others follow a different route from Quernmore cross-roads. He once completed five ascents in one week after he'd fallen six behind schedule.

Reg has used the peak not only when training for fell races but also for road marathons, among which he has completed the Preston-to-Morecambe "Milk Race", the Bolton "Pony", Whitley Bay, London and Berlin. He is a Life Member of Lancaster and Morecambe AC, whom he has served for over forty years, both as an athlete and coach, and for much of that time as President. He has also recently been offering encouragement to a new local club, Lonsdale Fell Runners.

"My running really started in the Army in the last '40s," says Reg, "with both cross-country and early morning runs in the Brecon Beacons with heavy packs and sometimes logs." He served with the Airborne Division of the Royal Artillery and afterwards in the Army Emergency Reserve up to 1976. Away from the Army, his earliest competitive runs took place at village sports in the Lune Valley and Lake District, and he has competed in many of the classic amateur fell races. "My favourite is the Ben Nevis, which I've completed seventeen times. I've also done the Three Peaks ten times and the Snowdon and Bens of Jura three times each, winning the Supervet's prize at Jura in 1985."

When his son Russell began competing at Lakeland sports meetings, Reg drew on his own experience to coach him and he gained a Lancashire vest as a junior. This led to a serious interest in coaching: "I took my exams in AAA men's sprints with John Bailey and Dennis Watts and my WAAA middle-distance exam with Pam Piercy. My best athlete was Kevin Capper, who won the English Schools 2,000m steeplechase, the Lancashire senior cross-country title, and the UK 3,000m steeplechase title on three occasions, besides representing England several times. Kevin also excelled as a fell runner and his 1983 record for the Pendleton Fell Race still stands.

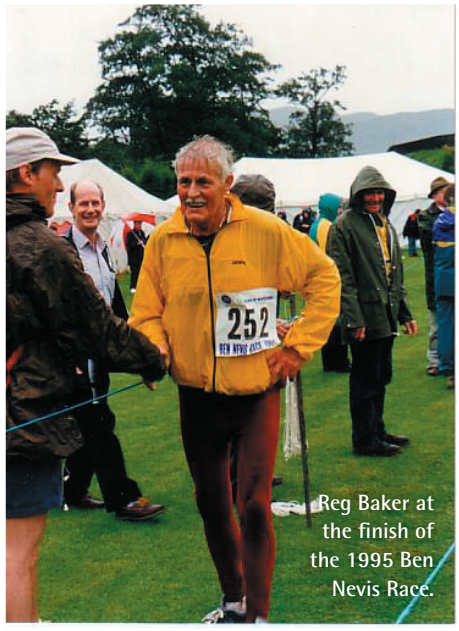
"Outstanding in a successful girls' team was Karen Evans, a former Miss Sportsworld, who won both the Northern and Lancashire heptathlon titles and placed second in the National championships. During the 1970s, my junior girls' team was judged the best team in the country by the WAAA. A lot of satisfaction can be gained from coaching, especially if you are successful."

Reg retired from competitive running eight days after his 75th birthday, following the World Vets Championships at Keswick. He has officiated at all the Clougha Pike fell races organised by his club since 1982 and similarly assists at other events, including the fell races at Beetham Sports and Dufton Show. He was accompanied on his 5,000th ascent of Clougha by 31 people, including local fell runners, friends and family, and toasted his achievement with a glass of champagne at the summit. "I owe a lot to my many friends in fell running," he says.

We offer our congratulations to Reg Baker on his Clougha record and our best wishes for further success with his coaching and officiating.

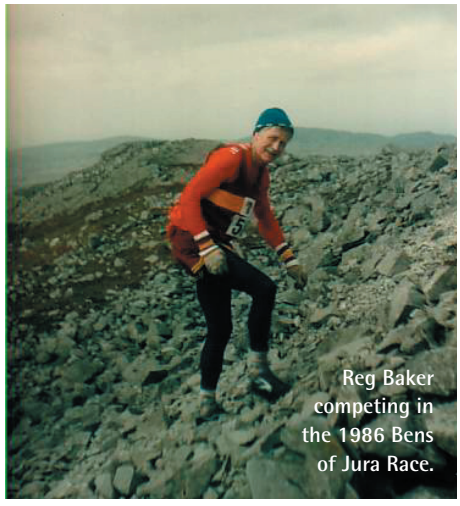
Note: Reg's clubmate, Jim Slinn, contributed a fine appreciation of him to the February, 2001 issue of *The Fellrunner*.

Addendum: On March 24, Charles Thompson of the West Lancs group of the Long Distance Walkers Association made his 1,000th ascent of Great Hill (1,250 feet) on the West Pennine Moors, accompanied by twelve fellow West Lancs walkers. 82-year-old Charles first climbed the hill in 1980. He has two sons, Gordon, who is a regular fell runner with Preston Harriers, and Duncan, a former member of Calder Valley Fell Runners and organiser of the now-discontinued Boulsworth Fell Race, who was forced to retire from the sport due to ill health. Charles himself organises the 24 mile Barbondale Round in April, taking in Crag Hill, Great Coum and Middleton Fell.



Reg Baker at the finish of the 1995 Ben Nevis Race.

All photos courtesy of Reg Baker.


Reg Baker competing in the 1986 Bens of Jura Race.

Reg Baker at the 2003 Great North Run, aged 73.

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Montrail Highlander Fell Shoe £60
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Walsh PB £55
The classic fell running shoe, still the market leader and largely unchanged over the years. Glove like fit and superlative grip on virtually all surfaces.
Sizes: 3 - 13 inc. 1/2 sizes.

BY MICHAEL VOGLER & NICOLA PARK

Running in the High Tatras

Imagine blue skies, lofty rocky summits and the fresh scent of pine forests at dawn and you could be mistaken for thinking about the only sunny day you've spent in the West Highlands. Now imagine that scene minus the midges but with beer at 50 pence a pint and lashings of goulash and you're imagining the High Tatras.

With such a dismal summer, we decided to escape the perpetually grey British weather and head for sunnier climes somewhere in Europe. Inspired by friends who'd spent a month running in the Italian Dolomites, but not wanting to face the continental hordes of August or pay ridiculously inflated peak season prices, we headed for the lesser-known mountains of the Slovak Republic – the High Tatras.

The High Tatras straddle the Slovak Republic and Poland, acting as a natural border between the two countries. They are the highest mountains in the greater Carpathian Arch. We decided to explore the Slovakian side, but the High Tatras can also be accessed easily via train from Krakow, the Polish capital. A bargain flight to Prague in the Czech Republic meant we then faced an eight hour train journey to Poprad, the nearest town to the mountain resorts. However, it is possible to fly into the Slovak capital of Bratislava, which would cut the overland journey in half.

Our first run was a gentle introduction to the trails and using the cable car we were able to quickly escape the heat of the valley. We ran from Skalnate Pleso, a beautiful blue lake beneath the towering cliffs of the mountain Lomnicky Stit. Our route followed one of the main paths in the Tatras, the Tatranska Magistrala. We headed north to the stunning Zelene Pleso which nestles in a steep corrie, surrounded by breathtaking rock architecture. Although this was only a short four km run, with the help of the cable car we were able to run to 2037m. After a fast and steep descent to the lake we sat and admired the surrounding peaks with a glass of hard-earned beer on the terrace before the weather came in.

After a sleepless night due to climbers making the most of their wet-weather hiatus in the bar downstairs, we pulled on our running kit to descend to Tatranska Lomnica. We had originally planned make the most of our mountain hut eyrie and to run up the yellow marked trail to the summit of Lanaci Stit. However, the foul weather meant that the prospect of beer and goulash at more reasonable prices in Tatranska Lomnica

was too good to resist, so we made a very damp descent down a fast blue trail.

The next morning we awoke to cloudless skies. Once again we set off from the Skalnate Pleso cable car station but this time headed south on the Tatranska Magistrala trail. Our aim was to run the blue trail up Slavkovsky Stit which rises straight out of the plain to a soaring 2452m. The trails initially wove along the valley contours in the cool of the trees. Soon we were climbing through scrub and boulder fields to the upper scree slopes of the summit. After a brief stop at the summit we made an exhilarating descent back down the shaley slopes and before long we were back at Hrebienok cable car station. It was a further six km on forest trails back to Tatranska Lomnica. After a couple of cheeky beers at Hrebienok we made our final descent. It took us around five hours to complete the 20km run at a steady pace.

Following a rest day spent pottering around Tatranska Lomnica and its bars and cafes, we decided to go for the big one – Lomnicky Stit (2634m). Some of the hardest routes in the High Tatras should only be attempted by competent scramblers (see notes on terrain) but the iron work in place means that they are not technically too difficult. After lazily having a lie-in we were caught out by the huge queues to catch the cable car up to Skalnate Pleso so we found ourselves tackling a steep eight km hike up the valley, almost the equivalent of scaling Scafell Pike.

We caught the cable car at Skalnate Pleso up to Lomnicke sedlo, a shoulder below the summit, before beginning the rocky hike upwards. At this point we were making no pretence of running, as the steep rocky route was barely a path, becoming a mountaineering route resembling an easier version of the Cosmique Arete in the French Alps. Chains and bolts aided the final ascent to the top of the mountain. Though not strictly a run, the awesome views of the valleys, peaks and plain below made it worthwhile. And, if you aren't a confident scrambler, a cable car will take you right to the summit, making the views accessible to all.

Spending only five days in the High Tatras meant that we barely scratched the surface of a destination that promises such great mountain running potential. Running the hiking routes allowed us to see twice as much as the average walker, and the startled looks of the rambling hordes made it extra fun! Fell running as a sport does not seem to exist in Slovakia, and we only once bumped into a party of fellow Brits, who were on an organised walking tour. So if you fancy pioneering some of your own mountain running routes in the High Tatras, book a flight and get planning. Enjoy the views, enjoy the food, and above all enjoy paying 50p for a pint for beer!

Imagine blue skies, lofty rocky summits and the fresh scent of pine forests at dawn ...

... Now imagine that scene minus the midges but with beer at 50 pence a pint and lashings of goulash and you're imagining the High Tatras

INFORMATION

Terrain

The majority of the running in the High Tatras is on extremely well-marked trails. The trails are crudely graded according to difficulty along the lines of ski routes. Blue is universally the easiest and is usually a wide unmetalled track. Green trails seemed very similar to blue except they are rockier in places. Red trails tended to be rougher still and are comparable to well trodden fell paths such as the tourist route up Brown Tongue to Scafell and Scafell Pike. Yellow trails will invariably incorporate some form of via ferrata-style protection such as chains and staple rungs. However, there are no safety cables as in the Dolomites and the French Alps. In some guide books yellow footpaths are graded as black routes. (For example in the Rother Walking Guide to the High Tatra by Stanislav Samuhel). The Kompass 2130 Sheet Vysoke Tatry 1: 25000 route markings are the same as those on the waymarker posts on the mountain paths.

For more adventurous runners there are unmarked paths to the summits of some of the higher peaks such as Lomnicky Stit (2634m), Jahnaci Stit (2229m) or Jastrapia Veza (2137m). All the guide books recommend that you only tackle these routes with a qualified mountain guide. However if you are proficient in basic climbing rope work, and carry a scrambling rope, harness and a couple of slings and karabiners then these peaks are easily accessible. Be warned, you may be challenged by a mountain guide and asked to show them your equipment, especially if you are dressed in shorts, vests and fell running shoes!

One other word of warning, do carry extra clothing, waterproofs, map and compass, emergency blanket, whistle, torch and spare food. If the weather comes in, it will do so very quickly, after all, these are mountains on an alpine scale and need to be treated with respect.

Accommodation

There is a huge range of accommodation in Tatranska Lomnica, where we based ourselves. It ranges from 4* hotels to basic campsites. We didn't bother booking ahead, as we wanted to have a flexible itinerary. We stayed in Pension Volga, which is 750SK (£15) per person per night in a double room with ensuite. This includes a large and filling buffet breakfast of cooked meats, cheese, bread, cereals and cake. They were happy to store a rucksack when we went into the mountains.

Staying at mountain huts makes multi-day trips possible. The huts are cheap - 380SK (£7.60) per person for a bunk bed or 180SK (£3.60) for a space for your sleeping bag, which even be a table top in smaller huts. The huts have restaurants which serve hot and cold meals, much like the huts found in Alpine regions. Book your bunk and meals ahead through Tourist Information. By studying the map it is easy to make up your own multi-day circuits. Do check before you set off that the huts are open, as some are only emergency shelters.

Getting there

Budget airline flights to Prague range from around £50 to £200.

Trains from Prague's main train station Hlavni Nadrazi to Poprad are around 600SK (£12) return. Overnight sleeper services are available, it's worth reserving a couchette see www.vlak.cz

Bus from Poprad to Tatranska Lomnica or Stary Smokovec 20SK (40p)

Guide books and maps

- Rother Walking Guide to the High Tatra by Stanislav Samuhel ISBN 3-7633-4810-7
- Cicerone The High Tatras Slovakia and Poland by Colin Saunders and Renata Narozna ISBN 1-85284-482-5
- Map - Kompass 2130 Sheet Vysoke Tatry 1: 25000

BY **GORDON HATHWAY**

There's more to Cornwall

Brown Willy the best fell-running in Cornwall? You're 'aving a larf ainch ya?

'Fell running' in West Dorset, Charmouth to Golden Cap Challenge venue.

A southerner's response

I read Steve Freeman's article 'Stud Marks on Brown Willy' about fell running in Cornwall with interest but some surprise. With all due respect to Mr Freeman I feel he has made enough disparaging remarks about Cornwall that his views ought to be challenged.

Only a few miles from 'Brown Willy' is Trebarwith Strand on the north coast of Cornwall with its black and menacing cliffs towering over the beach. From this point northwards the coast has plenty of scenery as wild and dramatic as anything in Cumbria and far more inspiring for a run than many a northern peat bog. It's different from the Lakeland fells for sure, but certainly shouldn't be ignored by runners with a love of the rough stuff.

The coastal path in this part of Cornwall is a constantly varying mixture of narrow cliff-top paths and open grassland with only an occasional bit of civilisation. Frequent steep descents and ascents of up to 300 feet or more take you across an endless succession of valleys, some going down to sea level, others hanging above the shore with streams cascading over the cliff edge (or back up into your face if the wind is up). The path continues like this for some 20 miles to the northern border of Cornwall at Bude and for the same distance again to Hartland Point and Clovelly in Devon. It's much further if you count every twist and turn of the path.

The coastal path may not have the same length of continuous steep ground as in the Lakes, but add all those ascents together and there is some respectable mountain running to be had here. According to my computerised mapping a recent run from Bude to Hartland Quay was 14 miles and 4400 feet of ascent, which just happens to be the height of Ben Nevis.

Another great thing about coastal running is that the ever-present sea means that the scenery is in constant motion, something you rarely find in the fells except perhaps when exiting the pub. This moving scenery also changes dramatically according to the tide and weather conditions.

There is of course a minor problem in trying to create a circular route on a coastal path. Navigation isn't too taxing though - just keep the sea on your left or right and you can't go wrong (consistency is the key here). An out and back route gives views that are surprisingly different when facing the other way though, and with careful timing quite long sections of the coast can be run in one direction along the beach or rocky shoreline at low tide. I'll grant you there's not much up or down this way but moving fast over seaweed covered rocks is not for the feint hearted and some rock scrambling is often involved. If you are really determined not to turn around there's even a decent bus service along the coast in many places to get you home (or to the start if you have any consideration for your fellow passengers).

One hazard of coastal running is the occasional cream tea shop, ice cream parlour or pub on the route, but the purist fell runner will of course ignore these. There are indeed walkers on the coastal path, but there are plenty of them in the Lake District too, and for at least ten months of the year and on any wet day they won't hinder you at all.

With all this glorious terrain nearby I personally have never felt any desire to ascend 'Brown Willy', appearing as it does to be a very small piece of Dartmoor cast adrift in a sea of featureless moorland.

There are also plenty of other places in south-west England with superb 'fell-running' country. Only a couple of hours drive from Cornwall on the much-improved A30 road lies the coast of East Devon and West Dorset. This is now known as 'The Jurassic Coast' as a result of its World Heritage status, though recently it has become more famous for the Napoli shipwreck. From Exmouth to Swanage for about 60 miles the coastal path crosses dozens of deep valleys and hills up to 600 feet high, which should be more than enough to satisfy the average fell runner, especially where there are several similar ascents within a few miles.

There are many excellent off-road races along this coast, several of them organised by local enthusiasts Axe Valley Runners, creators of the infamous and delightfully wacky 'Grizzly'. Their web site www.axevalleyrunners.org.uk has details of their own and many other local off-road and distinctly hilly races. Few of them are registered as fell races, but that doesn't mean they wouldn't qualify as such. The jewel has to be the Charmouth to Golden Cap Challenge, which is a registered fell race graded BM, held in July every year and even blessed with a village fete at the venue in true Lakeland style.

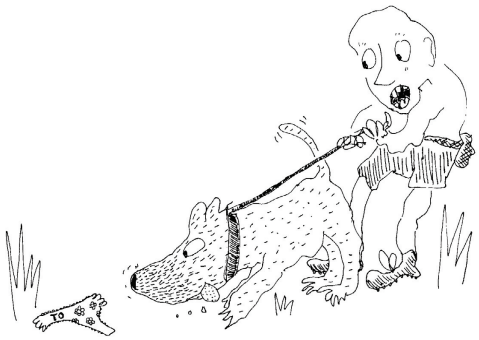
For the benefit of your southern readers who don't get to enter 'proper' fell races very often, and perhaps to encourage a few northern hard men to visit Britain's soft underbelly once in a while, maybe other readers would like to share their experiences of 'fell-running' on the coast?

In the meantime, come on Mr Freeman, don't waste your time in Cornwall pining for the fells, you should get out more!.

BY **PETER HAYES**

The Return of Oliver Mallis

Episode 6: A Four Legged Friend



The story so far: Fell Runner Oliver Mallis is hopelessly in love with Tricia Openshaw

Sunday 3pm

'It's just so frustrating. I made one or two little mistakes and now she won't even talk to me'.

Oliver Mallis was sat nursing a teacup in Rex Trooper's living room after a grand day out on the bogs. The shelves were crowded with trophies of Trooper's extended love affair with fell running, a love which the loss of a leg had done nothing to diminish. Sniffer the dog was curled up at the fireplace. Something in the air that afternoon had made Mallis open up to the old veteran of the mountains. Maybe it was the feeling of tired comradeship after a long run, maybe the smell of warm wet dog, maybe just the honest craggy face of the blunt one-legged Yorkshireman. Whatever it was, Mallis was pouring out his heart as Trooper listened with a kind of gruff masculine sympathy,

'And her boyfriend!' exclaimed Mallis. 'If it was anyone else, it wouldn't be so bad. But why Don Bates of all people? Tricia is so pure and loyal too, while we all know what *he's* like. What does she see in him'?

Trooper frowned, creating deep fissures in his weatherbeaten face as he pondered the question.

'Well', said Trooper thoughtfully, 'he's more handsome than you, and he can run faster, and he's cultured and good at conversation, and you're not.

Sometimes Reg Trooper could be a little too blunt.

'Yes, but that's not what's important. I mean I love her. I mean, underneath her running vest she's got a massive heart of gold, and I think Batesy takes advantage of it'.

Reg Trooper licked his lips ruminatively, his eyes gazing fondly into the distance.

'You could make her feel sorry for you'? Trooper suggested. 'That worked once for …'

Trooper stopped abruptly as Mrs Trooper came in with a fresh pot and bustled with the tea tray. There was an awkward pause. Mallis had a second cup of tea and a bourbon cream. Sniffer yawned, dribbled and sniffed. Then he stood up and slouched over to Mallis before suddenly lunging adroitly at the biscuit.

Ow! Down Sniffer! Ouch! No, its quite all right Mrs Trooper: its only a bit of tea on my lap. Lucky I was still wearing my shorts. Yes, I'm fine. I can clear it up.'

'What was I saying?' Mallis continued, after the kafuffle had died down 'Tricia feel sorry for me? No, I'm afraid that won't work Reg; she doesn't feel sorry for me, she just thinks I'm a fool and an idiot. I mean, if only I could rescue her or something; then she'd realise. But that will never happen, No, I shall just have to stay single for the rest of my life, and worship her from afar. Never to touch her face, never to comb her hair, never to…

Have you tried getting a dog? asked Trooper suddenly, his craggy face brightening.

A dog?

Yes, I mean, as you say, Tricia's never going to go out with an idiot like you, so why not get a dog instead? They make good company, you can go running with them, and you can comb them too.

Yes, but it's not the same, I don't want a dog.

I think you do,' said Trooper bluntly. 'Leastways, I think you should try it for a couple of weeks. You can borrow Sniffer'.

Two Weeks Later

Mallis was not sorry that his fortnight with Sniffer was coming to an end. He had attempted to give the dog back earlier, but when he had gone round to the Troopers to drop it off, he had discovered they had gone on holiday. Mallis had decided that he was not really a dog person. He had tried his best, but somehow Sniffer's companionship did not make up for the smell, the moulting hairs, the scoop bags, the worming tablets, the fleas and the slobber. Having a dog with him everywhere he went had messed his race targets up too. Mallis flushed with shame at the thought of the previous weekend. How was he to know that the Fox House Fun Run coincided with the North Derbyshire Regional Sheepdog Trials? In a way, of course, it had made it more of a challenge for the farmers to have Sniffer running around with all the sheep. But still, it had been embarrassing.

There were going to be no more mistakes of that sort. Mallis had Sniffer firmly on a lead and, given the number of Derbyshire hill farmers who had vowed to shoot the dog on sight, he had decided to spend this weekend in the Lake District.

As Sniffer pulled on the leash down the awkward pitched stone footway, Mallis let his mind wander. Wasn't it wonderful to think that soon, with all the carpark money, every single path into the Lake District would be turned into a footway like this? Whoops! Almost tripped over a drainage ditch! Better concentrate.

If it had not been for Sniffer, Mallis might never have noticed the scanty piece of pink fabric lying forlorn and out of place on the grass next to the footway. His eyes were intent on the perversely angled stones below him when Sniffer jerked back on his lead and began poking his nose and sniffing at something, then barking furiously. What on earth was he getting excited about? Mallis looked down and saw a small piece of discarded clothing, some kind of woman's undergarment. Sniffer barked. The frilly bit looked faintly familiar. Yes, that time he had sat behind Tricia in the pub … Curiously Mallis bent down and picked the item up. Then his heart stood still, for neatly embroidered in the corner were the initials 'TO'.

Tricia Openshaw! Who else could it possibly be? But how had it come here? However it had happened, things looked extremely suspicious. What fate had befallen Tricia for her to abandon her most intimate apparel in this desolate spot ? And how could he find her in all the empty vastness of the fells.

'Tricia?' Mallis called out experimentally. 'Tricia!'

His voice echoed feebly until it was lost amidst the profound silence. Mallis looked around at the great glowering summits. She could be anywhere, like a needle in a haystack. For a moment Oliver Mallis was nonplussed. Then in a flash of inspiration he realised. Of course! Sniffer!

Mallis eagerly bent down to the dog and held out the lingerie.

Sniff, Sniffer, sniff! he exhorted. Sniffer needed no second bidding. He grabbed the flimsy textile in his mouth, snuffled at the ground, and set off at a brisk trot.

Two miles later a lonely caravan came into view. Mallis steeled himself for whatever lay ahead. Sniffer broke free and rushed down. There was a commotion, then a gravely voice:

'Sniffer! You've found it'!

Mallis recognised the gruff masculine tones. It was Reg Trooper.

'Hey up Mallis, great to see you!' said Trooper stumping out of the caravan. 'Enjoying the dog'? Without waiting for an answer he turned affectionately to his pet. 'Sniffer you've found it you old bloodhound! Must have come off when I tripped on t'bloody footway'.

His blunt face wreathed in a slightly goat-like smile Trooper turned back to Mallis.

'I owe you for that Mallis. I allus wear it in a race, you know, like David Beckham. I thought it'd gone forever. I'd better put it on right now to make sure it don't get lost again. Lucky the wife's shopping'.

'But how did you get it in the first place'? asked Mallis stupidly as Trooper carefully pulled the silky gossamer-like garment up his leg.

Trooper winked and patted his stump.

'You were spot on about Trish, "a massive heart of gold". If you was to get your leg amputated, I reckon she might give you one too'.

Mallis turned away crimson faced, the mocking laughter of the beautiful but cruel fells ringing in his ears.

'Hey up Mallis', said Trooper. 'One good turn deserves another. You know Tricia's doing t'Pennine Way this winter? Well, I'll put in a good word for you about how you looked after t'dog, and maybe she'll let you feed her budgerigar'.

'Will you really Reg'? asked Mallis hopefully.

'No promises, but I'll do what I can'.

'Thanks Reg. You're a mate'.

Maybe the fells were not so cruel after all!

'And I've decided you can keep Sniffer'. Trooper added benevolently.

BY **NEIL SHUTTLEWORTH**

Road closure costs

As a runner, active for many years, I turned up at a long-standing fell race, possibly the third oldest fell race with its origins around 1882, and discovered they had been charged *by the local Council* £600, rising to £800 next year, to close the road – well, half a mile for about half an hour. So I penned my MP a letter who passed it onto the Rt. Hon Richard Caborn, Minister of State at the Department for Culture, Media and Sport, and he forwarded it to the Home Office.

The Home Office explained that "the powers the police have to close roads are enabled by section 67 of the Road Traffic Regulation Act 1984. More generally, the fundamental principle is that events, and especially those of a **commercial nature,** should be capable of being carried through without the need for police attendance. But the police will be involved in the scrutiny of the planning as part of the Safety Advisory Group process.

"Notwithstanding the above, the assessment of the need for police attendance and action at an event will be principally based on the need to discharge the police service's core responsibilities, and the level will be proportionate to the risks posed by the event."

They continued, "Private marshalling and stewarding has become a recognised way in which events are supported, but this does not preclude any local arrangements between police and the event organisers. Police may charge for their officers' attendance at private and public events, and organisers will be advised by the police where this appears appropriate. Police however recognise the importance of key national and significant local community events of a **non-commercial nature** and will normally endeavour to provide appropriate support and advice without charge, early discussion being strongly advised."

A member of the Council's Highways Department (who had in fact levied the fee) said that £300 had been charged for several years past, that this now did not cover the cost of the necessary advertising which the legal department did for them, so they increased the fee. They suggested that, "you'll have to increase the entry fee." As it stands all the entry fee goes to the fee levied.

This position does not encourage people to volunteer or take on lead roles as organisers, never mind the wider principle of encouraging active participation in sport. Yet it seems odd that one can apply for various National Lottery grants etc to encourage participation in sport in support of government policy and such like but the exact opposite seems to be the case here.

Meanwhile I wonder what avenues are open to the club to pursue.

1. Seek the views of how the Council justify the fee levied.
2. They could establish the amount of work involved and how many advertisements are placed in how many newspapers and on how many lampposts. (Use the Freedom of Information Act?)
3. They could just acquiesce and pay the fee that has doubled from £300 and with it the possibility may arise that numbers entering may decline. The cost for space for a typical advert is guessed to be of the order of £60-75. (Do they charge time to put them up on lamps etc?)
4. They could seek to have the fee reduced or waived.
5. The club could do the work for themselves and save the costs that the council incurred.
6. They could make representations (petition etc) to authorities at the highest level that the fee is unreasonable and is in fact a perverse decision. Record all representations and seek publicity.
7. They could consider moving the start (although the race is a long-established one starting from a set point) to an equivalent point along the road in question. The road crosses into another local authority for about 200 metres and they do not charge (yet.)
8. The race could begin off the road at the point where the authorities boundary is, or at the end of the metalled road, and so establish a new starting point.
9. The club could set up the event as NO FEE – NO PRIZES and inform the authorities that the event is an informal one – at everyone's own risk.

Situations like this do not augur well for amateur sport in general.

Neil Shuttleworth
July 2007

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Do you know how much protein you are taking in daily?

Do you know how much protein you need and how to take it for optimum benefit?

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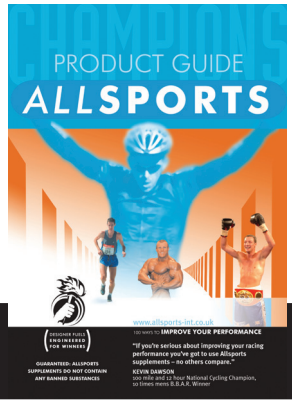

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Geoff Cooke
National, Commonwealth, and World (Masters) Cycling Champion

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BY **DAVE WOODHEAD**

Photos courtesy of Dave Woodhead

All payment for photographs used here is being given to the Upper Wharfedale Mountain Rescue

Burnsall

'My favourite piece of England'

The Burnsall Classic fell race is one of the most spectacular races to watch and race. This year something even more spectacular was to be seen on the hill: the Yorkshire Air Ambulance landing on the fell side, where three Upper Wharfedale Mountain Rescue vehicles were in attendance to aid Penistone Footpath Runner, David Cartwright.

David has described Burnsall as **'my favourite piece of England'**, and has been a fixture and fitting at the race for the best part of thirty years now. Even on the occasions when he has been injured, he's still scaled the course's lofty heights; one year walking most of it backwards, due to a calf injury. But it was as a junior in 1960 when he first stepped on to this most venerable hillside to finish second. He had to return the following year, being caught up in the excitement and energy this event conjures up, to take the junior winners laurels.

This year was his most memorable yet, but for all the wrong reasons.

An account by David Cartwright of Penistone Footpath Runners and AC

Taking part in the classic Fell race at Burnsall has been an important part of my bank holiday weekend for about thirty years, this year we cut short a two week holiday in Devon to get back for Burnsall. It is a challenging fell, and my favourite race above all. My best time was in 1985, finishing in fifth place with a time of 14 minutes, 8 seconds. My ambition this year was simply to complete the course. I was feeling fit before the race - especially after warming up with my four year old grandson George, taking part in the pillow fighting on the slippy pole on the village green!

I started the race slowly at the back, through the first gate, then up the field, across the lane and the ditch. It was then that I began to feel weak with wobbly legs and a tightening across my chest. I now knew that the top was out of reach this year, so I decided to cut across and watch the leaders going back down. I watched about seventy-five per cent of the runners come back down, before deciding to make my way down. Dizziness overwhelmed me however and I managed to make my way to Eileen Woodhead who stayed to keep an eye on me whilst I sat and recovered and who provided her coat to keep me warm. Fortunately Martyn Speight also came to my assistance, having seen that I wasn't well, as he was going back up the fell to cool down. After calling the mountain rescue, Martyn realised that an air ambulance was needed. After a fifteen minute flight I was admitted to Harrogate District Hospital with a suspected heart attack. By Sunday morning my pulse, heartbeat and temperature were all back to normal and after five days in hospital I was allowed home.

I have many people to thank for the fact that I am now back home recuperating. Eileen for her initial care, Martyn for his quick diagnosis and his insistence that an air ambulance be called, the mountain rescue team who provide an valuable service and last but not least the air ambulance crew who gave me medical assistance. Thanks also go the staff at Harrogate District Hospital who provided excellent care.

My family who were waiting for me on the village green also wish to pass on their gratitude to the people who so kindly looked after them, most especially Ken Yeadon who took them to Harrogate District Hospital.

I am sure I will be returning to Burnsall next year, but will stick to the races on the village green with my grandchildren for now!

A brief summary of David's career

It was aged 11 at Penistone Grammer School when he was bet 2s 6d he couldn't beat another lad in the annual cross country. Of course he won the bet and this started David's running career. His biggest achievement was winning the FRA English V40 championship in 1986.

A family man he has been married to Linda for 39 years and has two daughters Rachel, 36 and Becky, 34, the latter being a good little runner herself as a junior. If you took time to refer to back editions of The Fell Runner from the 80's, Davids name was very prominent over all race distances, and he has competed in the Three Peaks, Edale Skyline, Tanky's Trog and the much lamented Chew Valley Skyline, as well as most of the Lakeland classics. He also regularly took part in the Karrimor and the Saunders mountain marathons.

Jon Wright and Paul Mitchell beat Martyn Speigt in this years Burnsall race where Martyn finished 11th before being called upon

A SALUTARY LESSON FOR US ALL

Experience has taught me that medical emergencies fall into 3 main groups; Those for which you are fully prepared whilst working in a hospital accident and emergency department surrounded by all the technical support etc, those where one is the official "pitch side" doctor with some equipment, and those where you are to all intents "Joe public", late on a Saturday afternoon, out for a warm down at Burnsall fell race. All 3 have one thing in common; you know that potentially you have a life threatening situation on your hands. One has to think and act calmly and efficiently but with a sense of urgency. I would like to thank all those involved in the management of the emergency at Burnsall: Eileen Woodhead for a calm reassurance of David from beginning to evacuation by helicopter (a respectful sense of humour is a very potent drug), to the Wharfedale MRT and to the air ambulance.

So what do we all learn as we reflect on the case of a collapsed runner at a short classic fell race? The take home message, at the risk of sounding too morbid and negative is that it could have been any one of us that day. It does not have to be a long category race in foul conditions, where full body cover is mandatory. I would like to think that if faced with the scenario of a collapsed runner, we would all be able to institute some basic life support measures. Out in the sticks, as with anywhere else, never forget the basic first aid principles: This is not intended as a lesson in how to manage an emergency, but a quick, brief summary to outline the principles. **A**irway, **B**reathing, **C**irculation, **PRESERVE LIFE,** until the emergency services arrive. Should you actually witness a collapse, the first priority is to assess for consciousness, assess the airway, is there a pulse, and is the patient breathing??? Should pulse and breathing be absent this is a cardiac arrest and a pre-cordial thump on the chest is indicated. Quickly organise yourself or a team to institute cardio-pulmonary resuscitation, and summon emergency services. Regularly monitor the patients vital signs (pulse and breathing) and assess consciousness (a gentle tap on the cheek). Keep the patient warm. When/if consciousness returns, place the patient in the recovery position. This is basic first aid.

In David's case, I had witnessed a collapse whilst returning up the fell for a warm down. David was accompanied by Eileen. The history was quite clear that David felt very dizzy/light-headed with some tightness in the chest. Apart from a brief dizzy spell twelve months ago, David had no history of medical problems. Conscious level was fluctuating, but what concerned me the most was the pulse rate; as high as 230 beats per minute on the electrocardiogram! (Bet none of you can get yours that high in training), but palpable as 180 on cursory examination. The patient was going cold, clammy and blue. The MRT were quickly summoned, oxygen was applied, the ECG monitor attached and we knew that we had to act quickly. David had a very quick pulse, later diagnosed on ECG as Supraventricular tachycardia. The heart beats so quickly from abnormal electrical impulses, that very little blood enters the heart. Despite basic supportive measures, David's condition was deteriorating. I decided to call the air ambulance and evacuate to hospital quickly. My all enduring memory as David was lifted into the helicopter was the voice of the ever supportive Eileen: "just think how much it would cost Dave to get a helicopter ride around Wharfedale on a Saturday afternoon". David was hospitalised and his condition did stabilise fairly quickly. Further investigations revealed damage to heart muscle and a partial blockage of one of the coronary arteries. David was discharged after five days. David now reflects healthily and positively from his experience and plans to resume his running in the near future.

Disclosure of all information in this article is with the express permission of David and his family. Should you feel you wish to pursue your first aid training; a useful point of contact would be your nearest St John's ambulance team, who regularly run first aid courses for organised groups or members of the general public.

Dr Martyn B Speight
Musculoskeletal & Sports Physician

Race

to raise funds for

THE YORKSHIRE AIR AMBULANCE & UPPER WHARFEDALE FELL RESCUE ASSOCIATION

It has been decided that in order to be grateful for Dave's recovery, and to thank the splendid efforts of the Fell Rescue Team and the Yorkshire Air Ambulance, a race will be held, in order to raise funds for these two organisations. The race will be on Sunday 2nd March at 12.00 hrs, and will be on the course of the short Hartcliffe Hill Race, just outside Penistone. The race venue will be the Langsett Barn. Runners will be asked to pay a minimum of £5 to enter, and if they can raise any other funds then so much the better. For other information, see the Fixture Calendar.

Race co-ordinator John Wright says, " In this instance, Dave's life was saved. The Air Ambulance does make the difference, and there are always significant contributions from Fell Rescue Teams such as Wharfedale. Please make every effort to come and run. You can also contribute if you can't run but can turn up and raise funds. Some where else on the beloved fells of Yorkshire somebody else will need such assistance this coming year. "

For more information contact John on Tel: 01226 764642, Email: providence.house@btinternet.com or snail mail at: Providence House, Ingbirchworth Road, Thurlstone, Sheffield, S36 9QN.

Also check on Dave's club website, www.pfrac.fsnet.co.uk

Celtic Corner

BY MALCOLM PATTERSON

News from Scotland

SHR Championships – a thrilling finish

In a dramatic finish to the six race Scottish Hill Runners Championship, both men's and women's titles were not decided until the final race at Morven. The men's winner wasn't clear until the closing stages of the race, when Brian Marshall, unleashing his trademark demon descent, managed to overhaul Stewart Whitlie and secure the title. Stewart had the consolation of winning the M40 crown. On the day, the women's race was more clearcut, and Elke Schmidt secured the title with a comfortable win. Louise Burt finished 2nd in the championship, and again had the comfort of the W40 title. Other title winners were Dave Scott (M50), Jocelyn Scott (W50) and Douglas Milligan (M60). Carnethy (men's) and Fife (women's) dominated their respective team championships by taking both senior and veterans titles.

Matthew Sullivan was the winner of the inaugural SHR Under 23 championship, also decided over six races, with three each in short and medium categories. It is hoped that with this new fixture now established, it can help to attract more junior competitors to hill races in the future.

Internationals

The headline performance this year has to be the fantastic 4th place achieved by Joe Symonds in the World Trophy, where he missed a medal on the flat sprint finish. It was a fitting climax to a year of great performances for Joe including winning the British Championship race at Llangynhafal back in May. Backed up by Jethro Lennox in 39th – his best ever performance, Alistair Anthony in 53rd, Grant Stewart in 61st, Graham Bee in 70th and Andrew Liston in 115th, the Scottish men's team finished an excellent 7th. In the junior women's race, Mhairi Inglis finished an excellent 6th, and with Catriona Buchanan in 13th and Jessica Martin Scotland in 29th, the team were a very impressive 5th. Scott Mcdonald was first of the Scottish junior men in 34th, followed by Matthew Gillespie (45th), Robbie Cammack (61st) and Alex Jones (66th), giving the team 12th place. Disappointingly, no senior women were selected for the event.

Two years and a whole lot of injury problems after her silver medal in the New Zealand World Trophy, it was great to see Tracey Brindley back on the podium, as she took the gold medal in the W35 class at the World Masters in Austria. There were other top ten places for Ewan Paterson (5th in M55), Keith Varney (7th in M50), Phyllis Lemoncello (8th in W60) and Anita Hamilton (10th in W50).

Former world champion Angela Mudge chose to give both these events a miss this year, but instead concentrated on longer distance events and she crowned an impressive season by successfully defending the Buff Skyrunner World Champion title she had won in 2006.

Hot off the press comes news of Scottish results at the Junior Home International in South Wales. Both U16 and U18 boys team finished a close 2nd to England, whilst the U18 girls were 3rd. Best individual performances were from Matthew Gillespie (2nd) and Scott McDonald (3rd) in the U18s; Robbie Simpson (3rd) Robbie Cammack (4th) and Jamie Stevenson (5th) in the U16s, and Jessica Martin, who took bronze in the U18girls.

For more details of Scottish Hill Runners and the services we provide, contact me (the Secretary) at 6 Nigel Gardens, Glasgow G41 3UQ, Tel: 0141-632-6986 or email: malpat3@vodafoneemail.co.uk .
Or visit our website at: www.shr.uk.com

BY CHRISTINE BARWELL

Manx *News*

As a club, Manx Fell Runners elected to compete two English Championship counter races in the 2007 season, namely Fairfield and Weasdale Horseshoes. The Island representation looked promising with well over a dozen runners signing up for the May event. Disappointingly, at the last minute, the team was unable to travel as the boat was cancelled due to the bad weather – an accepted fact of Island life. Nonetheless a contingent of eight signed-up for the August race. Despite a rough sea crossing and traffic jams on the M6, the team made the start line. Manx Fell Running Champion Simon Skillicorn finished an excellent 32nd, Tom Cringle was second Manxman in 51st, third was Rich Sille in 138th. David Collister was just ahead of first Manx lady Cal Partington in 162nd and 172nd respectively. David Griffin, John Gray and Richie Stevenson all finished well within the 90-minute mark. Manx Fell Runners Rich Sille, Dave Griffin and Tom Cringle travelled to North Wales for the challenging Snowdon race, with Tom finishing an excellent 41st, with Rich and Dave finishing 113th and 143rd respectively.

Following the devastating news of the foot and mouth outbreak in Surrey, the Isle of Man Government implemented an immediate closure of the open fells, footpaths and plantations in order to minimise the risk of the disease being introduced to the Island. Over the subsequent weeks the restrictions were gradually lifted, however in contrast to England, it was not until 24th August that access to the open fells on the Island was granted. Unfortunately the decision to cancel the Creg-ny-Baa race, the penultimate round of this year's league, scheduled for the 26th, had already been made some two weeks earlier. When compiling the 2007 calendar last year, a decision was made to swap the last two races of the season with the Laxey race, named in remembrance of the late James Coulson, as a fitting finale to the season. To qualify as a finisher in the Manx Fell League competitors must complete six events. Following the North Barrule race in July five runners had competed four events, therefore to allow these runners to complete the league, the Creg-ny-Baa was rescheduled for the 30th September, resulting in this race once again finishing off a terrific season of fell running on the Isle of Man.

There are no such complications for reigning Manx Fell Running Champion Simon Skillicorn, as to date he has completed a tremendous nine out of nine events, with the two September events remaining in the league. At the New

Simon Skillicorn on his way to his first win of the 2007 season at Greeba. Paul Sheard finished a close second

Photo courtesy of Peter O'Shea

BY **ROSS POWELL**

Welsh FRA

Year's Day event, the first of the season, Simon had to settle for second behind Paul Sheard. The roles were reversed at the end of the month at Greeba, with Simon taking the victory over Paul. Lloyd Taggart added another dimension at February's Bradda race, not only taking a convincing win but breaking the course record. Simon took the honours at Snaefell ahead of Paul. Despite a disappointing performance by Simon at Easter's Mountain Marathon, he rallied at Carraghan in May to break the course record. With convincing wins at Glen Mona and Ellan Vannin, Simon was on his way to retaining his title. Once July's North Barrule was under his belt, the title of Manx Fell Running Champion was Simon's once more. Paul Sheard is currently lying in second place, however to date he has only completed five events. In close contention in third, is Tom Cringle. Tom finished fifth at St Johns and fourth at Greeba. For the first 'long' event of the season at Bradda he dropped to sixth, but improved at Snaefell finishing fourth. Tom decided to opt out of this year's Mountain Marathon, but had a good win in the 'Half', however this 'B' race is not included in the League. Tom's best performance of the season was at Carraghan where he matched Simon stride-for-stride on the climb to take second. His improvement in the latter part of the season has been notable, with seconds at Glen Mona, Ellan Vannin and North Barrule.

Three women will complete the league in 2007. Rose Hooton retained her title with wins at St Johns, Greeba, Carraghan and North Barrule. She was challenged by newcomer to the League Bridget Kaneen whose best performance was at the Mountain Marathan, where she clinched the local record. Christine Barwell finished third in the League.

British Championships 2007

Two WFRA races were included in the British Championships this year – Llangynhafal and Carneddau. Both races received very positive feedback. A big thank you to Race Organisers Martin Cortvriend (Llangynhafal), Dewi Sinclair (Carneddau) and to everyone who helped on the day(s).

WFRA Open / Welsh Championships

With 4 of the 6 race Championships completed Martin Shaw of Mynydd Du is leading with Craig Jones (WFRA) second and Ian Wellock (Hunters Bog Trotters) third. Other category leaders – O/40 Chris Gildersleve (Brycheiniog), O/50 Ross Powell (WFRA), O/60 Gary Gunner (Croft Ambrey).

Anna Bartlett of Shrewsbury is leading the ladies category. Fiona Maxwell of Mourne is first over 40 and Sue Ashton (Chepstow) leads the over 50 category.

The next race in the Championships is the Rhinog Horseshoe. Please note that the date of this race has changed from 20th October to 27th October. This is due to factors beyond the control of the WFRA. The race is still to be included in the WFRA Open / Welsh Championships and North Wales Series. Apologies for any inconvenience.

WFRA North Wales Series

At the time of writing seven of the nine race Series had been completed. Roland Stafford of Mercia is leading the Open Category. Other category leaders – O/40 Rob Hutton (Dark Peak), O/50 Neville Boler (WFRA), O/60 Don Williams (Eryri).

Andrea Roberts (Eryri) is leading the ladies category, with Mary Gillie (Clwydian) second and Anna Bartlett (Shrewsbury) third. Sandra Rowlands of Clwydian is first over 40 and Maggie Oliver (Eryri) leads the over 50 category.

WFRA South Wales Series

At the time of writing there was still one race to go. Max Suff of Hereford is leading the Table (also 1st over 40) with Tony Robson of Pennine second. In the over 50 category Steve Littlewood of Hereford is leading with Steve Herrington (Hereford) one point behind. In the ladies category Emma Bayliss of Mynydd Du is first. Mandy Jones of Islwyn leads the over 40 category and first over 50 is Alison Cooke of Hereford.

For the latest Tables visit the WFRA website www.wfra.org.uk. The presentations for the WFRA Open Championship and Series will take place after the Sugar Loaf race on Saturday 3rd November. This will be followed by the WFRA AGM.

South Wales Winter Series

By the time you read this the first race (Fan Fawr) will have taken place. The next race will be Sugar Loaf on 3rd November and then Blorenge on 8th December. For details of the 2008 races check the Calendar or visit the website.

Doug Morris

We were sad to hear of the death of Doug Morris. Doug was a prolific race organiser and among the events he organised over the years were the Gyrn Gallop, Dinas Bran, Craig Y Rhiw and Mynydd Myfyr fell races, the Lake Vyrnwy Half Marathon and the Oswestry Pentarathon Series. Doug continued to run and compete well into his 70's and in fact he died whilst out on a training run. He will be a sad loss to our sport and we must commiserate with his wife Margaret who was a staunch supporter of his various endeavours.

Welsh 1000m Peaks Race

You may have heard that there was a tragic accident in the W1000M race this year. A competitor in the Mountaineering Class, Sgt Paul Upton of the 1st Battalion The Parachute Regiment, had a fatal fall while descending from the Carneddau down to Llugwy Reservoir. The WFRA would like to send their condolences to his family and friends.

Navigation Course

A Navigation Course may be organized this Autumn if there is sufficient demand. If you are interested please contact Geoff Clegg asap.

2008 WFRA Wales and Borders Race Calendar

This is currently being prepared and will be available towards the end of the year. This is a comprehensive Calendar, containing details of all Fell races in Wales and the Borders. It includes some races not in the FRA Calendar. The Calendar is free to paid-up members. Non members can obtain a copy for £2 (plus 55p postage) from Geoff Clegg. Cheques payable to 'Welsh Fell Runners Association'.

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. The membership year runs from 1st January to 31st December. If you join after 1st October membership lasts until the end of the following year.

Membership forms are available on the WFRA website – **www.wfra.org.uk**

Alternatively, contact the Membership Secretary – Geoff Clegg, West Point, 19 Deganwy Road, Deganwy, LL31 9DL. Tel 01492 582631.
E mail: g7hgc@btinternet.com

BY **DAVE WOODHEAD**

You can allus tell a Yorkshireman –

But you can't tell him much!

Aye that's reet, this is God's own County, the most beautiful in Britain, and probably the world. It's not quite paradise, but sitting eating a Yorkshire pudding with lashings of onion gravy and supping a pint of it's very best ale, overlooking what is the biggest and best, you can't tell us it isn't the nearest to Utopia you're ever going to know in your lifetime.

Often people ask why only Yorkshire is written about in this magazine – well to quote the great now-6-times-Ben-Nevis-winner Ian Holmes **'it's only because the other's don't 'ave 'owt to crow about!'**

A quick guide for the uninitiated;

The Tyke – The pre-eminent species of Homo Sapiens. A very gritty self confident independent breed, with stubbornness, bluntness and a brutal frankness that are on par with that of Genghis Khan, or that's what some would say.

An American visitor summed it up perfectly; 'Yorkshire folk seem to be the most individual and diverse I have ever met. Sometimes it is a little nerve-racking to face their positive and, if I may be forgiven, almost blunt approach; but at the end of a conversation you are left in little doubt of their opinion. This is encouraging when you think you have made a good impression, and discouraging when you know you haven't.'

Such thoughts would worry most folk. But not so the Tyke, who gives not a jot for any opinion, but their own.

The land – Who would disagree with J.B. Priestley who scribed, 'The Dales have never disappointed me. I consider them the finest countryside in Britain, with their magnificent, clean and austere outlines of hills and moor, their charming villages and remote whitewashed farms, their astonishing variety of aspect and appeal, from the high gaunt rocks down to the twinkling rivers.'

Fell running – We are still the only county with senior and junior fell running championship medals to be won and of course perpetual trophies to the worthy winners. Now, we know rivals Lancashire have junior champs, but that's only because Colin Shuttleworth, the coordinator couldn't cope with Yorkshire having the upper hand and rubbing the Red Rose county's nose in it every year. Mind you, they do copy everything Yorkshire does, but we really don't mind, because it's supposedly the best form of flattery!

As for the senior championships, years ago the Northern CCAA race from Honister Pass near Borrowdale incorporated all the senior county fell championships, over a fantastic 14m/5000ft course including checkpoints at High Spy, Causey Pike, Whiteless Pike and Dale Head. Later it moved to the Buttermere Sailbeck race, 9.5m/4650ft for a few years, then it just disappeared. A real fell running tragedy, because you can become a county champion at Cross Country, all the Track & Field events and various road race distances, but fell running, it just doesn't exist.

But us Yorkshire folk never liked the championship being in the Lake District, so brought them on to home soil in 1989, and the Holme Moss event, where Gary Devine won. The reasons were, we run and train over our beloved moors and mountains, hills and dales, so we believed our championship should be over what we know. We have grand races so why not use them? It also gave us the chance to rotate the championship from a long to a medium to a short race, thereby giving different race organisers the chance to host the event.

Is thar lame under t'cap? - A road race? - BLAH!

What better race could host the 29th senior championship but that of the 53rd Three Peaks Race, which takes in three of the most well known, talked about and walked mountains in the country, Pen-Y-Ghent, Whernside and Ingleborough. Some would say it's more of a road race now, due to path upgrades. If that's your opinion, then so be it, but then what a grand picturesque road race it is! Don't be fooled though, it's still one of the hardest challenges to fulfill, and it's still the race everybody wants to win. You may well run or even win at Wasdale, Ennerdale, Borrowdale, Welsh 1000m or Angus Munro races, but that means little to anyone outside the realms of fell running. A Three Peaks win, now that's the one, in the general public's eye your a God; only the Ben Nevis carries the same fame. Next year sees the race being put on the world stage, hosting the World Mountain Running Challenge, with a Yorkshire first, because all entries will be totally done on line. So visit www.threepeaksrace.org.uk and get ready for 1st November – entries on first come, first served basis!

Surprisingly with the race credentials Rob Jebb, 32, has amassed over the years, the current British and English champion had never previously won an individual Yorkshire championship title. Now he finally gets his name engraved on the perpetual trophy. He has been in the winning Bingley Harriers team twice before though in 2001 and 2003 and now again in 2007. His only other individual medal in the championship had previously been a bronze in the first of the Three Peaks mountains, the Pen-Y-Ghent race in 2003. This was his third consecutive win at the Peaks, and also his fastest time, 2-51-49.

Former southern softie John Heneghan, now having served his Tyke apprenticeship, won the silver medal to go with his team gold from 2001. While that man Ian Holmes took the bronze, but did collect a gold since Bingley won the team for the 7th time. Ian has actually counted in the winning teams six times: 1991, 1994, 2001, 2003, 2004 and 2007. Only when the championship was run over the fifteen mile Calder Valley race in 1993 was Ian absent. Ian still reigns supreme in the medal tally count, having won six team golds, six individual golds, two silvers and two bronze and still looks capable of many more. Pottery entrepreneur, Robin Lawrence, has now won three gold team medals for Bingley Harriers as the Bingley ladies also won the team for the third time. Running the Peaks for the first time, 'Scary' Mary Wilkinson the winner of the Lancashire classic Rivington Pike race three weeks prior, recorded here the third fastest ladies time of 3-30-22. Only Angela Mudge and the eminent Sarah Rowell, a four times winner, have clocked faster. This was Mary's third Yorkshire fells title and saw her collecting the Norman F. Berry silver trophy. Her other wins being in 2001 at the Withins Skyline and 2005 at the Settle Hills race. 2006 English bronze medallist, Sharon Taylor, overhauled silver Yorkshire half marathon medallist Jo Buckley to gain a silver medal to add to her 2006 silver and if it hadn't been for Mary's last minute decision to run, Sharon could have emulated her achievement of 2004, a gold medal, when the Yorkshire fell champs last visited the Three Peaks race. Sharon, a true bastion of Bingley Harriers, has counted in all three of her teams victories in 2003, 2004 and 2007.

38 year old Mandy Clarke to her surprise anchored Bingley to the team gold medal awards, and in true team spirit was still racing at the end by beating an Ilkley Harrier lady on

the run in, even though at that point she was unaware of how significant her performance was. Last year Mandy, an accountant with Norwich Union, finished the race in 4-56. This year incredibly she ran over half an hour faster, showing that living in flat York isn't a hindrance to any runner if they apply themselves.

The Three Peaks had one of it's biggest entries for many a year, with 620 runners. It's hard to believe that it had something to do with the race hosting the Yorkshire Championship, but there again...

Next year again sees sports retailer **Crosstrax** and **The Wharfedale Clinic** co-sponsor the senior championship, which is a fantastic bonus because it not only means that the medallist's receive engraved medals, but individual prizes as well.

29th YORKSHIRE FELL RUNNING CHAMPIONSHIP

Sponsored by Crosstrax and The Wharfedale Clinic

Men

- Gold medal & trophy winner: Robert Jebb of Bingley Harriers
- Silver medal: John Heneghan of Pudsey & Bramley
- Bronze medal: Ian Holmes of Bingley Harriers
- Mens Gold Team medal winners: Bingley Harriers with Robert Jebb, Ian Holmes & Robin Lawrence

Women

- Gold medal & trophy winner: Mary Wilkinson of Bingley Harriers
- Silver medal: Sharon Taylor of Bingley Harriers
- Bronze medal: Jo Buckley of Calder Valley Fell Runners
- Ladies Gold Team medal winners: Bingley Harriers with Mary Wilkinson, Sharon Taylor & Mandy Clarke

The 2007 Three peaks race dominated by Yorkshiremen, John Heneghan, 3rd, winner Rob Jebb with the Norman Thornber trophy and Ian Holmes, 2nd at the finish

These girls don't go to Elizabeth Dukes for their gold!

The golden girls of Janet McIver, Jo Waites, Lisa Lacon and Helen Glover ensured the Yorkshire team won gold again for the third consecutive time and for the fourth since these the UKA Inter County championship began in 1997. This year Derbyshire, with organiser Des Gibbons, hosted the event on 13th May at the Crowden Horseshoe race (8m/1700ft). A route along the Pennine Way up to Black Hill summit via Laddow Rocks, then over Tooleyshaw, Westend and Hey Mosses to return to the YHA at Crowden. 160 runners finished, including 12 county teams. It's a pity it was sandwiched between the British Llangynhafal Loop championship race on 6th May and the English Fairfield Horseshoe championship race on the 19th May; three championship races in three weeks – who plans these race schedules? Do they ever take the athletes into account?

Despite all this, Sheffield Long Ley Park 6th form college teacher, Janet McIver became the third Yorkshire lady to win the individual gold medal. In early season competition Janet was showing how her training was gearing up for the oncoming English championship, by breaking Trish Sloan's 1995 Noon Stones ladies record by two minutes and 12 seconds, then by winning what was quoted in the last Fellrunner as 'the survival' Don Morrison Memorial Edale Skyline race and then third at the English Paddy's Pole race. Here at Crowden she broke Anne Bockington's 2003 record by a staggering 13 minutes and 5 seconds, mind you the first 16 ladies also broke the course record. Lancashire's Katie Ingram and Candice Leah took second and third, but Yorkshire, with Llangynhafal Loop winner and UKA defending champion Jo Waites sixth and Causey Pike winner, Lisa Lacon, seventh, the white rose team were home and dry, while Lancashire had to wait for Deborah Culshaw in thirteenth; Cumbria came third. Lisa 30, a third Dan black belt in Wado-ryu, first ran in the team at the Shining Tor Cheshire race in 1999 finishing twelfth behind Greater Manchester winner Jayne Speak. In North Wales at Moel Eilio the year after it was twelfth again, then last year Lisa stormed to second behind team mate Jo. The last minute replacement for an injured 'Scary' Mary (Wilkinson), Helen Glover, the Soreen Stanbury Splash winner, performed brilliantly and fully justified her place, finishing ahead of Lancashire's and Cumbria's last team scorer's in eleventh place in the furthest race she has ever run!

Andy Hilton bringing half of Black Hill back to the finish.

Hells bells and buckets o' blood – they're allus in medals

Andi Jones who set a pb of 2-17-49 at the Flora London marathon to finish second Brit home, repeated last years win at Settle Hills and also led Greater Manchester to team gold again, with Nick Leigh fourth, Darren Kay seventh and Peter Haworth nineteenth. Andi also beat the course record, set by Lloyd Taggart in 2003, by four minutes and 10 seconds and again the first eleven men dipped inside the old time. Lloyd himself finished third behind Tim Davies running for North Wales. Yorkshire, in taking team bronze, kept up their unblemished record of never being outside the medal table. For John Heneghan this was his fourth outing in his Yorkshire vest. His first was in 2004 at a rainy Blisco Pike where he finished tenth behind winner Ian Holmes, third Robert Jebb and eighth Gary Devine. Having finished in fifth position for the last three he lead home the Yorkshire squad this time. Last

Flying the flag, the 2007 Yorkshire inter county team before they tackle the Crowden course, and the girls take home the gold

Photos courtesy of Dave Woodhead

year, on his debut for the team, Karl Gray ended up in hospital with heat exhaustion.This year, thankfully, Karl finished the race in one piece in eleventh place. Then a true gritty Tyke battle royal ensued between new fledglings Graham Pearce and Andy Hilton, to decide the third counter in the team, Graham finished fourteenth and Andy fifteenth with only 30 seconds separating them. It's a shame Andy didn't receive a UKA bronze championship medal, but this strange rule of only giving medals to the first three in each medal winning team, irrespective of where the fourth counter finishes, seems ludicrous and unjust. In compensation Andy, who finished covered in Black Hill mud from head to foot, did receive a special bronze medal from the Yorkshire committee. Helen also received a special gold medal; both did outstanding and showed true Yorkshire grit. The committee also acknowledged the valiant efforts of all it's athletes (including reserves) by presenting them each with a case of Dragon Heart real ale, stipulating it could only be drunk after the race. They were also presented with a Yorkshire car flag each.

It's fair silin' it dahn!

That best describes what this summer has been like, and we shouldn't have been surprised when the 38th Hellifield Gala had constant rain from morning until nightfall. It finally abated for the family disco on the Saturday evening. This was a crying shame for the Gala Committee and Gala Queen Lyndsey Denham, because much of the days activities had to be centred in the marquee. Unfortinately the children's novelty races had to be canceled, although some attractions did stick it out, even though the ground was sodden. Never before had it rained so bad here, but the young bairns didn't allow this to dampen their enthusiasm or spirits as they took on the challenge of Haw Hill and beyond.

Normally this championship would be held at whatever Yorkshire race is incorporated within the FRA English junior championship race series, but due to a severe lack of information about the event, this wasn't possible.

19 year old Alistair Brownlee, the new 2007 European Triathlon Champion and 2006 World champ, won his seventh Yorkshire title in the U20's, having previously won two at U14, U16 and U18 level. Despite the rain he led a record field home in a new course record, slicing nearly one and a half minutes off Steve Oldfield's 2002 time, so putting an extra £10 in his back pocket. Who would bet against him next year? This lad is just unstoppable and so talented yet down to earth.

The first four athletes home all bettered the previous record and Karl Gray in fifth equaled it, as five times winner Steve Oldfield himself, now 50, finished sixth in 25-50. Silver medallist last year Jonathan Hare took the U18 championship finishing only eight seconds behind Alistair. Jonathan is yet another emerging talent and recently, at the Junior European Mountain Running Championship in France, led home the British team in 8th. It was another silver for Rob Shaw in fourth, to go with his U18 English Uphill championship medal. Rob recently won the Crag Vale and Stirton races. A previous silver medallist, Luke Maude finished third this time, in eighth place overall. Another Skipton athlete Daniel Walmsley took silver in the U20's after being coaxed into running again by RAF 5000 metre champion Lee Athersmith. Danny had won a silver in the U18's in 2004.

County hockey player Claire Lilley from Skipton won the U18 championship, making her Skipton AC's fourteenth junior championship title holder. Claire also finished second in the open race which was won by local international athlete 'Scary' Mary Wilkinson. Scary, had only last week entered the history books by becoming the first athlete ever to win the Mount Snowdon International race for a hat trick of wins. She took Lisa Lacon's record down to 27-31 from 29-14 and another £10 was pocketed. Scary also did the honours by starting all the junior races off and even signed junior numbers as a memento. Sam Morphet, recovering from a recent appendix operation, retained the U20 ladies championship title, which added to her bronze from 2004 in the U18's.

Congratulations to James Hall and Emma Wilkinson, the U12 champions; Ben Marriott and Rosie Hellawell the U14 champions and Tom Sessford and Holly Craig the U16 champions.

12th YORKSHIRE JUNIOR CHAMPIONSHIPS – HELLIFIELD GALA

Sponsored by Burton Safe Company

UNDER 12 CHAMPIONSHIP

Gold	James Hall	Bingley
Silver	Philip Done	Keighley & Craven
Bronze	Max Wharton	Calder Valley
Gold	Emma Wilkinson	Spenborough
Silver	Emily Bolger	Skipton
Bronze	Charlotte Cox	Keighley & Craven

UNDER 14 CHAMPIONSHIP

Gold	Ben Marriott	Bingley
Silver	Faisal Ismail	Keighley & Craven
Bronze	Sam Westcott	Skipton
Gold	Rosie Hellawell	Keighley & Craven
Silver	Fiona Jordan	Ilkley
Bronze	Ellie Taylor	Ilkley

UNDER 16 CHAMPIONSHIP

Gold	Thomas Sessford	Keighley & Craven
Silver	Jonathan Bradshaw	Wharfedale
Bronze	Daniel Collins	Scarborough
Gold	Holly Craig	Bingley
Silver	No Competitor	
Bronze	No Competitor	

UNDER 18 CHAMPIONSHIP

Gold	Jonathan Hare	Halifax
Silver	Rob Shaw	Keighley & Craven
Bronze	Luke Maude	Skipton
Gold	Claire Lilley	Skipton
Silver	No Competitor	
Bronze	No Competitor	

UNDER 20 CHAMPIONSHIP

Gold	Alistair Brownlee	Bingley
Silver	Daniel Walmsley	Skipton
Bronze	No Competitor	
Gold	Samantha Morphet	Cumberland FR
Silver	No Competitor	
Bronze	No Competitor	

Photos courtesy of Dave Woodhead

Helen Isley finishes 3rd at Grasmere and falls in to the arms of her dad the fell running legend, Tommy Sedgwick who has won this classic race 9 times

Also a special congratulations to Jack Hardacre and Issy Wharton the U10 winners – future Yorkshire champions in the making. If you want to see pictures of the 12th junior Yorkshire races then visit www.bofra.org.uk.

2007 was a significant year for Keighley and Craven junior athletes. Previously they had only ever won one Yorkshire fell title and that was last year in the U12's by undoubtedly one of their stars Rosie, who performs come rain, snow or shine. U16 Thomas wasn't going to be outshone, adding to his collection of two silver medals from the U14's category in 2005 and 2006.

Some age groups were a little shy of runners, and with holidays in flow maybe some gains were made, but remember *you have to be in it to win it*. These Yorkshire championships are forever indebted to Hilary and Norman F. Berry of **Burton Safe Company** who generously sponsor the championships, and enable it to be undoubtedly **THE BIGGEST AND BEST!**

Full credit to organiser Stephen Moor and his girlfriend Jo who never wained of enthusiasm to keep the day afloat, and took away the myth that us Yorkshire folk are tight, by ensuring that every runner enjoyed the delights of a tube of Smarties for competing. In the senior race, winners Alistair and Mary were awarded £40 each for their efforts. Being Yorkshire bred they're bahn to have been thrifty with it.

By gum tha's good

Rob Jebb, a junior winner at the Burnsall Classic race, finally put the record straight in emphatic style with a mountain goat style ascent which gave him a minute lead at the summit. Even reigning champ and five times winner Ian Holmes couldn't over turn Rob's lead with one of his famous kamikaze descents and had his hands full with international orienteer, Skipton AC's Joe Mercer, who he pipped by four seconds. Putting her disappointment at not making the England world trophy team well and truly behind her, Mary

Wilkinson, decided to join in the fun at this classic race and took the ladies trophy in a very fast 18-05, with last year's winner Lisa Lacon in second.

The following day saw Mary and Rob compete in the 'blue ribbon' senior guides race at the 157th Grasmere Sports, in the Lakes. Both athletes went home winners and £150 the richer – not bad pay – over £10 a minute by our reckoning.

Two who are excited about going to the World Trophy event in Switzerland to represent England, are both Rob Jebb and Rob Hope who finished first and second in 12-37 and 13-17 respectively, while John Heneghan finished third in 13-31.

Winning £100 Sharon Taylor finished second in 17-17, while Helen Isley and Lisa Lacon sprinted it out for third, with Helen collapsing into her nine times Grasmere winner dad, Tommy Sedgwick's arms, with Lisa just one second behind.

Rob Hope has played an important part in the history books of Yorkshire by winning the UKA inter county championship at Turnslack wearing the hallowed blue and white vest of Yorkshire. He has also won a silver and bronze medal in the individual championships in 2000 and 2001 respectively, behind Ian Holmes in both years. This was whilst living it up in Leeds, now of course he has gone back to the dark side - Lancashire!

Running in that Lancashire vest Rob won the infamous Kilnsey Crag for the fifth time in his fastest ever time of 7-59, from Malham Show and Hebden Sports winner Ted Mason, 8-11, Lisa Lacon stormed to a new ladies record in 10-36 taking 22 seconds off the old record, with Helen Isley second, 11-02 and Tamara Hird third, 12-52. Lisa boosted her £20 ladies prize by another £50 for her record run, but that came no where near the £150 Rob collected for his efforts, you could say she hadn't a hope in hell's chance, even though they ran the same route!

Easier reading ner tawking

To commemorate the centenary of Holmfirth Harriers AC, Graham Ellis, John Buckingham and Norman F. Berry amongst others are busy compiling the history of this great Yorkshire club, due to be published in May 2008; and bound to be a cracking read. Officially the club is 100 years old in October 2007, and they are planning a year of events to celebrate this mile stone, see www.holmfirthharriers.com./100.htm

Yorksher Disclaimer

Ee up! reet, we understand that sum o' yer oft cummed 'ens mun 'ave bin upset wi what 'as bin ritten.We accept no liability fer yer flibberty gibbets, thers to be no chuntering or chelping, and if thi's flummoxed and flustered by yon article, gie'ower, it's nobbut a bit of a lark tha knows. If thi's got a monk on, stop yer skriking and frame thissen yer mardy lot and get scribbling.

P.S Don't forget, Yorkshire folk have a wry sense of humour !

Yorksher's teemin' wi' talent

- **Will Smith** and partner Russell Fairhurst were joint winners of the famous Oxenhope straw race involving beer drinking and a bale of straw with Ian Nixon and Matt Lockyer.
- 2006 English champion **Natalie White** - Moel Wnion, Paddy's Pole, Joe Barber Herod Farm race, Helm Hill, Ingleborough, Helvellyn, Castleton, Kentmere Horseshoe
- **Shaun Godsman** - Midgeley Moor, Waugh's Well
- **Jo Buckley** – Bunny Run (BR) 1, BR2, BR series winner, Coiners, Jack Bloor, Austwick Amble, Oldfield Gala where husband Alan Buckley also won
- **Greg Hull** - Jack Bloor, BR4
- **Ian Holmes** - Coniston, Stoodley Pike, Eldwick and Gildstead Gala, Bens of Jura, Lakeside Gummers How, Kettlewell, BR1, BR2, BR3, BR series winner, Ben Nevis
- **Holly Page** – Blackstone Edge, Wicken Hill Whizz, Hawkshaw Gala
- **Janet McIver** - Tiger's Todger, Noon Stones, Broomhead Chase, Burbage Skyline
- Flying postman **Michael Fryer** - Oakworth Haul
- **Jonathan Hare** - Tom Tittiman, Crow Hill, Blackshaw Head Fete
- **Victoria Wilkinson** - Pinhaw Moor, World Trophy Trials, Puma Derwentwater Trail
- **Graham Pearce** - Settle Hills, Wharfedale TTT series, Laycock Gala
- **Jo Waites** - Stoodley Pike, Widdop, Hutton Roof, Ravenstone Brow
- **Scary Mary** – Stirton, BR3, BR4, Burnsall Classic, Grasmere Sports, Braemar Gathering Hill, Blairgowrie & Rattray Games Hill Race, Great Longstone Chase
- **Len Buxton** - Morton Gala
- World downhill mountain bike champion **Karen Ballantine** - Final Frontier, Morton Gala
- Husband **Dick Ballantine** - Final Frontier race
- **Lisa Lacon** - Eldwick and Gilstead Gala, Hebden Bridge Carnival, Arncliffe Fete, Eccles Pike, Blackshaw Head Fete, Kilnsey Crag
- **Rob Jebb** – Blisco Dash, Tebay, Ambleside Sports, Lingmell, Buckden Pike, Burnsall Classic, Grasmere Sports, competed in the world cyclo cross for Great Britain
- **Julie Wilson** – Bamford Spar, Sheldon, Totley Moor, Grindleford, Calver Peak
- **Andy Peace** – Pen Y Ghent
- **Sharon Taylor** – Borrowdale, Blisco Dash, Ambleside Sports, Coledale Horseshoe
- **Alex Whittam** – Wicken Hill Whizz
- **Helen Isley** – Farleton Knott, Oakworth Haul, Chevin Chase, Bradley Family Day Run

Photos courtesy of Dave Woodhead

Final Frontier race winner Dick Ballantine pictured descending off the witches hill of Pendle

New Kilnsey Crag ladies record holder with 10-36, Lisa Lacon descends the famous Kilnsey chimney, a sheer rock face.

Of course there's loads more winners, apologies for not naming you all, but them oft cummed 'ens might get upset if we crow too much!

Photos courtesy of Dave Woodhead

U12 boys & girls, left to right: Ben Johnstone, 2nd, James Hall, 1st, Philip Done, 3rd, Celebrity starter, Mary Wilkinson, Emma Wlikinson, 1st, Emily Bolger, 2nd, Charlotte Cox, 3rd at a very wet Helliefield.

Emma Wilkinson of Spenborough District & AC – Yorkshire Under 12 Girls Fell Champion

'At seven I started at a running group every Saturday at Princes Mary Playing fields. I heard about it from Chris and Matthew Jones, and since I was interested I tried it out and enjoyed it.

But when I was nine I joined Spenborough and District Athletics Club, and started competing in track and field, and found I preferred the longer distances like cross country and fell running.

I have won many trophies at cross country, and West Yorkshire track and field meetings, apart from running I enjoy doing shot putt and long jump; 800m best 2-34, shot putt best 6-42 and long jump best 4-02. I also enjoy swimming and gymnastics, I also like to read.

My first fell run this year was at Hellifield, and was the Yorkshire championships, last year I finished fourth in the English championships. I was a bit nervous before the start, but when I got running the nerves washed away. I was maybe a bit more cautious as it was quite wet. The course was not as long as I thought it would be, and overall I thought the race was great.

I enjoy fell runs and am looking forward to running in more.'

James Hall of Bingley Harriers – Yorkshire Under 12 Boys Fell Champion 2007

'I enjoyed the Yorkshire champs. The weather at Hellifield was pretty terrible, but it's not the worst. Ambleside sports was really bad with lots of cars getting stuck in the field. I have to walk the course before a race. I'm getting better over walls, rivers and fences, but I want to know when they are coming up. The fence at Hellifield came just before the top of the hill so it gave you a breather, and once you were over it on the way down you could really leg it. I had a good race with a good start, and didn't have to catch anybody up. I'm really into running at the moment, and am doing as many races as I can.

I like all sports especially football and tennis, but at the moment I like running best. I like fell running because besides running you go all over the country, and make lots of friends. After races you can swim in the river, play footie or if it's a show race you can go on the rides, and spend any money you've won on climbing or eating burgers and ice cream.

I started off running quite early, at Eldwick school, my teacher Mrs. Haggar ran a running club, and entered us for lots of events like the Bingley cross country. My first races were at Ilkley, Cray and Penistone Hill when I was six, it's always cold, wet and windy at Penistone, but anyway I like splashing through mud and scoffing the chocolates in the car after the race.

Among my favourite races are the Wrekin and Pendle, because they have a long run downhill. It's boring travelling to the Wrekin from Bingley, but the food at the Holiday Inn was worth it. It's a good job the race was later on, because I ate **way too much for breakfast!'**

James Hall - winner of the Yorkshire John Taylor Memorial Trophy

History maker Scary Mary's view upon becoming the first ever person to win the prestigious 32nd Snowdon International Mountain race and complete a hat-trick

'Three Yorkshire Fell Titles, Three Peaks Champion and Three consecutive Mount Snowdon Victories…anybody spot the trend?! It seems that number three may have been my lucky number in 2007.

To win a Yorkshire title is always a pleasure, but to win it over Yorkshire's famous three peaks made this year's title even more special. The race itself was AMAZING. I have run each hill individually many times in training, but to run them all at once? To finally get the opportunity to do this prestigious event was brilliant, and to actually win I had never imagined. I certainly hope to be on the starting line again next year as the camaraderie of my fellow runners, and the support of those around the course is something I have not experienced in many events and am keen to do so again.

As for Snowdon, well to do the 'hat-trick' was one of my main goals for the year, but I tried to keep that quiet from my main competitors so as not to encourage them to try and beat me too much! I don't know why I love the race so much but I do. The atmosphere is always electric especially running down the finishing straight, and it was the memories of this spine tingling feeling that really helped me push even harder. I wanted to experience that feeling again, and feel it I did perhaps even more so this year than previously having had to work so hard to overhaul the incredible performance of my England team mate Janet McIver. I regard myself as probably one of the best downhill runners around (mainly because I have no fear & can take my brain out at the top!), but Janet certainly challenged this claim. How I managed to stay on my feet I will never know, but at least this year I did! To be involved in such a close fought race, the outcome of which was not decided until the final run in made the victory even more meaningful.'

'Will I be back for more? You bet I will, but hopefully my lucky number will progress to four!'

Scary Mary proudly holds aloft the Shirley Hodgson Three Peaks ladies perpetual trophy

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BY **DENISE PARK** MSC MCSP SRP GRAD DIP PHYS

Winter beckons

– And So Do Road Shoes!

Since writing my last article, I have started running! I was invited to take part in the Hood to Coast Relay – a 197 mile relay in the USA, which motivated me to start training, and was then asked to take part in the Great North Run – my first half marathon. As a newcomer to the sport, my aim was to run the total distances required and I managed to run every step in both races – a total of 29 miles. I feel I can now write my articles as both a physiotherapist AND a runner – albeit still pretty inexperienced!

As part of my trip to America, I was invited by Nike to visit their headquarters in Portland, Oregon. 12 medical professionals from the UK were invited there in recognition of their work with runners. Whilst I was there I met some of the most influential people at Nike, including Mr Mario Lafortune, Director of the Nike Science and Research Lab. I spent over 3 hours with him discussing the development and design of running shoes and the importance of the running shoe industry linking in with medical professionals. On my return from America, I also spent a day with Asics, again looking at their developments and ideas regarding running shoe design. It is interesting to see how different companies research and develop a product which we are so dependant upon!

So – winter beckons, the nights are drawing in, and it's dark when you get home from work. It's that time of year when you have to take to the roads because you've got to keep your mileage up. Out come the road shoes that have been screwed up in the cupboard since last winter and have become inflexible, the cushioning has become hard, and they don't really resemble an important part of your running kit. Because you're not a road runner, you're not going to waste money on a new pair of road shoes! Or you might actually visit your local running shoe shop to treat yourself to a new pair of road shoes for winter, but you know very little about which road shoes you should be buying because you're not really a road runner! You might be lucky and find a sales assistant who understands about running shoes, and you might be offered a gait analysis assessment, but, these guys are still sales assistants, and to be fair to them, are not individuals highly skilled in the biomechanics of the foot. The more you understand about your own feet - the better chance you have of buying the right shoe.

I know this scenario from personal experience. I went to a running shoe shop and asked to try on a particular pair of shoes. The sales assistant didn't recognize me and decided that, as I was 'relatively new' to running, he knew which shoes would be best for me. He spent the next 20 minutes trying to convince me to buy a pair of shoes that were totally inappropriate for my foot type. It was only after I insisted that I was going to still buy my choice of shoes and I handed over my credit card that he became very apologetic – he suddenly recognized my name on the card even though he didn't recognise my face!

Also, I recently saw one of our England runners who had developed an unusual injury. A couple of weeks earlier they had won a voucher at a race for a very reputable running shoe shop – or so I thought. On visiting the shop, they were advised to take a shoe that was the opposite of what they should have been advised to wear! Because the shoe was new on the market, it wasn't one which the individual knew anything about, so because the shoe felt comfortable and had lots of cushioning, they were convinced it was the right shoe for them. The cost of the treatment to sort the injury out turned out to be more than the voucher was worth!

A Normal Runnning Style

It's important to understand this, to be able to understand the type of shoe you need.

1/ When running, we first heel strike on the outer side of the heel. This is referred to as a *supinated* position as the ankle bone appears to be angled outwards when viewed from the behind. In this position the foot is a 'rigid' lever to provide a stable base for the body to move forward.
2/ As the body moves forwards over the foot into the midstance position, the foot still needs to stay stable but it has to become less rigid and adaptable to the ground. It does this by unlocking and going into a *pronated* position. The heel appears to angle more inwards as the body moves over the foot.
3/ The foot then returns to its more rigid *supinated* position to allow for the push-off phase and propulsion forwards.

Supination and pronation are normal and essential for a good running style.

Problems occur when the foot either remains too supinated and doesn't pronate sufficiently or when the foot pronates too much, and then cannot re-supinate for push-off. These problems are identifiable in the 3 main foot types:-

- a high arch, which doesn't go into enough pronation at the mid-stance position
- a medium arch, where the amount of pronation and supination is correct
- a low arch, where the foot goes into too much pronation at mid-stance and cannot get back into a supinated position for push-off.

You can recognize your own foot type by comparing your foot to the photographs, or by looking at your wet footprint as you walk across the floor and comparing them to the footprints below.

Your foot type is probably the most important factor to consider when selecting a road shoe due to the repetitive nature of road running. When on the fells, the heel strike varies constantly due to the rough terrain, but on the roads the heel strike is similar for each step. If your running style has excessive supination or pronation, there is an increased risk of injury.

A **low arch** requires some motion control to limit / reduce the amount of pronation – but not prevent it as it is a crucial part of the biomechanics of the foot whilst running. Also, if you wear orthotics in your road shoes, you may find it more suitable to go for a shoe which would be more suitable for a person with a normal arch – so the shoe provides more stability generally, but then the orthotic controls your amount of pronation. You probably don't need both the shoe and an orthotic to control the motion. It is important that an orthotic isn't too rigid that it prevents pronation occurring naturally. This causes the foot to compensate and causes strain elsewhere.

A **medium arch** does not require the shoe to have an effect on the amount of pronation or supination, so it generally provides more stability with some cushioning.

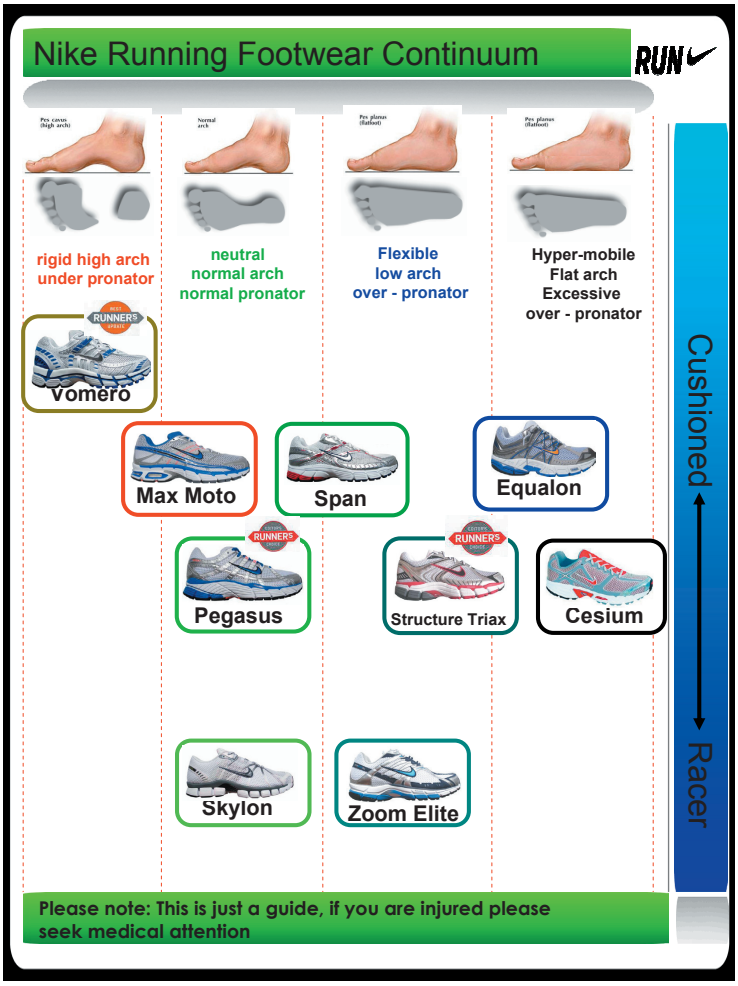
A **high arch** foot doesn't pronate sufficiently, and the foot tends to be quite rigid. This foot type benefits from maximum cushioning as it is not good at absorbing shock due to its inflexibility. It doesn't require any support as it already has limited pronation so the shoe must encourage as much pronation as possible – not block it. A common misconception is that if you have a high arch, you need a shoe with a high arch to support it – or even worse an orthotic with a high arch support which blocks what little movement is available.

When going to a running shoe shop, a member of staff should be able to recognise:

1/ your foot type and
2/ the different shoes available which suit your particular foot type.

Each shoe manufacturer produces a guide recommending which shoe is the most appropriate for each foot type. It is important that you look at the different manufacturer's shoes as they all differ slightly and one might be far more suited to your particular foot shape.

To offer you an example of this guide, Nike's current recommendations are shown on the next page. I must stress that this is only to show you how the various foot types are catered for – I am not promoting Nike's footwear.



A low arch:

A medium arch:

A high arch:

Other Considerations

1/ Road shoes last for approximately 500 miles, or 6 months. After this time, the midsole of the shoe becomes firmer and compressed so they should be replaced.

2/ Stand your shoes on a flat surface and look at them.

- Check the heel counter at the back of the shoe is still vertical
- Make sure the front of the shoe doesn't appear to twist out of line in relation to the back of the shoe.
- Make sure the shoe doesn't rock side to side on the heel –they should stay stable on the flat surface.
- Even if your shoes feel ok to run in, if they appear to be twisted or out of line, they will affect your style and may lead to injuries. Also check the alignment of brand new shoes as they are often manufactured with slight errors which can lead to problems – I've seen it on several occasions. Also be careful when buying factory seconds – they might be cheaper at the outset, but not if they cause injuries – why are they a 2nd??

3/ Consider the weight of the shoe – it is possible to buy lightweight racing versions of many of the 'tried and trusted' favourite road running shoes.

4/ I always get a sudden increase in certain injuries around the time the clocks go backwards and forwards – directly linked with coming off the fells and going back on them!!! Think about the height of the heel of your road shoes compared to your flatter fell shoes. This alteration in height puts a different strain through the Achilles tendon and calf muscles. When you change to more road training, the calf muscles are in a slightly shorter position as the heel is higher, so they have to work differently. In Spring you go back to wearing lower fell shoes and expect the Achilles and calf muscles to adapt overnight to being stretched further due to the lowering of the heel, plus an increase in mileage because it's great to get back on the fells!! Be sensible and alternate your footwear and don't suddenly do a long run in a type of footwear that you haven't worn for a while.

5/ When buying road shoes, you should be able to get a finger behind the heel. I appreciate fell shoes should be tight and snug, but when road running, the foot lengthens out further so make sure there is room in the toe-box (at the front of the shoe) to allow for this.

6/ Be wary of buying shoes from big sports superstores. These stores target individuals who wear trainers/running shoes for recreational leisure. The shoes in these stores may be just as expensive as the ones available at specialist running shoe shops, but they may be made to a slightly different specification and may not incorporate the more expensive technological advancements available in other running shoes.

Finally

Studies have been carried out which show that runners who wear running shoes are more at risk of injury than runners who run barefoot (Warburton, 2001). Despite 30 years of research into the design of running shoes, runners are still suffering injuries which appear to be linked to footwear. Perhaps the advances in footwear have meant that individuals who haven't got a perfect running style have been able to continue running for longer without a succession of injuries. However, I think there will continue to be changes to the design of running shoes and I think the future may lie in a shoe which provides less support but which more replicates a barefoot running style.

I treated a runner a few years ago who kept re-appearing with Achilles problems. Each time I questioned him about his footwear, and I was assured his shoes were fine and he hadn't done much mileage in the current pair. He was always reluctant to bring his running footwear to his appointment, but I eventually insisted. When they finally arrived, the shoes were 7 years old, totally collapsed, the midsole wasn't worth mentioning, the heel counter was angled inwards and goodness knows how many miles he had tried to run in them. I advised him that a new pair of shoes would be infinitely cheaper than visiting me every 4 months. He finally agreed to buy some new shoes but wear these ones up during the day!!

BY **ANNA FORREST** RD

Running off the fat?

The Role of Diet and Exercise in Cardiovascular Disease

As I sit at home on a late September evening in front of an open fire, with almost frost temperatures outside I try to focus on the article in hand instead of the red wine sitting tantalisingly in the glass next to me.

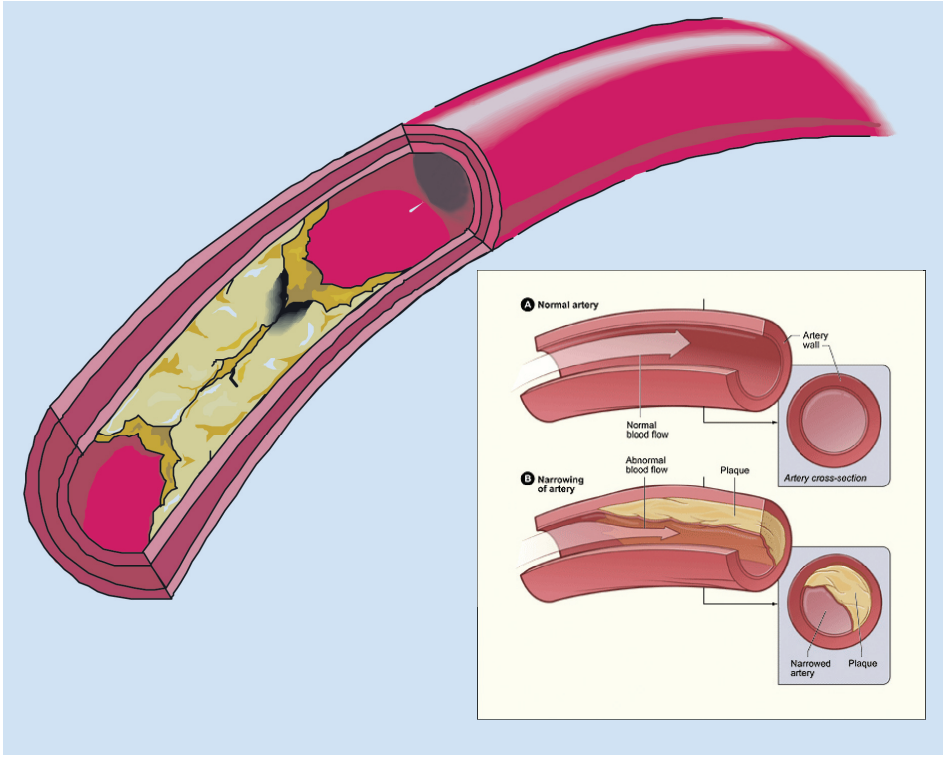
After my last general healthy eating article a reader asked if the development of atherosclerosis was reversible. Well, this is exactly what the runner asked:

I am a lifelong veggie, and a fellrunner since the early days.

I would like to understand the mechanism for the formation of fatty deposits in the arteries, and how we can eliminate them.

I have always had the impression that people leading an active life (ie regular, not intermittent exercise) did not get fatty deposits building up.

However, if they do build up, can they be broken down or eliminated by intense exercise, such as 2-3 weeks hard training, or a 2-day MM event, or a Bob Graham round, or a month on a ultra low-fat diet? Certainly this level of activity would have a significant effect in burning off fat from other parts of our body.



High intensity exercise alone will not, as far as research shows directly reverse damage already done to the blood vessels but it will, along with a healthy diet and lifestyle stem the progress of atherosclerosis by reducing the CVD risk factors.

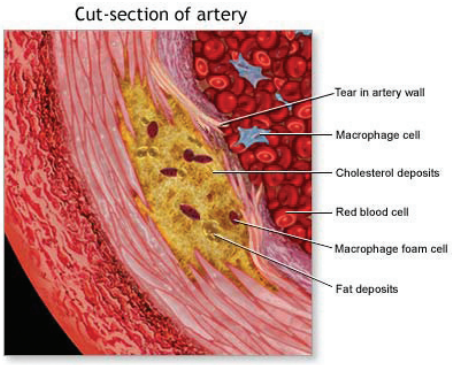
The main risk factors for CVD are: smoking, dyslipidaemia, high blood pressure and diabetes. Obesity, a high saturated fat/high calorie diet and lack of physical activity are additional risk factors.

Exercise and diet play an important part in reducing the CVD risk factors. With a healthy balanced diet containing lean meat, plenty of fish, daily complex carbohydrate, fruit and vegetables, with overall calories that keep our BMI between 18.5 - 25 kgm^2 as well as 30-60mins of daily moderate activity we will to some extent be keeping the onset of CVD at bay. Familial (inherited) CVD will naturally play a large part in development of risk factors and subsequent disease and brings back that old adage of needing to 'pick your parents'! However finding out you have inherited CVD risk factors is not an excuse to watch more TV, develop a 'paunch' and eat copious amounts of 'junk' food that is invariably high in saturated fat and simple sugars! Discovering a family history of CVD indicates a need to be even more aware of the difference you, as an individual can make to your own lifestyle in terms of preventing disease progression.

Fatty streaks (as the initial stage of CVD) may start in the foetus and as such the maternal diet is paramount as maternal hypercholesterolemia (high cholesterol) is associated with higher fatty streak formation in foetal arteries. As childhood progresses through adolescence and young adulthood these fatty streaks may progress to advanced stages of atherosclerosis. The progression of atherosclerosis involves the lining of the vascular walls (endothelium) which is changed. How the initial lesions (tissue damage) occur is not known but the bad cholesterol (LDL) becomes trapped in these lesions and the cell surface starts to change. The LDL is changed chemically (it is oxidised) and causes an inflammatory response bringing the white bloods cells to the changed surface. Can you recall in school biology lessons (for those non scientists out there) the white blood cells eating other unwanted or damaged cells? Well this is what these white blood cells do and eventually they form foam cells (so called because of their high lipid content). These foam cells eventually die and a further inflammatory process leads to the hardened plaque (atheroma). The lumen will now be narrower but this does not necessarily cause symptoms as the artery can adapt and enlarge significantly to compensate for the plaque so that the blood flow through the damaged artery may not be altered. However if these plaques rupture at a later date the flow through the artery may be impeded or stop altogether. When the plaque ruptures this activates platelets (cells involved in mending the rupture) and a resulting thrombus (blood clot) may produce symptoms such as angina or worse an ischemic attack. If the clot is in the vessels around the brain this ischemic attack may produce a stoke if in coronary arteries, a heart attack. There is very little evidence to indicate that this plaque formation can be reverse except in the very early stages before the fibrous plaque has been formed.

With the above process in mind it therefore makes sense to try and reduce the CVD risk factors as early as possible by being aware of lifestyle choices: healthy eating, maintaining correct weight for height, moderate intensity daily exercise and not smoking.

For the average physically fit runner who has advanced atherosclerosis it is not as simple as running off the potential damage of a lifetime with a fabulous day out in the hills, but more a lifetime of moderation … something that most of us have always known, but perhaps hoped was not entirely true! A physically fit runner may find that a weekend doing a MM, BG training or other low intensity high aerobic training may provided the perfect 'de-stress' from a week of hard work or rowdy kids. Running is one of many physical activities



that can play an important part in keeping the CVD risk factors at a minimum. Regular physical activity will help to keep body fat down, maintain blood pressure (BP) within the healthy range, help raise the good cholesterol (HDL) and reduce the 'bad' cholesterol (LDL and VLDL). Having an efficient cardiovascular system (associated with regular physical activity) will help in the elimination of excess cholesterol. High levels of cholesterol in the blood will contribute to atheroma development. As regular exercisers we may (along with other environmental factors) be extending our life span and more importantly our quality of life by staving off the morbidity associated with advanced atherosclerosis that we might otherwise have fallen victim to if our lives were not so active!! There is acknowledgement that further research could be done in the area of exercise and disease prevention but without some huge pharmaceutical company (or other business) benefiting it is hard to find funding for such worthy research!

A large number of clinical trails, show that by placing those at risk of CVD events on medication for high blood pressure (BP) and cholesterol the risk of death from heart attack and stroke can be significantly reduced. The medication does not (as far as is known) reduce the damage already done to the arteries but helps significantly to prevent further damage.

Medication for altering the lipid profile – increasing HDL (high density lipoprotein), and lowering LDL(Low density lipoprotein) – has been shown in trials to be very effective in reducing initial or recurring CVD events. The 'lipid lowering' medication (as it lowers total cholesterol and LDL/VLDL while raising the 'good' HDL) known collectively as statins can reduce CVD risk by up to 40%. Literature states that diet and lifestyle factors alone can reduce total cholesterol by usually 10-15% but unfortunately motivation to change diet and increase physical activity is poor for many clients. Anecdotally some doctors tell me their patients have had good effects with lifestyle change of up to 20% reduction in total cholesterol. These Drs are very pro diet and exercise and likewise their patients are very motivated.

There is at present no 'magic pill', that is available or would be recommended by Drs/GPs to take as a preventative measure against CVD. There has been mention of a preventative 'polypill' but of course with all medication comes unwanted side effects.

A few researchers (with tongue in cheek) suggested that instead of polypill we should all be focusing on a 'polymeal' which would involve a balanced diet low in fat, high in fibre with plenty of fruit and vegetables, omega 3 oils, garlic, dark chocolate and red wine…… all good things in moderation and of course in theory a good diet is cheaper than a preventative pill.

There are already numerous papers linking saturated fat, high salt, and excess calories with increased CVD risk factors. But motivating people to change has always been the difficulty!

Our daily saturated fat intake should be no more than 10% of our diet. Saturated fat being found mainly in meats, dairy food and many convenience foods. Instead the recommended 30% (maximum) daily fat intake should be obtained from polyunsaturated and monounsaturated fat. These type of fats have been shown to help produce more favourable lipid profiles (increasing the good cholesterol and reducing the bad). Omega 3 fats with their antithrombolitic and anti-inflammatory effects are especially recommended in the form of fish up to 4 times a week. Government recommendations suggest 2 portions for pregnant women due to possible pollutants. A portion of fish is about 150g cooked. Other sources of omega 3 fats are flaxseed (linseed) oil.

High salt intake is linked to high BP and it is suggested that intake should be <6g/day, most people get their high salt intake from convenience food.

Fruit and Vegetables are high in fibre and in antioxidants. Antioxidants help reduce or prevent the oxidation of LDL (bad cholesterol) that causes the cell damage to vessel walls in the atherosclerotic process. Antioxidants from fruit and vegetables sources include: vitamins C, E and beta carotene. Other antioxidants include zinc (very high in oysters and also found in meat, fish, wholegrains, seeds and nuts); selenium (found in nuts especially brazil nuts, cereals meat, fish and eggs) and polyphenols found in tea, red wine and dark chocolate.

The government recommendation is a minimum of five portions of fruit and vegetables a day, and a good variety will ensure a range of vitamins and minerals. For example the red/orange fruits and vegetables are high in beta carotene (carrots, cantaloupe melon), nuts and seeds and their oils are high in vitamin E. and many fruits and vegetables are high in vitamin C (such as kiwi, broccoli and peppers). I have never met anyone yet who eats too much fruit and vegetables as part of a balanced diet and I doubt I ever will! However I have listened to many people say that they eat more fruit and salads in summer and have vegetables once a week on Sundays!!

Perhaps the amount sunshine therefore plays it's part in CVD outcome and may go some way to explaining the higher level of CVD in the North of England and Scotland. This theory might also give strength to the ' French Paradox' (further south and more sunshine!!). It is well documented that the French like their meat but their intake of fruit and vegetables is also high and of course red wine is drunk in moderation, with a meal rather than binge drinking…

Most of you reading this do not need more encouragement to exercise and are no doubt reaping the rewards of an efficient cardiovascular system associated with regular moderate - high intensity exercise. As far as I know there are also no overweight fell runners or runners that smoke 20 cigarettes a day, but slim, physically fit people get 'clogged' arteries too. So take a little time to think about ways to increase your daily salad and vegetable intake, have steamed, baked or grilled fish on the weekly menu, use olive or vegetable oils for cooking and salad dressing and cut down on convenience food.

And if you should happen to hear about a group of eminent scientists looking for an assistant for their research into reduced CVD risk with regular, moderate intensity exercise (based in some beautiful, Mediterranean country) then they need look no further …

Further reading:

Framingham Heart Study (1948 -present)
National Heart, Lung and Blood Institute (with over 1200 published papers)
www.nhlbi.nib.gov/about/framingham
www.framinghamheartstudy.org

Glossary:

Angina:	Pain produced by a reduced/lack of blood flow and hence lack of oxygen in a coronary artery
Atheroma:	The fatty plaques
Atherosclerosis:	The plaque formation in the arteries
CHD:	Coronary heart disease
CVD:	Cardiovascular disease - the damage to the vascular system leading to CHD and stroke.
Dyslipidaemia:	Abnormal lipid profile: HDL LDL VLDL
HDL:	High Density Lipoprotein (good cholesterol)
LDL:	Density Lipoprotein (bad cholesterol)
VLDL:	Very Low Density Lipoprotein (mainly triglycerides, bad)
Ischemia:	Restriction of blood supply (and therefore oxygen)
Lumen:	The space in the blood vessel where the blood flows
Morbidity:	Disease state
Red wine:	That which should be drunk in moderation in a relaxed atmosphere free of all daily stresses …

BY **CATH MUSETTI**

BOOK REVIEW

MOUNTAIN NAVIGATION FOR RUNNERS *by Martin Bagness*

This is a very well laid out little book that will appeal to beginners and more experienced fell runners/walkers/adventure racers who lack confidence in their map reading and navigational skills (or perhaps slept through most of their long-ago Geography lessons).

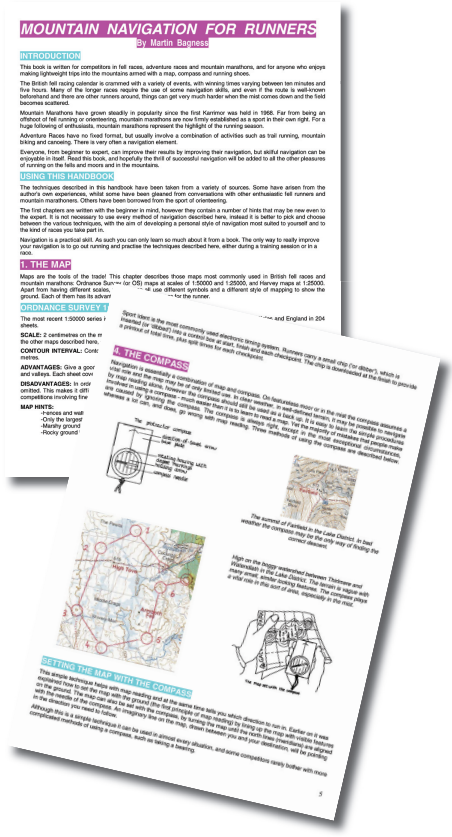
If you are like the many fell runners and keen walkers I know (including myself) who, for years have kept their mouths shut on the subject of navigation and quietly followed everyone else without ever having to get the compass out or offering an opinion on route choice, then this book is definitely for you!

I particularly enjoyed the way it was laid out into 13 short chapters, each dealing with a different aspect of navigation, starting with quite basic "Setting of the Map", progressing through the book to much more technical orienteering and adventure racing skills. Along with the basics of how to set a map and a course, along with handy tips like how to hold your map whilst running and how to plan a route. Martin Bagness goes right back to basics, without being condescending and everything is explained with the fell runner/adventure racer in mind.

Read from cover to cover, in order it logically took the reader from simple, to more demanding skills, building on previous knowledge along the way. With its well laid out chapters however I suspect most people would use it as a reference book to dip in and out of when the need to refresh the memory arises.

The diagrams used are straightforward and easy to follow. I did find some of the map sections used a little small and confusing at times. However they were actual copies of maps used in recent races and therefore provide a realistic guide to what to expect.

Bagness certainly confirmed some things I thought I already knew, filled in a few missing gaps and above all helped me realise that navigation in the mountains isn't some obscure, complicated science to be frightened of but, with practice can be straightforward and very enjoyable.


MOUNTAIN NAVIGATION FOR RUNNERS

By Martin Bagness

INTRODUCTION

USING THIS HANDBOOK

1. THE MAP

ORDNANCE SURVEY

4. THE COMPASS

SETTING THE MAP WITH THE COMPASS

Martin Bagness has rewritten his 1993 handbook *Mountain Navigation for Runners*. It is now updated in colour with more modern map examples. It is only available in electronic form, as a pdf file which can be bought from www.lakesrunner.com, cost £5.

Marathon des Sables Training Camp

DECEMBER 13TH TO 17TH 2007

If you got into the 2008 event or are thinking of entering in the future (which means 2010 if your lucky) then this is the course for you. With 7 MdS, inc 2 category wins and numerous other stage races between them, Fulvio Villano and Paul Bateson will help to prepare you for this famous endurance race or similar events like the Marathon of Spain.

Cost: 380euros excluding flights. (Shared accommodation), Single supp 10 euros per night.
Price includes: Bed, Breakfast, Evening meals, airport pickup and any ground transport.

Format: Arrival at Granada Airport, Thursday evening, (Malaga not possible due to time scale)

Friday, Saturday, Sunday and Monday: Runs over varying types of terrain up to 50km.

Evening kit discussion, advice, suggestions.

Products available to try/buy or pre order.

For further info please email: info@axarsport.com or Telephone (0034) 958 36 37 66

JOINING THE RACE: THE FELL PONIES

PETER W THOMPSON,
KENTMERE HORSE SHOE 2004

It's Saturday evening, and I'm at the end of a very lazy week. My love / hate affair with running has been enjoying its usual little tug of war.

During lean spells I like to watch other people run. It's not as perverse as it may perhaps sound. I like to watch fell running videos and DVDs. Actually, I'm a bit of a **nerd**. I like to study the varying styles of Robb Jebb and Rob Hope, the loping action of Gavin Bland, the strong upright stride of Simon Booth and the slog of the average Joe. Those who know me regard me as somewhat of a Simon Bailey fan (which I am), but in truth I was always an admirer of the almost lazy, but frighteningly quick, waddle of Tim Davies' younger brother, Andrew. I studiously watched his climbing technique as a teenager, and observed the descending of Alun Vaughan. But not tonight: It's the Kentmere Horseshoe 2004, and some Fell Ponies have joined the race. Peter Thompson utters the immortal words:

"Joining the race, the Fell Ponies……..What a sight! You might never see a sight like this again."

The vibrations of my phone alert me to an incoming message. It's The Master, a mysterious, enigmatic hard man of the mountains, to use his own words. Perpetually unattached to any running club, The Master and I share a vision. We've talked about starting a running club before, but this time we're serious. "The Fell Ponies!" he suggests by text. He has, of course, been **borrowing some of my** running DVDs. My wife thinks the name sounds rather camp, but that won't put me off; I am after all a Sophie Ellis-Bextor fanatic. My raving about the commentary on the Kentmere Horseshoe has sparked his club name suggestion. We quickly agree colours and so the club is theoretically born. Word of mouth quickly brings promises of 6 other members with no cajoling whatsoever on our part. The Fell Ponies are born.

There's something inherently paradoxical about runners roaming freely on the open mountains but 'belonging' to an affiliated club, governed by rules. We therefore decide that the Fell Ponies will have no rules. No fees. No pressure. Simply purchase a vest and run: when you want, where you want, for how long you want and for whatever reason you want. That is, in a nutshell, what I've never found with a club. Perhaps it's because it's a contradiction in terms and flies in the face of a club's raison d'etre? The truth is that every club I've ever been a member of has its own agenda of some variety. Shouldn't running when and where you want for the sake of running and those little kicks be good enough? That is our agenda. **Some members may decide to train together, race together or even plan Bob Graham Rounds together (3 are hoping to do so next year) but others may prefer to do their own thing.** Isn't doing things that little bit differently what the fells are all about? Otherwise before you know it, we'll all be in the administrative pockets of UKA, while only ever accruing, 'poor relation' status. Sounds all too familiar if you ask me. Our friends across the water in Northern Ireland are similarly plighted. Besides, I'm certain that some of the greats, like Ian Holmes, must either train without their club or alone. And if not? Well, in the fine words of The Master,

"Every club should have a few weirdos in it. And this is the club for them!"

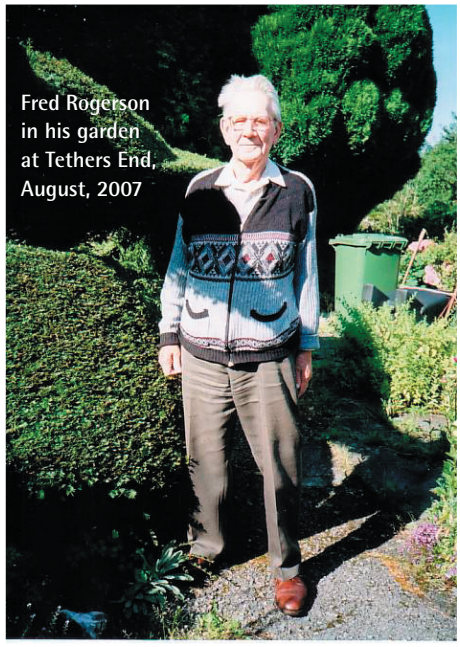
No fees. No fuss. No attitude. Becoming a Fell Pony couldn't be simpler. Just get in touch to have a vest ordered. The rest is up to you, as they say. For further details check the website:

www.ukfellponies.org.uk

BY **BILL SMITH**

Mr. BGR

An Appreciation of Fred Rogerson



Fred Rogerson in his garden at Tethers End, August, 2007

Photo courtesy of Bill Smith

There are several people who have never competed in our sport but who have nevertheless put in a tremendous amount of time and effort in support of it. Prominent among them have been the late Joe Long and Frank Travis, who introduced amateur fell racing and orienteering to West Cumberland during the 1960s, besides helping out at events elsewhere. Both were usually accompanied by their wives, Hannah and Janet respectively, who would also render assistance at fell races.

Two other people whose names loom large in the annals of long-distance fell running especially are Fred Rogerson and his late wife Margaret of Lindeth, near Windermere. While the names of Travis and Long may mean nothing to the majority of present-day FRA members, that of Rogerson will surely be familiar to those with an interest in the longer challenges such as the Bob Graham Round. There must be well over a thousand people who will feel eternally grateful to Fred.

The quote from one contributor to a special volume of appreciative comments that was presented to him on the occasion of his retirement from the post of Honorary Chairman of the Bob Graham 24 Hour Club in 1998: "If I'd never become aware of, and involved in, Fred's strange obsession, I'd know a lot less about myself, about the fells, and about my fellow man, than I do now …" And from another: "… You have selflessly provided an opportunity for many, many people to temporarily abandon the humdrum of modern living so that they can

First four members of the BG Club pictured on Eric Beard's 1963 record round: (left to right) Eric Beard, Des Oliver (not a member), Stan Bradshaw, Alan Heaton and Ken Heaton

Photo courtesy of Fred Rogerson

Photo courtesy of Fred Rogerson

Above: Fred coaching his junior girls team at Deer How Hill Scout Camp in the Winster Valley. His daughter Cathrin is second from right, Christine Morgan second from left.

Photo courtesy of Fred Rogerson

Above: Fred at Bob Graham's Memorial Cairn with Graham's niece, Eva, and one of his pacers, Phil Davidson

Photo courtesy of Janette Illingsworth

focus on and achieve something special that they will remember for the rest of their lives …" And from yet another: "… The completion of the Round with your encouragement and inspiration is a gift which lasts for life …"

The War Years

Fred Rogerson was born at Staveley Head Farm in the Kentmere valley on 26.1.21. Two people who exerted a great influence on his early life were the Rev. E.W.J. McConnell of St. James CofE Church and Mr. J.C. Robinson of Staveley CofE school. Double pneumonia in infancy left Fred with a weak chest and he was afterwards "reared on a diet of fresh air, cod liver oil and malt." His grandfather Robert, a guides racer and miler, encouraged him to walk and run on the surrounding fells. Robert had finished second in the 1900 Grasmere Guides Race and fourth in 1902, at which time it was run up Silver Howe.

"I joined the T.A. as a boy soldier," recalls Fred, "primarily to learn how to use a map and compass as I'd often got myself lost on the high fells. Another attraction was that Staveley Drill Hall had a fine snooker table! My first competitive year as a guides racer was to have been 1940 as it had been thought that I was not strong enough to run in junior or youth events. However, mobilisation on September 1st, 1939 put paid to all plans for guides races and the mile, my trainer having thought I showed promise as a miler.

"I joined the 4th Battalion, the Border Regiment but later got transferred to the 6th. I was one month too young to go to France but my two mates went and were killed there. My early service involved guarding home coastal air fields and ports, but in 1942 I was posted to the Far East and transferred to the Indian Army Ordnance Corps, ferrying supplies to Ord Wingate's Chindits. While there, I contracted malaria and dysentry, causing me to lose weight, and so I was sent on convalescence to the Himalayan foothills and visited the Taj Mahal. This was around 1944/45, a most memorable period."

During his early service, following a local plane crash, Fred was on guard duty at Lindeth Farm, amidst the rolling countryside south of Windermere: "I here met and fell in love with the farmer's daughter, Margaret. We were married in 1941 and enjoyed 54 years of happily married life together, raising three daughters." Margaret had been born at Chapel House Farm, Underbarrow in 1926 but soon moved to Boxtree Farm, Crook, thence to Lindeth at the age of five. Sadly, she died in 1995 at the comparatively young age of 69.

Orienteering Pioneer

Fred has been a builder all his working life and built his own house, which he humorously named "Tethers End", just round the corner from Lindeth Farm, on the next access road off Lindeth Lane. Colin Brown, a guides racer from Troutbeck and a winner at Grasmere in 1949, used to work for Fred and once paired up with him for an orienteering event at Ennerdale.

Fred was introduced to "the thought sport" by the late Gerry Charnley of Clayton-le-Moors Harrier and met Jan Kjellstrom, who played a major role in getting it established in Britain, on several occasions. "It's the greatest sport ever introduced to this country," he enthuses, "particularly for schoolchildren. It's good for character-building and teaches them self-reliance." Fred founded Lakeland's first orienteering club, Phoenix OC, during the mid-'60s at Windermere and promoted his first event at Winster: "I taught youngsters in the Windermere area and had four girls in the English Championships at Sherwood Forest. My daughter Cathrin and Christine Morgan came second in the Pairs event. Christine completed the course so quickly I thought she must have missed out some of the controls, but she hadn't. As Cathrin approached the finish, I was roaring encouragement and she stopped just before the finishing line and said, "Don't you shout at me, our Dad!" and then crossed the line."

Fred took the girls to an event at Ladybower Reservoir in the Peak District and decided to compete himself. The course-planner was Bob Astles, also noted as a long distance fell runner. The first control was particularly difficult to locate and Fred found himself searching for it in mixed woodland and vegetation, along with Gerry Charnley, Ted Dance, Alan Heaton and three Scandinavians: "Gerry then began taking a bearing from a fence corner, but I retraced my steps to the start and then set off again. I tripped over a branch and went sprawling, and there above my head was the kite, on the edge of the thicket! I eventually finished ninth, wearing heavy fell boots to support my weak ankles." Charnley had been a co-founder of the Karrimor Mountain Marathon, in which Astles and Dance had won the first two events, 1968/69.

The great Skelsmergh orienteer, Maurice Collett, tried to persuade Fred to join South Ribble OC, but Fred had already decided to devote himself to what he calls "mountain endeavour".

The 24 Hour Record

Fred Rogerson first became interested in Bob Graham's Round of the Fells and the Lakeland 24 Hour Fell Record around 1945. The earliest known record had been established in 1864 when the Rev. J.M. Elliott of Cambridge made

Photo courtesy of Fred Rogerson

Fred and Margaret with Joe Long preparing for the prize presentation at the Wasdale Fell Race during the 1970s.

a horseshoe traverse of nine summits above Wasdale Head in 8½ hours. (Elliott was also a keen Alpinist and fell to his death five years later while making an unroped ascent of the Schrekhorn.) The Lakeland record was developed gradually over the ensuing years, notably by Dr. A.W. Wakefield of Keswick with successful attempts in both 1904 and 1905, and by Eustace Thomas of the Manchester-based Rucksack Club with record-breaking circuits in 1920 and 1922.

Ten years later, a Keswick guest house proprietor named Bob Graham set his landmark record of 42 peaks in 23 hours 39 minutes, a record that was to withstand several attempts to break it for 28 years. "A very knowledgeable man on the high fells was Bob Graham," says Fred, "and his Round in 1932 was one of the epics of the 20th Century. But there are always people who try to detract from a great achievement and I was once informed that a lot of Graham's Round had been done on a pushbike! Fortunately, one of his pacers, Phil Davidson, was able to confirm for me that this was not so. Another fallacy is that Bob played rugby, but he was only a **non-playing** member of Keswick Rugby Club, though he did play tennis."

Fred was not present when Alan Heaton completed Graham's round in a faster time (22 hours 18 minutes) in 1960 as he was busy elsewhere, but he and Margaret turned up to render assistance when Alan's clubmate from Clayton-le-Moors Harriers, 48-year-old Stan Bradshaw, became the second man to break Graham's record a fortnight later (23 hours 25 minutes). Seventeen years later, Stan made two more traverses of the Round, five weeks apart, to celebrate his 65th birthday, narrowly failing to get inside 24 hours on the first occasion due to sickness. "I would assess a man's fitness by his recovery rate," says Fred, "and what Stan did at 65 is an unsurpassed achievement. [Bradshaw's record as the oldest man to complete the Round was broken in 1998 by his clubmate, Brian Leathley, who was then 66.] Stan is a great individual amidst his fellow fell runners. He would often forfeit his own position in the Three Peaks Race, and in other events, to help a lad who was suffering. His wife Ida is also a very special person."

If I'd never become aware of, and involved in, Fred's strange obsession, I'd know a lot less about myself, about the fells, and about my fellow man, than I do now ..."

Fred was particularly impressed by the climbing skill of Ted Dance of the Rucksack Club when he paced Stan on his successful 1960 Round: "His ability to ascend steep ground, hands on hips, with apparent ease, while burdened with a heavy rucksack loaded with food and drink plus spare clothing, etc., for Stan and himself, was to me one of several memorable features of the attempt."

The 51 Peaks circuit of Ken Heaton, Alan's brother, in 1961 is also held in high regard by Fred: "Ken was one of the fittest contenders you're ever likely to see. He looked as fit and fresh at the finish as he had done at the start, but unfortunately he had no intention of improving upon it. 'That was my ultimate,' said Ken."

Alan Heaton has, of course, been one of the greatest long-distance fell runners of all, and most of his records were broken by another "great," Jos Naylor. "Alan made twelve attempts at the record over the years," says Fred, "and on only two of these occasions were the conditions perfect." [Alan twice held the record after his 1960 Round, with 54 Peaks in 1962 and 60 Peaks in 1965].

From Beardie to Bland

The late Eric Beard's 56 Peaks record run in 1963 was "phenomenal," recalls Fred. "His climbing and descending were both very impressive and he was able to put pain to the back of his mind. A blister had developed on the sole of his foot during the first section and should have been treated at Threlkeld but Eric declined to have it dressed, and likewise at Dunmail and Langdale. On arrival at Wasdale, he suggested that Margaret might have a look at it. There was over four inches of skin on the ball of his foot hanging in the breeze. Hard men put pain to the back of their minds, get their heads down and have a go. Eric did just that. He afterwards had to have it treated at Keswick hospital, then travelled to Scotland to set fantastic records for the Cuillin Ridge and the Cairngorm 4,000s. Eric would take any job to pay his way, but once he had earned enough to go wherever he wanted to climb or run, he would finish and leave without giving any notice."

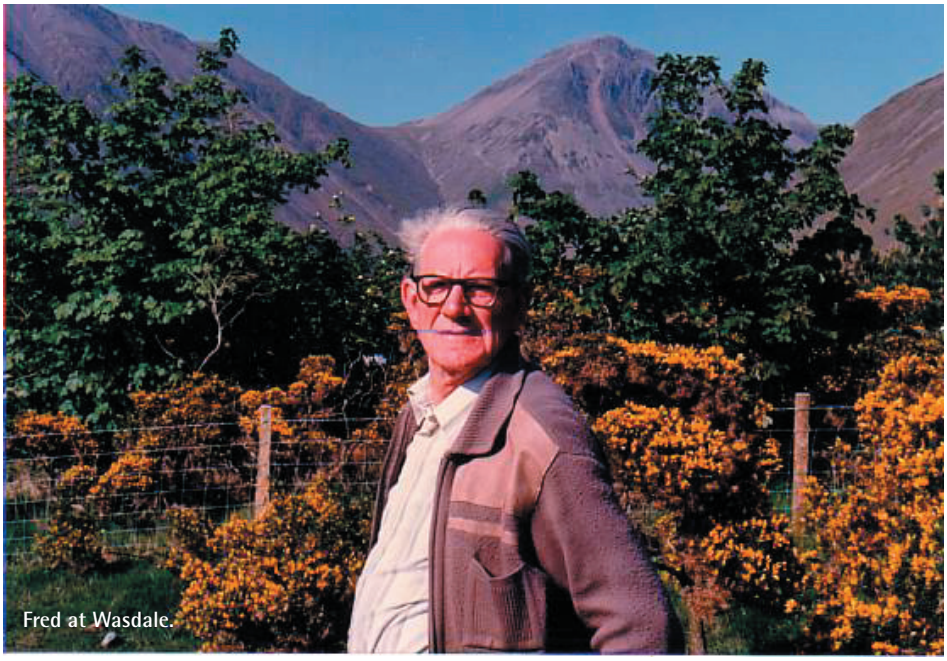
Of Jos Naylor, Fred chuckles appreciatively: "He was told to pack in the wrestling [Cumberland and Westmorland style] when he was a lad because of his back problems, so what does he do? He takes up fell running! His 72 Peaks record was a tremendous achievement. [This had improved on his previous records of 61 and 63 peaks.] When Jos starts something, it's there to be finished." However, he is also generous in his praise of Mark McDermott's scientifically-planned record of 76 Peaks in 1988: "Never under-estimate a man's determination. Here was an 'unknown' whose schedule and actual times never varied by more than two minutes over 24 hours." That record was, of course, eclipsed by Mark's Macclesfield Harriers clubmate, Mark Hartell, in 1997 with 77 Peaks.

Billy Bland's momentous 1982 record of 13 hours 53 minutes for the 42 Peaks of the BGR still stands, but Fred reckons that Billy even surpassed that in terms of achievement when he **walked** the route seven years later in 20 hours 48 minutes, his nephew Gavin finishing just ten minutes behind him.

The Ladies

Fred is also full of admiration for female contenders [92 completions at the end of 2006], particularly Jean Dawes (Kendal) who in 1977, at her second attempt, became the first lady of the Bob Graham Club; Anne-Marie Grindley (Clayton) who broke Jean's record with a fast 21 hours 5 minutes Round a year later, then improved on this with a 58 Peaks circuit in 1979; and Anne Stentiford (Macclesfield) – now the wife of Calder Valley's Bill Johnson, also a Bob Graham Club member – who set a new ladies' BGR record of 18 hours 49 minutes in 1991 and three years later raised the ladies' 24 Hour record to 62 Peaks.

His greatest admiration is, however, reserved for Helen Diamantides (Carnethy), "the most impressive of all female athletes." After completing the BGR in around 22 hours in 1987, she set a new ladies' record of 20 hours 17 minutes a year later, solo and unsupported. In 1989 she lowered this mark to 19 hours 11 minutes in a joint attempt with Adrian Belton, after completing



Fred at Wasdale.

Fred congratulates Jean Dawes, who had just become the first lady to complete the round

the two other major British circuits, the Paddy Buckley Round in Wales and the Ramsay Round in Scotland, over the previous two months – and breaking the existing men's record in both. Her finest achievement, though, in Fred's opinion, was her victory, partnered by Martin Stone, in the 5-day Dragon's Back race over the mountains of Wales in 1992. He recalls, with a smile, telling Helene's mother when she was young (she is now 43): "She's got great potential!"

The Club

It was Fred Rogerson who, in 1971, came up with the idea of forming a Bob Graham 24 Hour Club and he served as its Chairman from then until 1998, when he stepped down to be replaced by Selwyn Wright. [Selwyn was the first man to complete a sub-24 Hour Winter BRG, partnered by John Brockbank.] Shortly after the Club's formation, Fred and Margaret decided that those who completed the Round should be awarded a certificate of merit: "There were then only four or five full members and we decided that one hundred should be enough to start with. I then consulted fellow-committee member Harry Griffin and he suggested two hundred, and we thought these would last till the year 2000! There were 1,328 members up to the end of 2006 and well over 2,000 other contenders have endeavoured to complete the Round and never succeeded. The Club was never founded to make a profit and all surplus funds have been donated to the charity organisation, the Bendrigg and Calvert Trusts."

Fred and Margaret have provided support not only on 24 Hour record attempts but also at many, many 42 Peaks rounds, turning out at all times of the day and night, and in all kinds of weather. They had also assisted Alan Heaton and Mick Meath on their joint Pennine Way record run in 1972 (subsequently broken by Naylor two years later), and also on the Coast-to-Coast achievements of Jos in 1976 and Mike Nicholson (Kendal) in 1978, of which only the latter followed the Wainwright route.

"I had tremendous support from Margaret," says Fred, "and the camaraderie in the sport is beyond compare. There is no greater award in the land than the book of tributes which was presented to me at the 1998 Bob Graham Club dinner on the occasion of my retirement as Chairman."

You have selflessly provided an opportunity for many, many people to temporarily abandon the humdrum of modern living so that they can focus on and achieve something special that they will remember for the rest of their lives ...

In 1972 Fred published his monumental compilation, *History and Records of Notable Fell Walks, 1864-1972, Within the Lake District*, consisting of reprints of articles by himself, Harry Griffin and Chris Brasher along with schedules and personal accounts of the BGR by successful contenders. In 1978 it was expanded to include further achievements up to 1976, running to 272 A4 typewritten pages secured in a file. Fred has also contributed articles on the Round to *Cumbria* magazine, the *Alpine Journal* (1976) and *The Fell Runner* (July, 1982), and took part in an absorbing interview, completely unrehearsed, for Radio Cumbria which was broadcast on the Sunday morning half-hour programme, *Nigel Holmes Meets* …

The BGR has not been Fred's only involvement with fell running, however, for he was also a co-founder and committee-member of the Lake District Mountain Trial Association, which was formed in 1965, though he had been a spectator at all the Mountain Trials since the first one in 1952, and later helped to plan courses for the event. He organised the Fairfield Horseshoe for 25 years when it was promoted by the LDMTA, and was a vice-president of Clayton-le-Moors Harriers for many years too. During the 1960s, he formed "great friendships" with Harry Griffin, Alan and Ken Heaton, Stan Bradshaw, Eric Beard and Gerry Charnley, while "Frank and Janet Travis were also the best of friends and always ready to help out at Fairfield. I first met them at the 1966 Mountain Trial from the Woolpack Inn in Eskdale."

Besides the Lake District, Yorkshire Dales and Scotland, Fred and Margaret have also been on walking holidays abroad. In 1991 they did fourteen days of high level routes from Zermatt and the following year fourteen days from Interlaken in the Bernese Oberland. 1993 saw them visiting Austria and Bavaria, 1994 Iceland, and in 1995 they had seventeen days in Canada, three of them relaxing at Whistler.

Among Fred's other interests, all outdoors-related, are giving cine and slide shows to local organisations and attending other social functions, wildlife photography and foxhunting with the fell packs, particularly his local one, the Coniston.

Fred's daughters are Cathrin, the youngest, who lives at Longridge in Lancashire, close to the Bowland fells; Elizabeth, the eldest, of Ambleside; and Sheila of Nether Kellet, near Carnforth. All three have suffered from Breast Cancer and in May this year took part in Cancer Research UK's "Run for Life," a 5K event held to raise awareness of and funds for the charity, from the Westmorland County Showground at Crooklands.

Now virtually housebound due to ill health, Fred only occupies the upper half of this house, reached by a rising path to the right. He is always happy to chat and reminisce with any Bob Graham Club members who may happen to be in the area or to offer advice and encouragement to prospective contenders.

Note: Readers wishing to find out more about the Bob Graham Round are referred to the booklet, *42 Peaks*, available from Pete Bland Sports and most Lake District bookshops.

BY **SELWYN WRIGHT**

I Owe Bob Graham!

It's the long hot summer of '76 and I'm sitting in the sunshine outside the Old Dungeon Ghyll having walked round the Langdale Pikes. We've hitched up from Yorkshire with a fiver in our back pockets and I'm idly watching some crazy folk with a landrover who seem to be putting up a camp bed in the car park.

Suddenly the place is jolted alive as half a dozen runners arrive. One lies down on the bed and others are feeding him and giving him a massage. Someone changes his socks for him and just as suddenly they are away again, running off towards Blisco with rucksacks and torches. This is my introduction to 24 hour running and the Bob Graham, although the 'ODG' isn't even on the route. The man being cosseted is Bill Smith - on his way to a round of 63 Peaks, but I don't get to find that out for another 5 years.

The details are a complete irrelevance - the significance of this event is huge for me. I've been into fell walking for years already; the 3 Peaks at 15; Pennine Way at 17; and into cross country since primary school. But Bill Smith has just turned the light on for me. 'Hey Sel! Wake up - you can do them both together!'

Next term I'm hitching up from Birmingham (good Uni for XC; poor choice for fell running!). Its my first fell race - Blisco, and an evening in the Dungeon Ghyll with Mike Short, just deposed as FellRunner of the Year - we didn't have British Champions back then! The world has suddenly become my oyster. Over the next 12 months I'm back up the M6 for Pendle, the Three Peaks, and Withens Moor; I'm running Cairngorm and Marsden to Edale; and I'm joining new but perfectly formed Dark Peak Fell Runners. At the back of my mind all the time is the vision of Bill Smith running out of the ODG car park, and I'm getting to know more about Joss Naylor and the other supermen who can run for 24 hours round the Lake District. -Not for mere mortals though - not even for someone who's starting to call himself a fell runner!

Maybe They're Not Supermen.

More races in 1978 and I run one or two Bob Graham legs in training - not easy from a base which has shifted to Edinburgh, but at least I'm getting fitter and the mountains are getting closer! To be perfectly honest the lure of the Highlands and beer with the University Orienteering Club is stronger than that of nights out on Lake District hills. Navigation isn't my strongpoint however, and running off the map in Scottish forests is not a rewarding experience, especially when repeated on a weekly basis!

But fast forward the training log to 1979 and there is a very striking entry:-

'16.6.79 50 : Keswick - Wasdale : 20,000' : 30 tops : 16.50 hrs

No narrative, no emotions, no frills. Up Causey Pike on the Sunday afternoon (some recovery!) and away to Torridon for a week's holiday. Failure nevertheless - brought on by ignorance and naivete. Lesson one - don't start the Bob Graham with four mates supported by a single pacer. Two; don't descend to the Blencathra Centre instead of down Halls Fell. Three; don't carry a big rucksack and be the only one with half a clue about the route. In 1979 there isn't a Bob Graham footpath!

A fortnight later I'm back at the ODG and out on Bow Fell for a bit more recceing, when two cheery Yorkshiremen approach. Complete coincidence once more but this is Roger Baumeister and Brian Harney from Dark Peak on Roger's groundbreaking Double Bob Graham Round. Of course I get roped in and the log records running to Wasdale, waiting for Roger to go up and down Yewbarrow and then going back with him and the famous 'Dark Peak Machine' which left Keswick going anti clockwise with several 'single rounders' on board, earlier that morning. I get off the bus at Rossett Ghyll and drop back into Langdale. Brian's just out for a training spin ; he'll go on to break the Pennine Way Record in due course.

Now the message is beginning to sink in. These guys are amazing - but they really aren't supermen - maybe I can do this Bob Graham thing. Shame then that Monday sees me on a plane to JFK for the next three months of my social work training. That's it for 1979!

1980 – Will This Be The Year?

I've been doing the Fellsman Hike, a 61 mile day/night epic through the Yorkshire Dales, for 4 years by 1980. A solid winter's training added to excellent knowledge of the route leads to a top ten finish and I make the winning Dark Peak team, jogging in with Roger B. Lessons duly learnt for the BG and on June 14th Jeff Maddison and myself set off anti clockwise before breakfast. You cant legislate for the weather though, and a real gale blows up as we climb Halls Fell on the final leg with time in hand. Quite simply we cant stand up and dejectedly we jog back down the by pass to the tents at Braithwaite.

There's a feeling now that I can definitely get round . I just need some good weather to go with my fitness and the availability of some support. And that's what finally happens the following month. Even so it all falls apart in the dark on the Langdale Pikes of all places. My navigation loses us a barrow load of time and when I finally reach Dunmail there's only nine hours left to do the last two sections. Fate steps in once more and Duncan Overton joins our team when the guy he was to pace over Helvellyn and the 'Dodds' drops out. Duncan knows the section like the back of his hand and I'm jogging mechanically and strongly in his wake. Four hours left at Threlkeld and the whole team comes on board to help. Can't let this lot down and the pace hots up - its got to if I'm going to make it! By the time we summit on Skiddaw there's only half an hour left of the allotted 24, and I reach race pace. We're shedding pacers and clothing down Jenkin Hill but I know coming down the side of Latrigg that its in the bag. When we reach the Moot Hall there are just 5 minutes remaining. Am I bothered?

The Aftermath

So what is it about the BG that reached so deep inside me? What is it that binds together the folk who turn up to the Club Dinner every two years at Shap Wells? Because, be in no doubt, the Bob Graham Round has given me something very, very precious. The friendships; the craic; the beauty of the Lakes: yes to all that certainly. Starting to date my future partner after a dance (well several actually) at the BG Dinner has a touch of class,yes. But its more than that even. The Bob Graham Round was the hardest thing I'd ever done in my life. It was way harder than anything I ever thought I could do. I really did think it was just for supermen. And yet by working away, and putting all the little pieces together, it became gradually more and more possible until I found that I'd done it. And still now, nearly 30 years later, its an integral part of whatever confidence I possess. I know that sense will always be there - whenever I'm faced with something impossible the thought springs up irrepressibly :- "But I've done the Bob Graham!" and the impossible never seems quite so hard again.

And sure, the BG now does have its very own footpath. And yes 1300 people have completed the route within 24 hours (169 in 1980). Definitely, the fund of knowledge and assistance has developed enormously over those years. Thanks to Richard Askwith's 'Feet in the Clouds' the BG has reached a far wider audience and more and more people are trying to do it. Does it feel any different for them than it did for me? Will it feel any different for you? I reckon most people have to work pretty hard to get round the BG - and if you have to work anything like as hard as me then I think you'll still be enjoying it in 30 years time too! And you'll know a wee bit more about yourself at the finish than you did at the start. But hey - isn't that fell running for you?

PS

Finished! ...and never told you about...

... the pacer who had to set off up Halls Fell in his pyjamas.
... the runner who slept in the bus shelter at Stanah because his support Team had gone home.
... the game of touch rugby that ended one Shap Wells Dinner.
... the runner whose 24 hours ran out as he crossed the road bridge into Fitz Park.
... Joss setting off from Wasdale to pace Billy Bland's 13.53 BG telling Mary he was "Ony gan ter Beck Head"; to next be seen jogging up Keswick Main Street.
... being told to "shut up and concentrate" as I paced a runner down Broad Stand.
... the pacer who would regularly set off up Blencathra after 5 pints in the Horse and Farrier.
... the runner who invited his pacers to sleep in his Climbing Hut the night before his attempt - and then took Hut fees off them in the morning.
... the runner who proudly went up to get his Certificate at the Dinner as one of his 'friends' at the back shouted "He must have cheated!".

Most of these untold stories involve my late and much lamented mate Mike Rose one way or another. I miss him still!

Neil Shepherd on the summit of Robinson, final summit of his 45 peak BG Round on 28th July 2007

Photo courtesy of Kev Davison

"I know that sense will always be there - whenever I'm faced with something impossible the thought springs up irrepressibly:- "But I've done the Bob Graham!" and the impossible never seems quite so hard again"

Some figures from the BG Club

Completions (at time of writing): 1382
Number of woman completed: 97

COMPLETED ROUNDS IN RECENT YEARS:

2000	40	*(2 of which were women)*
2001*	–	
2002	11	*(0)*
2003	27	*(6)*
2004	22	*(2)*
2005	47	*(1)*
2006	42	*(6)*
2007	54	*(5)*

** Foot & Mouth*

CLOCKWISE : ANTI-CLOCKWISE SPLIT

Up until 2000	**49 : 51**
2001-2007	**81 : 19**

AVERAGE AGE

Up until 2000	**36 (men), 34 (women)**
2001-2007	**39 (men), 38 (women)**
Overall: 35-44	

FINISHING TIMES (up to 2000 inclusive)

Under 20hrs	43
20:00hrs - 20:59hrs	57
21:00hrs - 21:59hrs	125
22:00hrs - 22:59hrs	329
23:00hrs - 23:59hrs	625

RECORDS:

Fastest : 1982 June 19, Billy Bland, 13:54
Record number of peaks:
Men: Mark Hartell, 1997. 77 peaks in 23Hrs. 47mins
Women: Anne Stentiford. 1994. 62 peaks
Oldest person to complete: Brian Leathley, Age 66, 1998. 23:39
Youngest person to complete: Ben Squibb, 13 years old.1992. 23:51
First woman to complete the round: Jean Dawes. 1977. 23Hrs. 37mins

SUCCESS RATIO IN 2007
112 attempts, 54 successes

BY **NEIL SHUTTELWORTH**

BOB GRAHAM

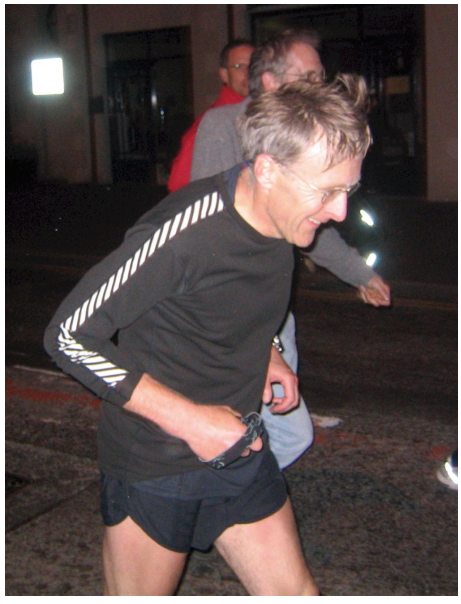
To introduce this topic perhaps we could go back to just after the Great War of 1914 – 1918 when Eustace Thomas, famed for scaling all the Four Thousand metre Alpine peaks, inventing the Peakland Derwent Watershed and the Thomas Stretcher, did a Round and wrote his 'Memories of the Fell Record' in the *Rucksack Club Journal* in 1951.

Why go back to then you ask? Well, it is to establish that the route Bob Graham did in 1932 is not the exact same one done post-1960. A Baddeley Guide said '*Robert Graham created what is probably a world's walking record*' and listed the self-same route which Mr. Thomas enumerates in the *Rucksack Club Journal*.

Harry Griffin is attributed with an article in 1960, the tenor of which may have inspired others to attempt the Bob Graham Round, including Alan Heaton who succeeded that summer. But Alan's route differed *slightly* to Mr. Graham's. Having made enquiries I am now of the view that the Bob Graham 24 hour Club did not decide the 42 'summits', but that Alan Heaton and / or Stan Bradshaw compiled a list which they thought Bob did in 1932. Hence the discrepancy.

If any one can shed light on this we would be grateful.

I have rerun the finish, made a movie of it, written it up and bored the buttocks off my family with my constant references to it.



BY **DUNCAN ELLIOT**

WHAT THE COMPLETION OF THE BOB GRAHAM ROUND MEANS TO ME

Miles that nourish the soul

On May 5th this year I completed my Bob Graham Round at the second attempt and achieved something in fell running that I had always thought beyond me.

I had never even heard of the Bob Graham Round until I joined Bowland Fell Runners in 1998. On my first evenings training I slowly climbed Parlick listening to talk of something called the Bob Graham Round. It was referred to with reverence. Something set up on a pedestal. Only completed by the elite. Not for an average runner.

My first experience of supporting a BG did little to change my mind. I watched a very bedraggled party come off Seat Sandal like the stragglers of a retreating army. They had been through an awful night on Leg One and were still suffering from the descent of Halls Fell Ridge. Some of them still mention the mental scars. Although I then supported on Leg Three, until they quit at Wasdale, I still never considered myself as a future contender. Not if this is what it could do to harder men than me.

By 2005 I had gained a little more confidence on long distance runs by completing 'Dig the Peat' runs in Bowland and I supported Ali Welch and Steve Cox on legs three and five. Of course someone suggested that if I could do two legs why not have a go at all five?

Encouraged by Wynn and Steve Cliff, and with a flotilla of club support, I had an attempt in 2006 only to quit at Honister after 22 hours. I had wanted to quit at Wasdale but I was cajoled (a polite term for Wynn's pep talk) into continuing and I carried on to Honister (not that I had a choice!)

If I had quit at Wasdale I would probably never have had the confidence to have another go. But I felt that with a bit more training –verging on and surpassing obsession, I could do it.

I had to ensure I got it right this time and training became a way of life. One week at Easter I put in 29000 feet of climbing including two consecutive leg fours. And I enjoyed them! Winter and spring training runs nourished my appetite and the memories of them are there with those of 5th May. The Thirlmere skyline in February, whilst the rest of the club were 'enjoying' the Mary Towneley. On Whiteless Pike watching the sunset over Gable, reluctant to come down off the fells even after 12 hours. Having lunch at Brackenclose on an icy day in March having run from Langdale. Running to Tebay services for lunch over the Howgills from Sedbergh. Asking the question 'where else better could I be?' and always getting the same answer. Nowhere. The BG was just the end of a big adventure. It was just a bit longer than the training runs and with all your mates thrown in.

So in 2007 we set off at the end of a long dry spell under a full orange moon. The rest is etched in my memories. Was that really spontaneous applause from the pedestrians in Keswick as I sprinted up to the Moot hall or were they just in spasm?

I have rerun the finish, made a movie of it, written it up and bored the buttocks off my family with my constant references to it. As Selwyn has been quoted in 'Feet in the Clouds' I now have a confidence I did not have before - everyday things are petty compared to that day in May.

So for me it is, like Bob said: 'anybody should be able to do it – provided they're fit enough'. I just took a long time to be convinced. Call me retarded! It has been the achievement of something that was originally not even as substantial as a dream. And it has given me a wealth of 'miles that nourish the soul' that I will never forget.

BY **MORGAN WILLIAMS**

Bob Graham Fever (still!)

I can remember clearly the onset of my own particularly bad case of Bob Graham fever. Back in 1984, I became involved in supporting (not pacing) an attempt on the BG by Norman Walker, Eric Parker and the late Geoff Clayton from Ambleside AC. The genesis of how I came to be involved is a long story involving, amongst other things, the consumption of far too much beer in the bar of the Skelwith Bridge Hotel. Suffice to say I was an impressionable lad of 20, who had acquired a certain degree of capability in the mountains of the Lakes and Scotland, who then fell under the influence of older (with hindsight one might say) wiser heads.

My role back in 1984 involved meeting the 3 guys and their pacers on Rossett Pike, then again on Esk Hause, with a variety of sustenance entrusted to me by the support team. I managed that easily enough, but then decided to "run" down to Wasdale in my boots to catch up with them once more, rather than returning to Langdale as had been my original plan, enthralled and captivated by the event unfolding before my eyes.

Although I took no further active part in the day's activities (the 3 guys successfully completed their Round), some spark was ignited as I played but a small part in helping 1 friend and 2 that were to become such, achieve a long sought and trained for ambition. The intensity and inherent drama of the undertaking quickly wormed its way into my consciousness. I became fascinated by the scale and scope of the challenge. As a walker/climber/mountaineer, I could relate to the environment in which the Round took place, but pretty much every other aspect of it was way off my scale.

"I wonder if I could ever do that?" I asked myself, and then was foolish enough to speak the question out loud. Norman convinced me that I could (and I was mad or confident enough to believe him) and before you could say "Pete Band Sports" I found myself with my first pair of Walshes, a fully paid up member of Ambleside AC and in training to do the Bob Graham Round; all a bit perplexing for someone with no running history or experience (rugby, hockey and cricket only at school for me, running for its own sake was best avoided).

The tale of the next 10 months as I careered my way towards my own BG attempt in July 1985 is a very personal one; driving my family mad with all the talk of the BG; training, often alone, but also often with Norman and the Ambleside lads (and lasses) when I could make it from Cardiff where I was at University (and thanks to everyone there, I recall my "Ambleside years" with a great degree of happiness); injury; worry; doubt ("what the hell have I got myself into?"); a few races thrown into the mix too (Langdale of course, and a particularly nasty Wasdale in foul weather). Research into the historical background provided inspiration, as did numerous chats with Fred Rogerson. In the weeks before my own attempt, I did some pacing (along with Ambleside clubmate John Brockbank and a veritable "Who's who" of fell running) for Alan Heaton on his Wainwrights Round. I shake my head now at my luck at being in the right place at the right time. In what other sport could a young 'un like me have spent time helping a legendary figure in such a major undertaking? Fortunately, I never got to look at Alan's septic toe that week. Knowing it was there and hearing of its state, I could only marvel (and still do now) at the force of will it took for him to do the final few days. Inspiration is everywhere if you choose to look.

I can't recall that I enjoyed the whole of my BG day. The weather was pretty miserable for the first 18 hours and I was way behind schedule at Wasdale. I lost my hour in hand and then another. I don't know about the "Naylor Shake" but I experienced the "Brockbank Bounce" shortly after leaving Red Pike, having lost further time, and it had the desired effect, as much of the lost time was made up through to Honister, giving a nervy finish. John has been known to introduce me to people as "the man who slept his way round the Bob Graham" which, whilst a little harsh, certainly gives a flavour of the wasted young man who meandered up to the Moot Hall after 23 hours and 50 minutes of hard graft.

John has been known to introduce me to people as "the man who slept his way round the Bob Graham" which, whilst a little harsh, certainly gives a flavour of the wasted young man who meandered up to the Moot Hall after 23 hours and 50 minutes of hard graft.

Fortunately, life after the Bob Graham has been less painful, and over the years I have had a succession of captivating days in the mountains on BG attempts at all sorts of times of day and in all sorts of weather. I'm sure that I am not the only member of the Club with such experience and memories. One of the benefits of going round as a relative youngster (21) has been having plenty of time ahead to help others do the same. It is a great tradition of the Club for members to help pace or support others in their attempts and, even more than the spirit engendered by classic fell relay events such as the Hodgson, it is Bob Graham attempts that have always been the most intense part of the fell running experience for me. I cannot help but become completely immersed in what is going on. Even for the most gifted contender, major problems may only be a step or two away, the weather can wreak its own special form of havoc and so the inherent uncertainty of the undertaking adds a *frisson* to every attempt. I've still got the fever, and it shows no signs of departing!

Over the years the success ratio has remained broadly the same; only 1 in 3 attempts is successful. The nature of the challenge remains largely unaltered (even if there are now paths in places where there were none years ago) and a successful BG is still a landmark event in anyone's running or endurance career. For some, it is the one and only; for others, merely a stepping stone on the way to other achievements. Everyone has their own memories and tale to tell. For many people, it may well be one of life's great highlights; it was for me. Knowing that I made it round that foul July day 22 years ago has allowed me to face a number of other challenges, not only in running and in the mountains, but also in other aspects of my life, in the knowledge that I had the capacity to keep going when the going got tough.

Now, all these years later, I am (one might say) partly repaying the debt of all those wonderful days of intensity and playing some small role in furthering the history and traditions of the Bob Graham 24 Hour Club with a bit of paper-pushing in my role as Secretary of the Club. That's hardly going to help the fever to abate, but I don't want it too!

The Club is a uniquely British creation; the vision and creation largely of one man, Fred Rogerson. Membership costs nothing in financial terms but the entrance test remains searching in the extreme for the vast majority of members. (I know Billy says the BG is just a walk but I am sure a number of us hold a different view!) The reward, a simple certificate. After a 36 year history and with 1,382 members, the Club is not an elitist clique but, in the words of its Chairman, is "a friendly bunch of like-minded individuals who revel in the freedom and beauty of the fells". I wouldn't argue with that. Our sport, after all, is one where those of us with little or average ability can compete in the same races, week in week out, as the very finest exponents of our sport, and where those at the very top of the sport will pass the time of day (in or out of the pub) with those less gifted; what Fred calls "the camaraderie of the fells".

Fred has much to answer for. It is difficult to over-estimate his contribution to the Club. Many of us never get the chance to express our thanks to him for the impact that these long, mad days in the hills have had upon us and the pleasure that we have gained from them. So, on the occasion of the 75th anniversary of Bob Graham's original Round perhaps I can say **THANK YOU FRED**, on behalf of us all.

BY **GEAOFF DAVIS**

Geoff's 50 at 50, or,

The Bob Graham Round – So Good I did it Twice!

What better way to mark my 50th birthday than to do the BG again, only this time add a few peaks in to make it up to 50 (from 42). I looked at some existing 50 at 50 schedules and reccied the extra peaks only to find that they added too much onto the 'basic' BG for me to contemplate. However, I was not going to be deterred, so during the course of training (mainly with Paul Hainsworth), and with the aid of some creative thinking and helpful suggestions, I came up with eight extra 'doable' peaks to add to Bob Graham's 42.

I intended to attempt the round four days after my 50th birthday. However, my birthday dawned with a violent thunderstorm and it didn't seem to stop raining for the rest of the week. This caused me to delay my start time by 24 hours. The resulting logistical problems led to a bit of a headache and didn't make for a relaxing build up. Nonetheless, after about 50 phone calls and with the co-operation of my 30 or so supporters, to whom I am very grateful, everything was sorted.

The day of my attempt dawned wet and mild with no breeze. By the time Susan and I left for the start, after a hearty breakfast the rain had stopped and Keswick market square was starting to dry up when we arrived at 6.30am.

On the first leg to Honister I was to be accompanied by six club mates from Northumberland Fell Runners (NFR) (Steph, Karen, Chris, Graham, Peter M & Peter R).

On the stroke of seven we were away and I felt good on the roads to Newlands. I settled into my 'Bob Graham Shuffle' as we approached Robinson (a briskish pace requiring minimal effort). It was misty on top and only Chris and Karen were with me as we descended the first peak. Chris waited for the others as Karen and I headed for Hindscarth, which was quickly bagged, and we re-joined the team as they approached Dale Head. Steph had bravely volunteered to carry all the heavy kit (so she tells me) and had 'soloed' the North Wall of Robinson with a minimum of fuss. This was the first of many acts above and beyond the call of duty performed on the day by my support team – thanks to you all!

A quick descent to Honister saw us arrive 16 minutes ahead of my 23.5 hour schedule. I was quickly fed and watered by my excellent road crew – made up from the core of Elvet Striders' championship winning women's cross country team, led by their Captain,Susan. Peter M and Steph completed their pacing duties at Honister and I was joined by two NFR stalwarts, and old friends, David Atkinson and John Dallinson, as well as three friends from Todmorden Harriers (Mandy Goth, Kath Brierley & Phil Hodgson), all of whom had completed successful BGs as well as many other feats on the fells. John led the way up Grey Knotts dressed in his *sans culottes* and funny hat and we continued to make up time across Brandreth and the Gables. We were soon descending Great Gable on the route I had asked John to take – one he stuck to despite me trying to tell him he had gone wrong.

I seemed to be climbing well and John had trouble getting in front of me to lead the way across Kirk Fell. Phil seemed to be sticking to me like glue and we chatted about camper vans, of all things, as we descended Kirk Fell Crag. I was grateful for the loan of Phil's 'cag' as we came off the 'extra' peak of Looking Stead accompanied by a sudden downpour that stayed with us for about half an hour, although this was the only rain I can remember during the whole round. Mandy G re-appeared here and remarked on the rain. I was very grateful for Mandy's company on this leg. She is a very brave woman having, among other things, completed the BG last July after a number of attempts over the years and has run the Ben Nevis race more times than any other woman – I was in excellent company.

John continued to pick a good line through the mist although he was probably fed up with me asking him not to get too far ahead. This route selection, along with support from Kath and my other pacers, who met my constant demands for food, drink, clothing etc, ensured that I was able to make up time on this leg. But John saved the best for last, leading the finest line of descent I have ever taken off Yewbarrow (and I've been down it a few times) resulting in my quickest descent ever – thanks John.

On arrival I was 49 minutes up at Wasdale and the support crew went immediately into action with Susan ensuring all my needs were catered for. Karen continued her wonderful support by massaging my legs until my own personal masseuse (Valerie Artkinson) arrived to take over. At Wasdale John, Mandy G, Kath, Karen and Peter R bowed out, whilst Phil and Dave carried on. I was joined by Paul Appleby and two of my closest BG companions; Bob Sewell and Paul Hainsworth.

The ascent up Sca Fell started well and I felt quite strong with Bob and Paul A sticking close and offering encouragement. But just over half way up things went a bit pear shaped when first one thigh then the other ceased up with cramp. My Vastus medialis muscles became the size, colour and consistency of cricket balls. I stopped, tried to stretch, but this made things worse, so I sat down. Paul H arrived and provided some massage. Fortunately I had anticipated cramp problems around this point in the round and had some salty food with me which I ate. After a tentative re-start I began to get going again and the cramp never returned. On reaching Sca Fell summit I was pleased to find that no time had been lost from the schedule.

Paul H led the way across to Deep Gill and invited me to jump in first - which I did with nervous anticipation. The gully was wet and loose but I got down it fairly quickly slithering unceremoniously onto Lord's Rake. Only later did I discover that one of my pacers had been struck on the head by a dislodged rock and narrowly missed being hit by a larger one.

Paul H and Phil picked great lines across Broad and Ill Crags and we started to make up time again. Paul showed admirable restraint when I asked him to find me some grass to run on across the rocky plateau. We approached a misty Esk Hause to hear

shouts and see waving arms. The support crew was here in force. Mandy D, Louise and Valerie provided hot drinks, pie and a massage. Louise's sacrifice in giving up her pie was greatly appreciated.

Onwards across Esk Pike and Bow Fell in the clag with Paul H and Phil leading the way. A perfect line off Bow Fell saw us arrive on Rossett Pike almost one hour up, greeted by Bob's cheery countenance. The mist had lifted now and conditions over the Langdales were quite pleasant as Paul A in particular stuck with me and fed me gels, bars and drink on request. In his eagerness to select the best line Paul H seemed to be getting a bit far ahead coming off Sergeant Man. I shouted to him (or asked Phil to shout) to stay closer so I could follow the line he was taking. When I caught up to him we had a Karrimor moment (ie a brief, frank exchange of views) and then pressed on. I think I had reached the point where I needed a bit of 'edge' to keep me going. This was definitely the case on the final two legs – but more of that anon.

The Wasdale to Dunmail leg is generally regarded as the toughest and I was very grateful to my pacers for the perfect navigation, their assistance on Sca Fell and the quick and efficient provision of food and drink throughout the leg. As a result I arrived at Dunmail just over an hour ahead of schedule and in a confident frame of mind. From the top of Steel Fell Dunmail looked like a car park with so many people there to support and help. This change over needed to be particularly slick as I planned on a full change of clothes and shoes as well as eating and drinking. Susan had it all arranged; Mandy D and Amanda manned the tea bar while Louise provided her personal security service ensuring I was able to concentrate on getting changed and fed.

My team for the fells changed completely at Dunmail. John Crummett, another Todmorden friend, took over the navigation on a section I knew he knew like the back of his hand. John has also completed the BG - twenty six years ago and his BG Club number is 187- respect. I also had four pacers on this section, two of whom had been with me on my original BG; Kevin and Linda Bray, plus Stewart Gardner, whose BG I had assisted on in 2002, and a relative new comer to the BG game Will Horsley. I was to be very grateful for their support on what was to prove a very tough leg for me.

I set off from Dunmail feeling fine. It was dry and calm but quite humid. I wasn't far up Seat Sandal when the sweat started to bucket out of me and with it seemed to go my energy. Compared to my previous ascents I felt like I was crawling up the hill although I only lost 4 minutes on this ascent. Fairfield proved just as hard and Stewart's attempt to sow the seed of a football conversation fell on stony ground of which there was plenty around us. Dollywagon wasn't quite as hard and things eased a bit as I traversed the less steep ground of Nethermost, Helvellyn, Raise etc. John's navigation was spot on, as expected, as was everybody's support.

When it got dark I asked for my favourite Maglite torch which I (mistakenly) thought Susan had given to Will. Rucksacks were turned inside out and I performed a quick body search of Will but the thing couldn't be found. Another bit of 'edge' to spur me on. I borrowed Stewart's excellent light weight torch and we pressed on.

The night was kind – just a bit of mist but no rain, very little wind and a lovely red sky behind Skiddaw. When we finally arrived at the top of Clough Head I was feeling tired and knew I would be slow descending. I lost a few minutes getting to Threlkeld and was feeling fairly grim. Steve Walker asked how I was when I arrived and I'm afraid I gave him a one word answer and it wasn't "fine".

Once again Susan swung into action and everything I needed was there to hand. Kevin and Will were continuing with me on the last leg and Steven was joining to help with pacing. My old sparing partner from Elvet Striders, Paul O'Hara, was taking over the navigation for this crucial leg. Paul had agreed to do this after my desperate phone call to him on Friday afternoon. I shall be eternally grateful to Paul for helping in my hour(s) of need.

When we set off to climb Blencathra I still had just under 5.5 hours to complete the round although I wasn't confident I would make it. I was slow going up Blencathra as I was so tired and there was a thick mist that coated the rocks in a thin film of water. Kevin, Will and Steve provided admirable support and encouragement as Paul searched for the best line. We finally made it to the top and headed off without delay onto easier ground and out of the mist.

Dawn was coming up as we descended from Mungrisedale Common and I resolved to give it everything up the final two major climbs of Great Calva and Skiddaw. Paul kept 2-3 paces ahead of me going up Calva (to annoy me he said later) and I resolved not to stop for anything - which I didn't. I could hear the laboured breathing of my pacers behind me so I knew I must be going fairly quick. While descending Calva Paul suggested I might run a bit faster (thus applying more edge to the already broken chamber pot). He laughed when I snapped back that I was already doing my best.

I decided that if I could reach Skiddaw by 5.30 then I would complete the round in under 24 hours. By now it was a beautiful morning – sunny and cool making me even more determined to get up Skiddaw quickly. Kevin tried to encourage me and Will and Steve seemed to have an inexhaustible supply of gels to keep me going. I reached Skiddaw summit at 5.25 and knew it was in the bag. It all seemed to change from that moment as if a huge burden was lifted and I became my usual friendly, chatty self again (from Hyde back to Jekyll). The final peak of Skiddaw Little Man proved no problem and we stopped for a group photo on that 50th top.

I jogged easily down Jenkin Hill chatting mainly to Paul as I hadn't seen him for a few months. Just before the bridge over the A.66 Jenny was waiting and a few moments later Susan and Linda appeared looking mighty relieved and joining the now happy band for the final run in across Fitz Park and into the market place. I hit the door of the Moot Hall at 06.35 as hard as could. I'd done it – and one minute quicker than the last time!

Phew! I was very pleased, glad it was all over and delighted I didn't have to come back in July and attempt it again. What a great weekend and what a great team I had helping me to achieve this very personal goal. I had 30 people who were either with me on the fells or supporting at the road crossings – an incredible number and I owe each and every one of you a great deal – thank you. As you would expect it has been Susan who provided most support on the day, during the build up and now during the recovery process – she receives an extra special thank you.

The 8 extra peaks were as follows:

Looking Stead;
Black Crag (between Pillar & Scoat Fell);
Scoat Fell;
Loft Crag;
High Crag (between Dollywagon & Nethermost);
Calfhow Pike;
Mungrisedale Common &
Skiddaw Little Man.

BY **MARTIN STONE**

Martin Stone's LONG DISTANCE

NEWS SUMMARY – OCT 2007

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the next month or so, a panel of long distance 'enthusiasts' will look at details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: **Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel/Fax: 0870 7661792, EMAIL: martin.stone@sportident.co.uk**

BOB GRAHAM ROUND UPDATE

Morgan Williams, the club secretary says "as the time of writing, there have been 54 successful completions of the Bob Graham Round from 112 attempts registered with the Club. 49 men were successful and 5 women. Total membership now stands at 1,384 of whom 97 are women. Rumour has it that just as the Club awarded a special one-off trophy to the 1,000th successful man, so it will do for the 100th successful woman, and 2008 looks like the year! Particularly notable performances from Alex Pilkington of Settle Harriers achieving a 42 peaks round in 19 hours and 13 minutes and also from existing member Geoff Davis of Northumberland Fell Runners who completed 50 peaks at 50 during the year. Well done to all those who were successful."

PADDY BUCKLEY'S WELSH CLASSICAL ROUND UPDATE

Paddy writes "this Welsh Round still maintains its reputation as one for the connoisseurs. The first completion of the year was by Nicky Spinks at the age of 40 on May 20th. She had done the round the year before but had taken 25-45. This time, in a well organized attempt, she got round in 23-55, becoming the fifth woman to complete in under 24 hours. A week later a double attempt by the Yorkshire pair of Mike Wardle and Rod Sutcliffe, both aged 50, was made. The pair split up in the Moelwynion; Mike powering through in 23-04. Rod wanted to retire at Aberglaslyn as he was below schedule, but as so often happens on these events, his supporters persuaded him to continue. He finished in 27 hours, determined to come back another year. On August 11th Iain Ridgway from Bangor ran round in 21-31. His wife published an account on her weblog **http://sarzmountainrun.blogspot.com/2007/08/paddy-buckley-round.html.**

The same day but starting several hours later, Alan Lucker and Alan Duncan ran into bad weather on the final leg. Yiannis Tridimas reported: "Alan Duncan, who was not in the best of fitness due to a virus attack during the preceding week, was finding the going hard most of the way. Halfway trough section 4 Alan Lucker forged ahead and by the quarries, where I joined Alan Duncan's support team, he was around 10 minutes ahead and carried on pulling back lost time to finish section 5 with just about sufficient time for the last section. A serious deterioration in the weather and a small navigation error at the start of section 6 convinced him that there was only a slim chance of a sub-24 hour completion and he retired. Alan Duncan, who was fighting knee pain in leg 5 had, by the end of that section, no chance of finishing in 24 hours but was persuaded to complete the challenge regardless of time. In heavy rain and strong winds he embarked on section 6 and made good progress for the next couple of hours. When darkness was added to the seriously bad weather, the going became slower. In the company of half a dozen hard headed companions he persevered and completed in 27:04, surprisingly looking better than he did in the beginning of section 2. An 'epic' was how some of us described the event; doing the Hebog section is such bad conditions it could not be anything less. In my opinion and that of others, his achievement under the circumstances exceeded a sub-24 hour completion."

Please contact Paddy Buckley at paddy.buckley@lineone.net if you have been omitted from this year's round up.

CHARLIE RAMSAY ROUND UPDATE

Jon Broxap keeps a list of successful Ramsay Round completions. Since the route was first established by Charlie Ramsay in 1978 only about 40 stalwarts have managed to complete the round within 24 hours while many more have failed in bad weather. Please visit **http://www.ramsaysround.com.** If you have been missed off the list on the website, please contact Jon Broxap - **jon@dbroxap.freeserve.co.uk**. We're only aware of one round this year by Gavin Thomas of Kendal.

Gavin was hoping to complete all three of the British rounds this year. He completed his BG on May 4th/5th and decided then to go for the Ramsay and Paddy Buckley Rounds in one summer. He is 42 – the same age as Bob Graham was when he completed the famous round. John Broxap reported "Gavin set off earlier than planned to try and make most of better weather on Friday 13th July but this soon deteriorated to wild, wet stormy weather on Grey Corries. Phil Clark pacing described it as hardest pacing he'd done! This from man who has won the Karrimor, Mountain Trial and done Ramsay Round solo!! Gavin was 30 minutes down on a 23.50 schedule but we managed to get back on schedule as weather improved over mid section and I got him round to the foot of the Mamores with 9 hours remaining. Allan Miller took over and still in mist, upped the pace to give a finishing time of 23.30. We had only one clear top/view but finished in lovely weather in valley bottom. The average age of his 4 pacers was 52 - and felt it! Three of the four had done the Ramsay Round.

DOUBLE JOSS NAYLOR TRAVERSE – DAVE SLEATH

Monica Shone writes elsewhere about completions of the Joss Naylor Traverse. Quite a number of over 50s have now completed the Joss Naylor Traverse but is Dave Sleath's journey the first time a double traverse has been completed? Dave had previously completed the "normal" traverse twice in two different age related categories and now at the age of 63 decided that on 20th July he would attempt a double traverse. He set off from Wasdale and travelled to the far end at Pooley Bridge, encountering drizzle and mist in the latter stages through the night as he crossed High Street.

He turned round at Pooley Bridge to retrace his steps at 2am on Saturday morning. Disaster struck when half way along the High Street ridge Dave slipped and fell heavily on his chest, making the descents especially uncomfortable. A visit to A&E later confirmed that Dave had two cracked ribs. It became dark again as Dave crossed the final summits and he descended to Greendale Beck after 37hrs 45mins to be met by Joss and his relieved support team. A great performance and thanks are due to friends and family who supported him.

CLACHAIG CLAMBER – JOHN FLEETWOOD

Having just about recovered from a severe dose of shin splints, no doubt brought on by his relentless series of ultra distance mountain runs, John travelled up to Glencoe at the end of July to try a variant of his previous two routes in the area. John is calling this the Clachaig Clamber. He writes "It starts and finishes at the Clachaig and in between goes over Aonach Eagach, continues along the ridge to Devils Staircase, down to the Lagangarbh, up Lagangarbh buttress on the Buachaille, along to the end, down very steeply

to Glen Etive for a full on midge fest, ford the river and straight up Ben Chascaig in the dark. Then on to Creise, Meall a Bhuiridh and down to Ba Cottage, before taking the West Highland Way for a couple of miles, then up Stob Coire Odhar and Stob Ghabhar. From there straight down the steep slopes and up the tortuous slopes on the other side to Meall nan Eun (not a good idea), then on over the tops to Ben Starav, down to Glen Etive then up Fhionnlaidh, over Sgor na Udlaidh and Ben Maol Chaluim, finishing on Bidean and Stob Coire nan Lochan before making it for last orders at the Clachaig bar.

Statistics don't bear justice to the toughness of this route - I reckon its about 56 miles and 30000 feet of ascent - but the ground is truly testing - knee high grass tussocks, crags and trackless in many places as well as very steep. I'd forgotten how tiring this is. I was going for 24 hours but in the end had to settle for 30. It sounds very slow (and was), but actually I was going pretty well to begin with (2 hours from Clachaig to the far end of the Aonach Eagach), but the ground is so unrelentingly steep and difficult that it massacres the legs, especially carrying a sack round, and you don't do much running. My legs ached so much that I couldn't even sleep properly once I'd finished despite being very, very tired. Anyway I had a great day and a bit out on the hills. Full details on my blog - **www.longdistancechallenges.blogspot.com**

CIRCUMNAVATION OF ARRAN – RICHARD LATHE

Richard completed his first ultra run - the Circumnavigation of Isle of Arran. He writes "the goal was to complete the round of the island sticking as closely to the shore as OS 1/25,000 marked trails would permit, approximately 60 miles, with 700m of ascent/descent thrown in for good measure. I wonder if it has been run before? Departed solo/unsupported from Lamlash village 9th August at dawn to go counter-clockwise via Brodick, Sannox, Lochranza - after a bit of a scramble round the Cock of Arran - then Pirmill, Blackwaterfoot, Lagg, Kildonan Bridge, Whiting Bay, and finally back to Lamlash.

My intended journey time was 12 hours, a hopelessly optimistic target. In the event I arrived back in the dark after 16h 21 minutes on the hoof. Quite Slow. But running solo is different from a race, no waterstations (fill up from the burns), no change of shoes (unless you carry them) and if you run out of food you go hungry! So a fast time was not the goal, finishing was. If I did it again I'd practice eating while running, aim for 3 hours faster, and some tricks - wade the stream at North Sannox (saving a km), crossing the bay to Lochranza at low tide (saving another) - but there's a price to pay for getting your feet soaked - and I'd recce the south beach route in case the horrid climb out of Lagg can be avoided."

CARDINAL SUMMITS OF WALES

You'll read an article by Chris Gildersleve about this day out elsewhere in the magazine. Douglas Adlam, John and Hugh (father and son) Aggleton, Martin Lucas, Hayden Griffiths, Alan Stone and Chris undertook a journey by bike and on foot, linking together the four Welsh summits Snowdon, Cadair Idris, Plynlimon and Pen Y Fan. 121 miles and 12,000ft ascent by bike, 19 miles and 8,000ft on foot. The chaps took 17hrs 57 mins of which 2hrs 3 mins was spent at transitions. The route reverses a south/north journey completed on bike/foot by Keri James and Tom Gibbs a number of years ago. Tom and Keri's time from summit to summit was 12 hours 32mins.

CLEVELAND WAY – JOHN KINDER

On 5/6 October 2007 Jon Kinder from Derby, supported by friends from Rolls-Royce Harriers running club, completed the Cleveland Way from Helmsley to Filey Brigg in a time of 23 hours 2 minutes. Conditions were good, fine and dry with little wind. The official route was followed all the way, including the two out and backs to visit the White Horse and Roseberry Topping. We don't have any information about the record for the Cleveland Way but if someone out there knows more, please get in touch.

SCOTTISH 4000' RECORD ON FOOT – STEPHEN PYKE

Steve superb record-breaking journey took place on 14th/15th July. He reduced Martin Stone's 1986 record for the traverse of the nine Scottish 4000 ft Munros by 76 minutes. Steve writes "I had been thinking of running the nine 4000 ft Munros ever since an unsatisfactory completion of the route in the run-bike-run duathlon organised by Martin Stone in 2003. On that occasion I had been undone by my weakness on the 60 mile bike leg linking the Nevis peaks to the Cairngorms, followed by a navigational cock-up heading to Cairn Toul and finally a dead leg as I took a tumble descending Braeriach into the Lairig Ghru.

This time I decided I would attempt the whole route on foot. The route starts at Glen Nevis Youth Hostel and takes in Ben Nevis, Carn Mor Dearg, Monarch Mor and Aonach Beag before heading east to the Cairngorm peaks Cairn Toul, Sgor an Lochain Uaine, Braeriach, Ben Macdui and Cairngorm. The finish is at the Norwegian Stone by Glenmore Youth Hostel after some 83 miles and 17,000 feet of ascent.

The route was first achieved as a multi-day trip in the 1950s by the Rucksack Club and the 24-hour barrier was broken by Chris Dodd in 1980. The record for this route is held by Martin Stone who completed it as a solo unsupported run in 21 hours 39 minutes back in 1986 beating the record of another of the great luminaries of long distance running Stan Bradshaw by 54 minutes.

In a very wet summer, the forecast suggested yet another rainy weekend as I set off from my home in Staffordshire on the Friday evening. Accompanied by the small group of supporters who had volunteered to accompany me – Dale Colclough, Stephen Watts, Phil Janaway and Jack Leech – we headed up the M6 in increasingly heavy rain with the wipers on Jack's pickup worn to shreds by the time we arrived at the Pottery Bunkhouse in Laggan at 2 am.

Next morning the rain had cleared although heavy grey cloud still hung overhead. I set off at 4 pm on Saturday accompanied by Jack. Heading up the tourist track we made good progress as we passed regular hordes of walkers setting off on the first leg of their three peaks challenges. We reached the summit of the Ben at 5:27 almost exactly on schedule. Some time was lost as we descended the greasy blocks coming off the Ben and climbed the Carn Mor Dearg arête in claggy drizzle.

From Aonoch Beag we descended south east into Glen Nevis for the long haul across to the Cairngorms. At first this was slow going across the waterlogged tussocks at the head of Glen Nevis before the going gave way to a good path running alongside the Abhainn Rath down to Loch Treig. By now I was about half an hour down on the 20 hour schedule I'd set and beginning to realise just how tough this was going to be. At this point I left Jack who was also feeling the effects of this tough section. The next few miles were on the well-graded track that initially climbs south following the West Highland railway before swinging east to follow the north shore of Loch Ossian.

Phil was there to meet me at the east end of Loch Ossian having cycled the 10 miles in from Loch Laggan to the North. After a brief refreshment stop with the midges instantly homing in on me as soon as I stopped moving, we left the bike leaning against the fence for Jack to pick up and cycle back out to the A86 – one of our pre-arranged contingencies – with me just hoping that he'd be OK as he'd looked pretty tired when I left him.

After some moments confusion about which path to follow as we passed the Corrour Shooting Lodge – although I'd only reccied this section three weeks earlier – we set off up the Glen towards Ben Alder. I had planned to get the first part of this done in the daylight but it was now quite dark as we pulled on head torches and squelched through the heather and peat bogs trying to follow the muddy trod that passes for a path on the OS map. We were relieved to finally reach Bealach Dubh below Ben Alder and join the well-made path that runs down the other side. By now we were some 40-45 minutes down on schedule and

started to pick the pace up once more. The sky had also cleared now and head torches were almost unnecessary as we ran past Culra Bothy and followed the track as it swung past the head of Loch Pattack and down towards Loch Ericht. As we headed towards the distant lights on the A9 I watched the minutes ticking past our scheduled change over in Dalwhinnie and anxiously wondered whether Jack had been able to get back in time to hand over to Dale and Stephen who were waiting at the Bunkhouse. I needn't have worried, Dale was waiting for us by Dalwhinnie station.

After a five minute break to eat freshly prepared tortilla wraps with avocado and cream cheese followed by a pot of rice pudding downed in one gulp, Dale took us on an interesting line to cross the A9 at Cuaich. More good vehicle tracks took us past Loch Cuaich. We then headed north east leaving behind the tracks to wade through peat bogs and then a muddy trod to take us down to Glen Tromie. Some wild campers must have been very surprised to be woken by us fording the Tromie and come crashing up its banks directly past their tents at 4 am. The route swung southeast now following the Allt Bhran. This was the first time I really started to feel tired as I followed Dale picking his way through the heather. Before long however, we were back onto another landrover track and descending into the head of Glen Feshie for the next change over with Stephen Watts.

It's a gruelling 600 m climb directly out of Glen Feshie up onto the Moine Mhor, a desolate moorland plateau, but it now looked beautiful in the clear blue morning sky with the sun rising ahead of us. We made good progress across the moorland with Cairn Toul and Sgor an Lochain Uaine clearly outlined ahead of us. We climbed strongly to reach the top of Cairn Toul and within an hour we had skirted the huge corries to our right and were on top of Braeriach.

There was now a steep 600 m descent into the Lairig Ghru. We took the direct line (probably not the best option as Martin Stone told me later) and struggled, initially over loose scree and then boulders treacherously hidden in the heather. At this point Stephen passed some dry comment about my schedule for this leg being a bit optimistic. However, the climb up to Ben MacDui went well (my LAMM partner Tim Laney had tipped me off about a path that goes up the right side of the burn – he was right!) and we completed the 600 m climb to the top of Ben MacDui in just over 40 minutes.

The final peak Cairngorm was now clearly visible across the high plateau and I pushed on with whatever strength was left in my legs. Dale was there to greet us at Cairngorm and lead us on the steep descent following the funicular railway and the other ugly ski paraphernalia but by this stage I didn't care, my legs were in agony. At the ski car park I was joined by Phil and Jack for the final run down to Glenmore Youth Hostel. I eventually reached the Norwegian Stone at 12:23 on Sunday 20 hours 23 minutes after setting out from Glen Nevis Youth Hostel.

I was very lucky with the weather and for the quality of my support team who deserve a huge thank you. If the organisation didn't quite run like clockwork then the hard work and humour of all involved ensured the support was always there on time and helped make it a memorable weekend. A special mention must go to Jack Leech who not only drove the crew both up and back in horrendous weather but also told me that Ben Nevis was his first Munro."

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montrail® 2007 ultra-running championships

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Leader board still undecided going into the final races!!

By the time you read this, the 2007 Montrail ultra-running championships will be decided but, at the time of writing, overall men's and women's titles are hotly contested with only one of the 12 races remaining.

What is certain, however, is that both male and female winners will be different from the inaugural championships last year; Stephen Pyke failed to record a score at the long distance due to injury and other commitments and Emma Hargrave is soon to be a mum.

Roll back to March and the series got off to a cracking start with the 31 mile Wuthering Hike. There were those who thought that the 2006 record set by Hunters Bogtrotters runner, Donald Naylor, might stand for a few years but local man, Adam Breaks had other ideas. A previous winner in the pairs event he scorched the course to finish over 20 minutes clear in 3 hours and 43 minutes – around 2 ½ minutes faster than Naylor had been in 2006. For weeks later and the Manx Mountain Marathon was included as a series race for the first time. In early season sunshine and hot conditions (do you remember those!!), Manx born, Lloyd Taggart dominated the race and set a new record of 4:22:45. Male runner up, confirming his early season form was Adam Breaks. For the ladies, Jacqui Smith was similarly dominant and placed 9th overall in a new record time of 5:13:03.

The Montrail Ultra-running Championships are a series of 12 existing races at distances from marathon (26 miles) up to the tough 61 mile Fellsman in Yorkshire each May. Some are long standing classics such as the Wuthering Hike and Bullock Smithy, others are newer additions to the scene such as the Pumlumon race in med-Wales and the Downland 30 on Sussex. The format of the championship means that your best 4 scores count – to include one event at each distance category from short (which is actually quite long) through medium (a bit longer) to long. Confused? – see the website at **www.runfurther.com** for all the details. What the scoring system does mean is that everyone who finishes a race gets some points so there is competition at all levels. With loads of spot prizes throughout the year too – there is every reason to get out there and ... runfurther.

For 2007, main sponsors Montrail were joined by Thorlo socks, Clif bars, planetFear and OMM to provide an overall prize fund of over £10,000.

Back to the series and just 1 week after the Manx runners headed to Yorkshire for the tough, steep sided valleys of Calderdale on yet another hot day. This saw 2006 winner, Stephen Pyke tie for first place with southern based Allan Smalls. Joint finishes being one of Allan's trademarks – both, of course, get the 1000 points! Then in May, the longest race of the series, the Fellsman. By now, our British weather was starting to deteriorate and whilst runners endured a cloudburst on Saturday morning it was those who were still out overnight on Saturday night that had to cope with torrential rain, low cloud and strong winds. With Stephen Pyke absent through injury, Mark Hartell was pushed by Matt Davis and Stephen Watts but managed to hold them off to equal the record set by Alan Heaton of 10 wins.

Over the "summer" – runners have been rained on in Wiltshire, North Yorkshire, mid Wales, Sussex and the Peak District before the 10th race of the series in Derbyshire. The High Peak 40 used to be known as the "Otter" and has always attracted a good mix of runners from the fells, trails and roads. As ever, there was a strong contingent from the south with Allen Smalls recording yet another joint win with fellow Colchester Harrier, Sean Ketteridge. In 3rd place was a trio of Colin Hutt from Carnethy, Martin Terry from Clayton and Alan Billingham from local club, Dark Peak.

... and so, with only 2 races remaining we can congratulate Adrian Dixon who looks assured as winner of the Male 60 category with 4 fine runs at Wuthering, Calderdale, Osmotherley and Rhayader. Right now he stands in the top 20 overall! Similarly, Phil Hodgson looks safe in the M50 category with 3343 points and part of a strong challenge from Team Krypton.

That's about as much certainty as we can give you though. The overall male and female categories are way too close to call and its all going to be decided on the final race. Which, of course, is how we want it!!

Look out next edition for full results and for detail of the 2008 series.

Osmotherly Phoenix

Calderdale

Sponsored by montrail planetFear Supported by Thorlo BAR CLIF OMM

Everest Base Camp to Kathmandu at a run!

UK Ultra-runners to attempt record run as Nepal prepares for historic elections

Three UK ultra-runners have confirmed their plans to attempt a new record time for this historic route. During late October, as Nepal prepares for historic elections, they will tackle the 188 miles (302 km) with over 10,000 metres of ascent and 14,000 metres of descent; attempting to run the entire route non-stop and within 3 days.

This attempt to set a new record time will be made in the spirit of peace and friendship, with a style and approach which shows respect for the local environment, peoples and culture. The team will be raising money for charities working in Nepal.

Mark Hartell, Lizzy Hawker and Stephen Pyke are all established UK ultra-runners who have competed internationally and have set numerous records in mountain and endurance races. They plan to set off from Everest Base Camp at 6.30am on Thursday 25th October and aim to reach the national sports stadium in the Nepalese capital, Kathmandu, during Saturday evening. They will be accompanied, in places, by Nepalese runners who will provide moral support and local knowledge of the trails.

Their aims are:

- to strengthen relationships between the Nepalese people and westerners, and show support for Nepal and its current reforms
- to raise a target of £15,000 for charities working in Nepal
- to raise awareness that Nepal is an incredible and wonderful country to visit, and that being privileged to visit the mountains of the Himalayas we must recognise our responsibility to do so with respect both for its environment and people

Whilst modern communications have replaced the need for human messengers to relay news from Everest, the route from Base Camp to Kathmandu remains of historic importance. In 1987 a record time for this run was set by two women from the UK and officially recognised by Guinness World Records. Helene Diamantides and Alison Wright covered the route in 3 days 10 hours and 8 minutes. In 2000, thirteen years later, Kumar Limbu, a Nepalese runner, set a new time of 3 days 7 hours and 10 minutes. The team aim to reduce this to below 3 days. They expect to run non-stop, without sleep, carrying their own clothing and using the local lodges to supplement the food they carry.

The Team

Mark Hartell is current holder of the Lake District 24 hour record - 77 tops with a distance of 109 miles and ascent of 37,000ft in 23 hours and 47 minutes. He completed the Grand Slam of Ultra-running in 2005 and has raced in many parts of the world including Alaska, Nepal, the USA and Morocco. He has worked closely with Lowe Alpine for several years and is part of Team Montrail.

Lizzy Hawker has significant achievements in ultra-distance, mountain and endurance running, including Gold at the 2006 100 km World Championships. In 2007 she has won the Liechtenstein and Zermatt Marathons and the 78 km Swiss Alpine Marathon Davos. She is sponsored by The North Face and Dion Networks.

Stephen Pyke was 2006 winner of the UK Ultra-running Championships. In July 2007 he set a new record for running over all the Scottish 4000ft mountains - a distance of 85 miles with 17,000 ft of ascent in a time of 20 hours and 23 minutes. Stephen is part of Team Montrail in the UK.

INFORMATION

Nepal

For 10 years, the political situation in Nepal has been unstable as the Maoist party attempted to gain influence within the political process through a "peoples war". A historic peace agreement was signed in November 2006 that saw Maoist leaders admitted into an interim government. Fully democratic elections are scheduled to take place in November 2007. Nepal was already one of the poorest countries in the world with a per-capita GDP of $1310/year, but these troubles have damaged the tourist industry on which many Nepalese depend.

The team wish to use this run to show their respect for the Nepalese people and for the steps being taken to ensure a peaceful future for the country. They hope that publicity gained from their run will help to support recovery in the tourist industry by highlighting how wonderful Nepal is - its people, mountains and culture.

Charities

The team will raise funds for charity through **www.justgiving.com/run-everestbc-kathmandu**

All money raised will go to **Community Action Nepal** (www.canepal.com). CAN supports remote communities through Education, Health and Community Development programmes. Its main focus is to work with local people and village communities through sustainable health and education projects. Please note that the team are covering all their own costs in staging this attempt – all donations will go to CA Nepal.

BY **TONY WIMBUSH**

OVER THE HILL CHALLENGE SERIES

www.gofar.org.uk

The series currently consists of three routes which can be completed at any time by any age group. Each challenge is between 40-50 miles long to enable completion in daylight hours. To encourage runners and walkers of all abilities to have a go there are generous time limits although each route has the added challenge of first class times for the over 50's age groups. Good quality certificates are available with the opportunity to make a donation to WaterAid. Route details and registration forms can be found at www.gofar.org.uk or send SAE to Tony Wimbush, 10 Beaufort Grove, Bradford, BD2 4LJ.

2007 was an active time despite the poor weather. A strong contingent of over 60's from Dark Peak Fell Runners joined the Over the Hill Club by completing the qualifying roller-coaster round of seven trigs in the Howgills area while the Dark Peak 4 County Tops attracted interest from several members of the LDWA. At the same time a new multi-day route was inaugurated - The Canary Islands Three Peaks - which will be added to the OTH Challenge series next year just in case there is anyone out there daft enough to want to repeat it! This is a sea-to-summit, coast-to-coast challenge across La Gomera, La Palma and Tenerife – in all about 120 miles and 35000' ascent – to be added to the website in 2008.

Over The Hill Club (full members)
Peter Simpson – over 55, first class
Alan Yates – over 60, first class
Dave Lockwood – over 60, first class
Robert Marsden – over 60, first class

Dark Peak County Tops
Tim Glenn – under 50
Andrew West – over 50
Michael Abbott – over 55
Malcolm Bird – over 60
David Findel-Hawkins – over 55
Rod Heywood – over 65, first class
Merrian Lancaster, over 50
Andy Mohun-Smith – over 50
Christine Stratton – over 55
Alan Tinker – over 60

BY **MONICA SHONE**

THE JOSS NAYLOR LAKELAND CHALLENGE

It would appear that Phil Hodgson and Peter Coppack had insider's knowledge of the weather forecast for the 'summer' that we have endured; the 'Now or Never' approach turned out to be the best way and they completed in May. After that encouraging start, an ominous silence prevailed amongst those who had stated their intentions early on and one could hardly blame them for waiting a while. Water Sports prevailed, seemingly for ever.

When the sky cleared a little, Mick Swale, M60,Syrac AC grabbed a weather window on June 9. Running prudently as far as Dunmail , he had energy to spare to speed up in the latter stages. He was followed later on the same day by Martin Sleath , brother of David , but Martin's documents have been held up somewhere.

Late on came two M50s – Leigh Warburton , Bowland, on September 22 and Allan Miller, Kendal AC on September 29 . Leigh enjoyed the perfect conditions we all long for and Allan succeeded despite low cloud over the higher tops. As this was his 50th birthday, it makes Allan the youngest challenger ; a splendid birthday present ! It appears that M50s are supporting each other with pacing, which is really good news; they know the way when it comes to their own challenges ! They look lean and hungry and I expect to see them in contention , when they are old enough ! There will be another birthday run on October 8th, when Peter Simpson , M60 ,will repeat his run as an M55 in 2005.

Earlier on a new scene was instituted by Dave Sleath , M60. Dave created a first in the annals of this event by doing the double, out and back, starting and finishing at Greendale Bridge on July 20/21st. His first success was as M50 and runner number 12, in 1995, repeating his run as M60 in 2005. I guess he has a slight advantage in that by now he does know the way. Dave's well known small Border Collies, 'Spikey' and 'Whiskey' assisted Angie and the pacers by herding their owner along the route. Despite having been diagnosed later in A & E as having cracked two ribs tripping over High Street on the southern leg, Dave completed his double run in 37 hrs: 45mins. including rests and was met by Joss in darkness at Wasdale.

I wonder if it will catch on ? Are there other suitably insane runners attracted by this ?

Perhaps Dave should have a second handle added to his original tankard – like a Bar to a D.S. M. - and a bowl of Jennings for the dogs, too ! Tell Joss, not me.

Finally, many 'Naylor Wanabees' are better at running than they are at the three Rs – as a result I have very few postal addresses added to e-mail requests. This panics me when computers throw a wobbler, as they sometimes do. Please tell me where in the world you live, as a safeguard – and please, if you are interested in taking up this challenge, contact me for an Information Sheet.

Knowing the requirements before you set about your run goes some way to ensuring a tankard. Out of date Information Sheets are not helpful, apart from stating the unchanging route.

There is a Biblical quotation which I recommend to you:

"Those who run may also read"

The Information Sheet and schedules can be obtained from: Monica Shone,
Swn y Gwynt, Penmynydd, Menai Bridge, Isle of Anglesey. LL59 5RX (SAE please)
E-mail: mandc@gwyntog.freeserve.co.uk

Please be sure to state your postal address when enquiring by e-mail

BY **ROB WOODALL**

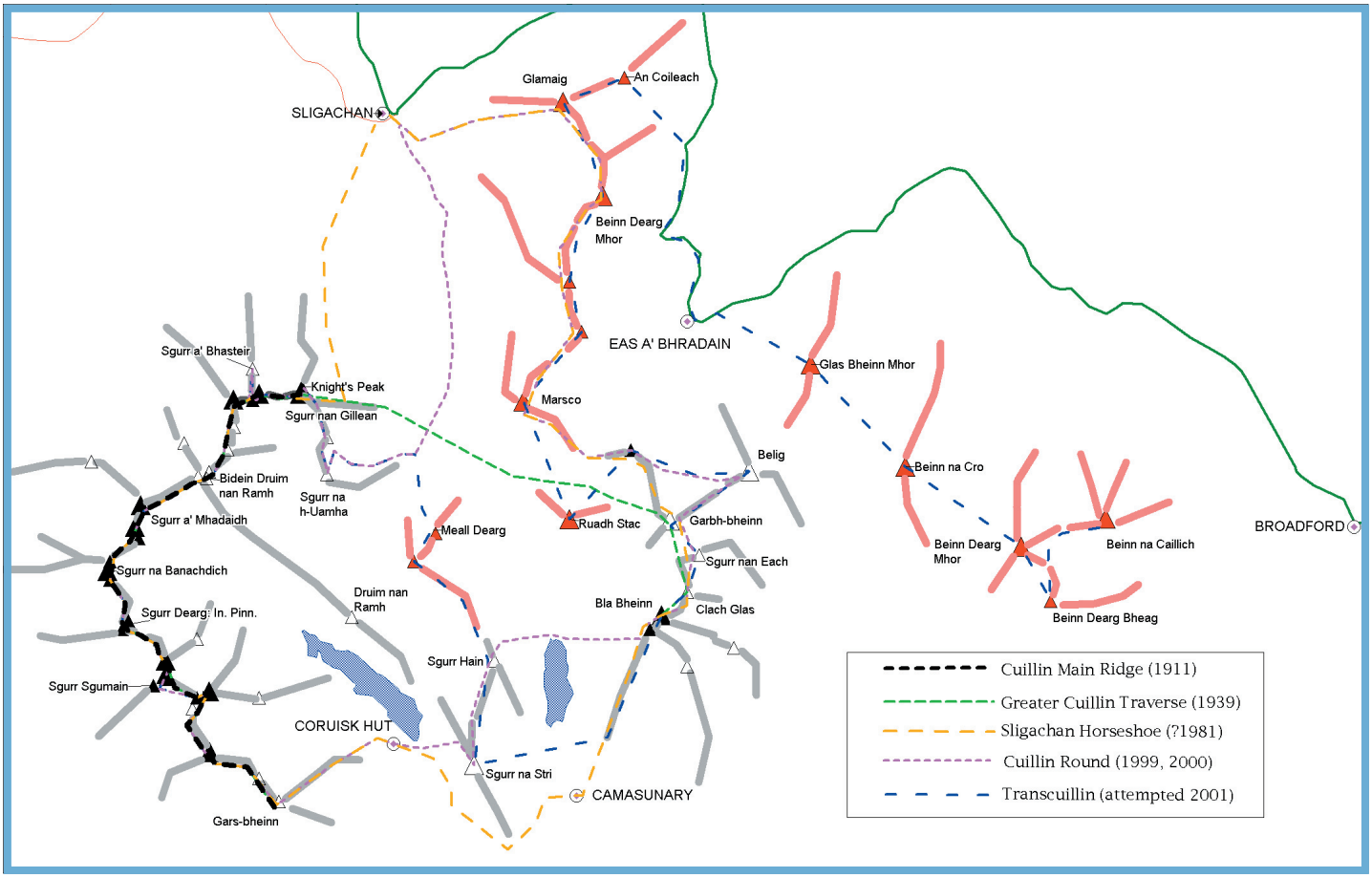
LONG DAYS IN THE CUILLIN

History

It all started with the magnificent **Cuillin Main Ridge Traverse** which was first completed in 1911, by Shadbolt and McLaren, after much exploration from the late 1800s onwards by Norman Collie et al. The **Greater Cuillin Traverse**, which included the equally spectacular Clach Glas – Bla Bheinn traverse, fell to Charleson and Forde in 1939. The first female completion of the GT is thought to be by Anne Littlejohn, in 1956.

Much less well known - but a much bigger challenge - is a circuit which, following Paul Chilton's lead, I will call the **Sligachan Horseshoe**. I am aware of five completions – there have surely been others. As far as I can tell (going on hazy recollections from 20 years ago in some cases), the route followed by all of them was more or less as follows. Starting at Sligachan, climb Glamaig, traverse the Red Cuillin to Marsco, then Garbh-bheinn, Sgurr nan Each (some excluded this outlier), the Clach Glas – Bla Bheinn traverse, bypass the Sgurr na Stri group via the Bad Step, then return to Slig via the Main Ridge (usually

Photo courtesy of John Donnelly



taking the climbs direct, roped).

The first completions I'm aware of, date from the early 1980s. Clive Rowland in an (until now) "unrecorded fun day" left Slig at 10 a.m. on 21 July (in 1981 or 1982), carrying rope and slings for the harder climbs, finished the Main Ridge in about 12 hours, then waited for 3 hours for the mist to clear before completing the eastern side of the horseshoe, in a total of about 31 hours. Also in the early 1980s, Eifion Jones and Rob David from Kendal, did a clockwise (Reds first) circuit. Although the Pinnacle Ridge of Sgurr nan Gillean was on the agenda, in the event they left it out in order to sneak inside 24 hours by a few minutes. Calum Smith of Glasgow completed an anticlockwise round during 29-30 Jul 1991, in 34 hours including a 7 hour bivvy. Comfortably inside 24 hours is the clockwise round by Paul Chilton and Pete Meads on 8 June 1989. They left Slig at midnight, and despite the traditional running out of water on the return leg along the Main Ridge, still got back to the Sligachan Hotel in 22:15 – crucially before closing time! The fastest and most recent circuit known to me, is by Mark Shaw (Lochaber AC) who completed a clockwise round in 16:46 on 21 July 2002.

It is curious that while the Main Ridge and Greater Traverse are well known, these longer outings have remained out of view. Thus Noel Williams wrote in the SMC Islands District Guide in 1989, "An obvious remaining challenge is to extend the Greater Traverse to include the Red Hills bordering Glen Sligachan (i.e. starting and finishing at the Sligachan Inn) – all within 24 hours". As late as 2002, Mark Shaw too was apparently unaware of any previous completions.

Following this tradition – again in ignorance of the history of the Horseshoe - Paddy Buckley and I devised the **Cuillin Round** during 1998 as a sub-24hour challenge, and I ran it 31 May 1999 in 23:28, with full hill support (*Fellrunner* Jun 1999). The following year, Yiannis Tridimas added Sgurr a' Bhasteir and reduced the time to 21:22 (FR Oct 2000). The original 1999 route includes the Sligachan Round with the following differences:

- before Garbh-bheinn, add Belig and both Sgurr nan Each tops
- after Bla Bheinn, add both Sgurr Hain tops and Sgurr na Stri
- bypass the T-D gap and instead take in Sgurr Sgumain (unlike the Main Ridge Traverse, the Cuillin Round takes in every Munro Top on Skye).
- after Sgurr nan Gillean, add Knights Peak (now recognized as a Munro Top) then Sgurr Beag and finally, the magnificent Sgurr na h-Uamha

The Cuillin Round amounts to 59 tops each having a drop of at least 50 ft - a total of 32.8 miles and 7,055m (23,150 ft) of ascent. No graded rock climbs are involved, and no rope is used, although there are several tricky passages of scrambling (up to about Diff standard).

The next challenge? The **Transcuillin:** a west-east traverse taking in every Cuillin top between Gars-bheinn and Beinn na Caillich, in less than 24 hours top to top (include everything with at least 50ft drop all round, minus a few outliers). 70 Tops, 38 mi, 29,000 ft.

Photos courtesy of John Donnelly

View from top of stone chute to In Pinn

Sgurr a Mhadaidh

CUILLIN TRAVERSES AND ROUNDS

1911	Shadbolt & McLaren	Main Ridge (first completion)	Gars-bheinn to Sgurr nan Gillean	6.7 mi 10,000 ft	12h 18m
June 1939	Charleson & Forde	Greater Cuillin Traverse (first completion)	Ditto + Glach Glas + Bla Bheinn	12 mi 13,200 ft	20h
20 July 1956	Anne Littlejohn	Ditto, said to be first female GT	No details		Time unknown
Date unknown	Winky O'Neale	Dito, possible fastest female GT	Ditto + Garbh-bheinn	12 mi 14,700 ft	c. 12h
September 1993	Mike Lates	Greater Traverse	GT including Garbh-bheinn	Ditto	11:15 (Record?)
21-22 July 1981 or 1982	Clive Rowland	Sligachan Horseshoe (a/c/w)	ditto + Reds, Bad Step	28 mi 20,000 ft	31h incl 3h bivvy
Early 1980s (June)	Eifion Jones Rob David	Ditto (clockwise)	Ditto	Ditto	Just under 24h
8 June 1989	Paul Chilton Pete Meads	Ditto (clockwise)	Ditto	Ditto	22h 15m
21 July 2002	Mark Shaw	Ditto (c/w)	Ditto	Ditto	16h 46m
31 May 1999	Rob Woodall	Cuillin Round (supported)	Ditto + Sgumain, Knight's, Belig, Hain-Stri	33.4 mi 23,275 ft 59 Tops	23h 28m
14-15 June 2000	Yiannis Tridimas	Ditto	Ditto + Sgurr a' Bhasteir	34 mi 23,300 ft 60 tops	21h 22m
18 June 2001	Rob Woodall	Transcuillin (unfinished)	Ditto + M Dearg + Ruadh-stac minus Belig	30 mi 21,000 ft 64 tops	c. 19h (to Eas a' Bhradain)

Sadly the route didn't quite work out for me in 2001: hopefully someone will finish the job…

Photo courtesy of Rob Wodall

Transcuillin 2001

I had formed a Cuillin habit. 1995 reccying, 1996 Main Ridge, 1997 Greater Traverse (as a circuit from the Elgol road), 1999 Cuillin Round. 2000 it was Yiannis Tridimas' turn – adding a summit and taking 2 hours off my time.

June 2001 we assemble for the traditional Skye week: Paddy Buckley and the Lancaster crew; the Cliffs; Yiannis; a couple of Mercia-men, a Finn. Several arrive at the Coruisk hut on Sunday 17/6; Yiannis, Wendy Dodds and Wayne Percival the next day, fresh from the Laggan LAMM. Sunday I take a slow (I mean slow) walk from Sligachan. The new route means doing a couple of sections in the 'wrong' direction - these needed looking at.

As usual, the Internet forecast is confusing and/or depressing. Sunday is (would have been) excellent. Monday good at first with rain later. Then appalling; or maybe OK, or good for the rest of the week. Monday it is. Ronnie Jackson is supporting me on the first part of the ridge - he has his own plans for when he leaves me. I over-eat, go to bed bloated, all too soon it's 01:30 and we're up again. It's not really dark and we quickly decide not to bother with torches. We make a leisurely ascent of Gars-bheinn - the clock doesn't start ticking until this first summit is reached.

Gars-bheinn at 03:18 in midsummer is a magical place. We stand and marvel. Already there is enough light for fast progress so we set off, with Sgurr nan Gillean a 7-hour stones-throw away.

With every traverse this ridge becomes a little slicker. In good visibility, Caisteal a' Garbh-choire goes better than usual, as does the traverse out to Sgurr Dubh Mor. At this summit, an hour into the run, we catch a magnificent fiery sunrise, across the assembled ranks of Black, Red and mainland hills. The routes are falling easily today. After the In Pinn, Ronnie and I part company. I stuff my remaining provisions into my sac and head off. It's four years since I've soloed this thing, and as usual, Bidein Druim nan Ramh looms like Damocles' sword over the centre of the Ridge. After Banachdich I see first signs of life - 4 climbers, albeit bivvied up and dead to the world. It's after 7 - the sun is shining - a perfect morning on the Cuillin!!! They sleep on. I get to Bidein, marvel at the unique exposure and otherness of the tiny summit. Then get That Downclimb out of the way; push on over the easier terrain of the next few tops. On the way out to Sgurr a' Bhasteir (Yianni's 'new' peak) I fall headlong on the rocky path… luckily no damage done. Increasing interest again: Basteir Tooth, finally race up Sgurr nan Gillean's West Ridge, 6:38 after leaving Gars-bheinn. Again a sense of wonder, a milestone passed, fine peaks ahead. My eye is led out to Stri; back over scrambly Blacks; huge intimidating Reds reaching their zenith at Glamaig then fading east to the distant bulk of Caillich. But first it's north. I hate the messy formless steep descent to Knight's Peak, and curse the SMC Munros committee for including it - yet it's a great little summit, which is partly why it got into the Round. The Main Ridge comes to a dramatic stop (really a semi colon) at Sgurr na h-Uamha. Today I am parting company with the Cuillin Round here and heading south, seawards. Yet the direct super-steep slabby descent would be slow and error prone, as yesterday's recce proved, so I first downclimb the north ridge before heading back south (on grass!) into Harta Corrie.

Heading for what is possibly the best stream in the world, for a drinks refill, I had a notion there might be some support here, and am only faintly surprised when Yiannis pops out from the shelter of the Bloody Stone, replenishes my supplies, then leaves me to my own devices for another 2 hours.

Next is a geology field course. Behind me, Sgurr na h-Uamha was Black, gabbro. Next, Meall Dearg is Red, granite. After a short easy angled descent, granite rubble leads to the

steep scramble on gabbro to Druim Hain's unfrequented rocky summit. This ridge leads me to Sgurr na Stri, a lowly 497m yet among Skye's very best, perched above the sea, and right below is Coruisk, my starting point. Yet today I'm headed east, away from the hut. Yiannis fields me and whisks me up onto Bla Bheinn. Now the cool breeze which has made this very special morning so comfortable, has become a strengthening wind. Descending from the summit we are greeted by Paddy and Wendy. We're heading for Scupper Gully - the key to reversing the Clach Glas - Bla Bheinn traverse reasonably swiftly and safely. This easy scree gully was recommended by Noel Williams - his excellent *Skye Scrambles* demonstrates he knows this place backwards - as did his swift recommendation of this route in response to my enquiry. I'd checked it out yesterday and it's the sort of secure route which I needed to know was there - glad not to be downclimbing the Diff chimney at this point.

Clach Glas seems sheltered from the wind by its own verticality: on Sgurr nan Each there is no hiding place, my windshirt clapping like a sail. We fight our way over Garbh-bheinn, then face a route choice. I want to include Ruadh-stac, which has a view of Clach Glas - Bla Bheinn to die for. Yet I can't really miss out the less interesting Druim Eadar da Choire as it's a Cuillin Round top. I opt for both: the very attractive NW ridge of Garbh-bheinn, then the little Druim, traverse back for Ruadh-stac, cross a wide grassy corrie, then in increasingly boisterous conditions we stagger over Marsco's two tops. Below, in the Mam a' Phobuill, we collapse in the shelter of a big boulder, before tackling the irritating wind-and-scree slog up Ciche na Beinn Deirge, pushing on over the Deargs, tackling the more than usually intractable Glamaig, then leaving Yiannis I skitter along to its fine eastern summit - An Coileach. This is another milestone - and my last unclimbed Skye Cuillin peak.

9 p.m. Beyond lie just 6 - big - hills. Three valley crossings. And darkness. The outcome now will be down to the weather. If it stays dry, I might just deal with the stormy wind. If it rains, on those tough bouldery trackless hills I'll have no chance. I've reccied the descent from An Coileach (with binoculars, from the road). In reality it's better than I hoped - 2000ft of easy short grass. Then across the burn, and the rain starts – soon sheeting down. And the easy grassy contour my 'bins' told me about, is boggy heather. I slog across to the main A87, then run over the road pass and down towards Eas a' Bhradain, with the gale in my face blowing water straight through my clothes. I round the corner at such a pace that for one terrible moment, hill support crew Steve and Wayne waiting in the car, think I'm actually going to continue. Instead of hypothermia and broken ankles I choose life. A night's sleep. A distillery tour the next day with the rain still lashing down and the river threatening to break over the road at Slig. It will finally clear up on Friday - by which time it is a bit hot for fast progress.

The final stats
(excluding the initial 2,900ft Gars-bheinn climb):
30 miles, 21,000 ft ascent, 64 tops, 19 hours. All CR tops were included except Belig (which I'd left until after Glas Bheinn Mhor – probably a mistake), plus 5 extras.
5 hours left for 6 hills, 7.5 more miles, 7,500 ft of ascent.

Coire Ghrunnda: The Main Ridge starting point Gars-bheinn is at the back

Photos courtesy of John Donnelly

In Pinn

Gillean from Bidein DnR

Photo courtesy of Rob Wodall

BY **BEN ABDELNOOR**

The Charnley Way:

A Grand Day Out

I first came across the Charnley Way whilst staying at Eskdale Youth Hostel in the Lake District. A special edition map, produced by mapmakers Harvey, highlighted the route. And as I stood in the Hostel corridor gazing at this wall-mounted map, tracing my finger along the route an idea came into my head and the romance of this little adventure was born. I decided that *this* was what I had been looking for.

The Charnley Way, a long distance route in the Lake District, was devised by friends of the late Gerry Charnley. Gerry was killed in a tragic accident on the Helvellyn range on 14th December 1982 at the age of 53. Gerry was a keen outdoor enthusiast: a member of South Ribble Orienteering Club, representing England in the sport; secretary of the English Orienteering Association; third person to join the Fell Runners Association and organiser of the first mountain marathon in 1968. This Mountain Marathon grew into what is now known as the Original Mountain Marathon (formerly the KIMM). The area chosen for the route of the Charnley Way was the scene of the 1981 KIMM.

The Charnley Way was something different. I wanted a long day out on the hills, a challenge without the pressure of a race, to run but not through darkness and certainly nothing so draining as a Bob Graham Round. At around 35 miles and with 11,000 feet of ascent, the Charnley Way approximated to a half BG. Asking around I found only a handful of folk who'd ever heard of the route. An internet search of the Charnley Way brought up nothing. For some reason the less people knew of the route the more I wanted to do it.

My alarm went off at 6am and for a brief moment, as I lay in the first light of day, I thought of turning off the alarm and returning to sleep. By only telling two people of my plans I realised there was little pressure, and no expectation, to get up and go! I set off from Elterwater Youth Hostel just before 7am, dressed in shorts and t-shirt, with a rolled-up balaclava and a pair of gloves to keep off the early morning chill. Although I carried a long-sleeve top and windproof jacket I wore only the t-shirt for the entire day, testament to the day's good weather. For the first two hours, as I toiled up Lingmoor and Pike O'Blisco, I was tired and sleepy, running laboriously and struggling to find any enjoyment. From experience I knew that once I'd got a few miles behind me I'd perk up; this duly came as I clambered up the Bad Step of Crinkle Crags and traversed beneath the remaining Crinkles to Three Tarns.

At Eskdale Youth Hostel the manager, Mick, apologised; the power was down so a cup of tea wasn't possible. Instead I stuffed two cold croissants into my rucksack and another into my mouth before setting off again. Checking my watch I was pleased to note that I'd only stopped for seven minutes. From Eskdale the route follows an energy-sapping drag up to Slight Side, a wide and gradual shoulder that climbs to a craggy summit. Without much else to think about I tried to calculate whether it was feasible that I might be able to manage the entire route, or instead drop down at Angle Tarn and head for home. I wasn't convinced either way.

So far I had managed comfortably without carrying water, relying instead on a plastic freezer bag for scooping up water from streams. What I hadn't thought out in advance were the sections of the route where there may be little chance of water. I was fortunate to have been favoured with perfect weather conditions; dry and clear with a mix of cloud and sunshine. Mid-way up Slight Side I came across the last source of flowing water for what would be almost two hours, until just before Esk Hause. As I brought the water to my lips I double-checked that the water was good for drinking, perhaps my olfactory nerves were tingled, for not 20 yards away lay a dead sheep. I moved further up stream and drank cautiously, before continuing up Slight Side. A rocky traverse from Slight Side to the summit of Scafell rewarded me with some magnificent panoramic views; to the west I recognised Illgill Head with Burnmoor Tarn nestled at its foot, whilst to the north I admired the majesty of Scafell Pike, leading round to Esk Pike, Bowfell and the Crinkles. I descended Scafell to Foxes Tarn and back up onto the rocky summit capital. Coming off Scafell Pike, as I soaked up the warmth of the midday sun, I drank in the sumptuous skyline of the Mosedale valley; Yewbarrow, Red Pike, Pillar and Kirk Fell, perfectly outlined and bathed in splendour. How I wished I'd brought a camera or even had the time just to sit and gaze.

By Esk Hause I was back in familiar surroundings, heading not quite for the summit of Esk Pike, for herein lies one of the quirks of the Charnley Way. The actual route takes in only ten Wainwrights and one is not required to tick off Esk Pike, merely navigate to a cairn, namely the Charnley Crag Cairn, which lies 500m to the south. As it happened I found it without trouble but I had been concerned as it was described in the route guide as, "located off the beaten track… not too obvious to locate". I had visions of embarrassingly admitting to admiring folk, "Oh yes, I did the Charnley Way. What's that you say? The Charnley Cairn – kingpin of the route? Actually I couldn't find it!"

Another of the Charnley Way's idiosyncrasies involved taking a route from the Charnley Cairn on Esk Pike down to Angle Tarn, via Ore Gap, only to return to Esk Hause. I don't know where or when on the route I decided that I *was* going to make it all the way round, but in heading west from Angle Tarn up towards Esk Hause, and not east, back down into the Langdale valley, I'd literally reached the turning point of the day. An unconscious decision had been made and I was going for it. In fact, on leaving Scafell Pike I had passed the halfway point not just in terms of distance, but also the number of hours I would take and the amount of ascent I had covered.

I can vaguely recollect walking over Glaramara and Allen Crags at the end of a tiring days walk with my Father. But that was many years ago and so it was refreshing to cover some relatively new ground, complete with stunning views of the Borrowdale Valley stretching away

towards Derwentwater and Keswick. Down to Borrowdale Youth Hostel I ran, still feeling strong and comfortable. I thought it a good sign that I still felt like eating and drinking. At the Hostel I downed a can of Coca-Cola, diluted with water, and a Snickers bar. As at Eskdale I purposefully kept the stop short, eight minutes this time, before setting off on the final leg of my little adventure.

I've walked up the Langstrath Valley a number of times and can vouch for it being a spectacular place to be on a sunny afternoon; a wide, gently sweeping, verdant valley, with a sparkling and beautiful Beck meandering smoothly down the valley floor. I had envisioned by this time that I might be suffering in the afternoon heat, shuffling exhaustedly up a seemingly never-ending valley. But my pessimism was unfounded as I found myself happily trotting up towards Stake Pass. With a smile on my face and the waters of Langstrath chuckling merrily along by my side I felt as if I could run for days through scenery such as this.

Crossing the narrow footbridge at Tray Dub I stopped to drink. I was mesmerised by the sight and sound of the stream gliding over the smooth rock, gracefully flowing beneath the bridge before plunging into crystal clear depths, bubbling and splashing through a miniature gorge cut through the volcanic rock. Much as I wanted I couldn't stop for long; ahead of me loomed a stiff climb out of the valley, up to Stake Pass. Stuffing a Mars bar down I made steady progress up the zig-zagging pathway and duly arrived at the small tarn that signifies ones arrival back into the Langdales. I turned eastwards and began the long drag that would take me up to Thunacar Knott. I hadn't gone a hundred yards before I stopped in my tracks. There, just up ahead were two beautiful deer. Watching them with their heads down and nibbling the grass together I was suddenly in no rush, letting them slowly edge off the footpath onto the slopes of High Raise and go their way. And so on to Thunacar Knott I ran, via a narrow trod, well-worn no doubt by the competitors of the Langdale Horseshoe over the years.

From Thunacar Knott I had to head for Blea Rigg, which brought with it a dilemma. Having previously looked at the map I'd decided to take a less direct route, skirting Sergeant Man, but without losing much height. But now as I stood looking across to Blea Rigg I felt that descending to the inflowing becks of Stickle Tarn might be the quickest route. As it was I set off for Sergeant Man, stopped after 50 yards, changed my mind, double-backed on myself and headed down the gully to Stickle Tarn. I think I must have been getting tired.

All that was left now was a familiar run along the northern ridge of Great Langdale. The sun was hanging in the sky, reluctant to draw the day to a close. Its steady warmth had kept me in good spirits throughout my run and as I bathed in the beauty of my surroundings, feeling like the last to leave the hills at the end of a wonderful day, I realised I didn't want it to end. I could see across the valley to Crinkle Crags and Pike O'Blisco; summits I'd traversed over seven hours ago. I had gone through a cycle: first onto the fells, I'd watched the sun begin its ascent above the valleys, heralding the arrival of the day's walkers. And now, having seen those walkers depart for the valleys, I'd watched as the sun began its downward slope. I felt like a custodian of the fells, ensuring all was well before I departed for home.

I finished back in Elterwater some 10 hours and 47 minutes after I had begun, wading straight into the refreshingly cold waters of Great Langdale Beck. And as I soothed the various aching and tired limbs, splashed water on my face and reflected happily on my achievements I concluded that today had been, for me, a grand day out.

Of the little information I have on this route I'm told that Billy Bland set the record in the mid-1980s in a time of around seven or eight hours. For further information on the Charnley Way see the South Ribble Orienteering Club website (www.sroc.org) or email Ben_Abdelnoor@yahoo.com .

Checkpoint	Grid reference	Elapsed time (hours)	Split time (minutes)	Cumulative distance (miles)***	Cumulative ascent (feet)***
ELTERWATER YOUTH HOSTEL*	327046	-	-	-	-
Path Junction	321045	**	**	0.5	200
Lingmoor Summit	302046	0.36	36	1.9	1350
Pike O'Blisco Summit	271042	1.29	53	4.2	2900
Crinkle Crags Summit	248048	2.05	36	5.9	3950
Three tarns	248060	2.21	16	6.5	3950
Lingcove Bridge	227036	2.48	27	8.6	3950
Sheepfold	219023	2.58	10	9.6	3950
ESKDALE YOUTH HOSTEL arr.	195011	3.16	18	11.7	4000
ESKDALE YOUTH HOSTEL dep.		3.23	(REST) 7		
Large Boulder	208041	4.05	42	14.0	5100
Slight Side Summit	209050	4.29	24	14.6	6025
Scafell Summit	207065	4.51	22	15.5	6650
Scafell Pike Summit	215072	5.25	34	16.5	7300
Esk Hause	232081	5.48	23	17.8	7475
Charnley Crag Cairn	236070	6.05	17	18.6	7775
Angle Tarn Outlet	245078	6.21	16	19.4	7775
High House Tarn	241094	6.49	28	20.6	8050
Glaramara Summit	247106	7.09	20	21.7	8625
Capel Crag Summit	244120	7.29	20	22.3	8625
BORROWDALE YOUTH HOSTEL arr.	255142	7.52	23	24.2	8625
BORROWDALE YOUTH HOSTEL dep.		8.00	(REST) 8		
Blackmoss Pot	267113	8.28	28	26.7	8925
Bridge at Tray Dub	264099	8.38	10	27.6	9025
Tarn	265087	**	**	28.6	9925
Thunacar Knott Summit	279080	9.27	49	29.8	10675
Blea Rigg Summit	301078	9.52	25	31.3	10675
Tarn Outlet	317068	10.10	18	33.1	10775
HIGH CLOSE YOUTH HOSTEL	338053	10.39	29	34.7	10875
ELTERWATER YOUTH HOSTEL*	327046	10.47	8	35.5	10875

* Whilst Elterwater YH is not a recognised checkpoint it was a convenient starting point that was on the route.

** Checkpoint time not recorded.

*** The figures for distance and ascent are taken from Brian Jackson's successful attempt on 16th May 1986. Brian completed the route in 11 hours and 3 minutes. I have since measured the distance at around 38 miles with over 12,000 feet of ascent.

BY **TOFFER**

The Cardinal Summits of Wales

The key thing about BOGOF's is that they are irresistible. Buy one get one free. Two for the price of one. You just can't leave the supermarket without a BOGOF.

For our second adventure in as many months – the special offer this year for those completers of the Dragons Back epic – was, by way of variation, Wales by foot and pedal power. The Cardinal summits of Wales on foot linked by a hooligan cycle along some of the "best" roads in the Principality, north to south. The attraction, that we would complete the challenge in the hours of daylight rather than the 5 days of our previous adventure. And in true *"Top Gear"* style, could we do it quicker than a team travelling in between by minibus?

So it was with huge wodges of déjà vu I contemplated the hours ahead. Yes, there were minor personnel changes yet everything else seemed startlingly familiar. Same A470 journey to North Wales, same pub for grub, same two pints of bitter to soothe the pre sleep nerves, same top bunk at Andy's family seat outside Tremadoc. There the similarities ended with an even earlier start than to our last adventure, though reassuringly it was from the same place, Pen-y-pass in the dismal half-light of a very early dawn. Pen y Fan suddenly seemed an awfully long way away ...

05.30 **Pen-y-pass**
Run: **Snowdon**
6.5 miles/2,674ft
Cycle: **Pitts Head to Tynyceunant**
35 miles/3,727ft

A grey and grimbly sort of dawn was the backdrop to an unenthusiastic bimble out of the car park. It was that indecisive cagoule on/off sort of weather, drizzly, breezy, claggy with occasional heavier showers. As we jogged off up the Pyg Track we couldn't help notice a white minibus excitedly discharging its occupants for what appeared to be a very early trip up Snowdon. Not fellow four peakers, surely. Fools!

Settling into a steady amble until the endogenous steroids kicked in seemed like a good tactic and curiously our split to Snowdon's summit was virtually identical to our Dragons Back split eight weeks previously. All change now though with the Rhyd Ddu exit looking to be the most efficient for our onward passage by bike. This was all a very easy cruise. The prospect of too much heavy breathing before breakfast and the threat of a few more mountains and 120 miles on the bike was enough to keep the pace in check. Save a bit of sheep worrying it was a pretty inconsequential descent, then a roadside transition in what was to prove a familiar 20 minute pattern for the day, loading and unloading of bikes from cars included in the package.

The next bit was going to be fun. A downhill dash to Beddgelert as fast as you could go then hard right over the bridge, resisting the lure of the ice cream parlour (mind you it was an hour before opening time) and on to the toll bridge outside Penrhyndeudraeth and the coast road to Barmouth.

The support team showed no such discipline with stops for ice cream and major breakfast indulgence whilst we peddled our way to Cadair. All settled into a good group rhythm – all save Alan, who was having a recalcitrant sort of morning, moaning and groaning about going too fast and being unable to keep up at this pace. With typical sympathy we sped on our way comfortably in the peloton zone, while Alan cursed and struggled in our wake. This was not going to work. An emergency pit stop revealed the problem, rear brakes jammed on. Problem solved he cheerfully joined in the fray as we

Yet another puncture, the road to Plynlimon.

Athletic Aggleton team descend Cadair.

bowled along the undulating coast road toward Barmouth. Good speed here, accompanied by easy conversation as we zipped along in tight peloton formation knocking off the miles easily. And as we zipped and zoomed I remarked how an irritating click was now accompanying the usual smooth and silent Pinarello progress. No sooner was its significance dismissed when "BANG", my front tube disintegrated in a trice. I came to a wobbly halt thankful that I had not been travelling the warp speed of a few moments earlier. No chance of a Tour type wheel change here, the support team were concentrating on breakfast, so a roadside patch-up had to suffice to get us to Barmouth.

Minor panic at the toll bridge as the toll-meister was on duty earlier than expected and we had to scrabble around for enough change to buy our passage across the Mawddach to the final steep pull through the Cadair foothills to our next transition. Bad luck struck again on Youth Hostel hill, a minor road strewn with rocks after the monsooning summer weather. John came a cropper rock dodging, another puncture, more serious this time as his sidewall got shredded. A Heath Robinson repair effected we limped our way to transition where an order for a new tyre was placed with the support team. The need to forage for spares in Dolgellau was met with surprising enthusiasm, enticed perhaps by the prospects of brunch and a visit to the famous herbalist, such are the hedonistic delights of Dolgellau on a Saturday morning in July!

10.23 **Tynyceunant**
Run: **Cadair Idris**
5 miles/2,425ft
Cycle: **Minffordd to Nant y moch**
31 miles/4,410ft

Meanwhile we made good progress chugging merrily up the tourist route, passing several. Cadair was soon easily in the bag and full of optimism we slipped and slithered down the vertiginous cwm and on to the Minffordd transition. It was here that optimism was shattered by a tale of woe that unfolded from our support team. Whilst negotiating the mountain road Kay had been attacked by a particularly vicious rock, twin punctures on the Greybeards family Saab, two new tyres required and we were one support vehicle down. Fortunately Kay was ok, though a little shaken by the experience, but for Martin there

was only one thing he could do, drop out now, give support to Kay and try to somehow retrieve the car from its rocky isolation and then find an open tyre dealer in mid-Wales on a Saturday afternoon.

Frantic reorganisation of personnel, kit and bikes replaced our usual orderly transition and one down we took to the Machynlleth road determined, after a short climb, to relish the next chunk of downhill mayhem in full knowledge that further down the road lurked the monster climb to Nant y moch and the sneaky back route up Plynlimon.

Only one more puncture to slow our progress, and that only transiently, we were getting slick at this now! Soon we were in Tal-y-bont where, fuelled by Sarah's amazing racing cake we started the long pull to Nant y moch. Already feeling a little peckish, as I hadn't managed to eat much on the bike, I, in fact *we,* had all seriously underestimated the next section. It had looked quite "attractive" on the map, 11.5 miles, bit of a climb (actually it turned out to be 2,231ft), it wouldn't take long, I could stock up over Plynlimon I thought.

A few steep pulls to start gave way to an unremitting grind and as we breeched the tree line the enormity of the task ahead became apparent. On and on the mountain road snaked clinging precariously to the hillside for as far as we could see. On, on, up and over into a gorgeous sun-drenched hidden valley pocketed with copses of deciduous trees and firs. This was fabulous countryside and a real treat to be sweating in! Real treat to be in, but a real effort was required to get up to the bwlch with any sort of style. A le *Tour de France* we settled into an easy tapping rhythm – the younger tyros Hugh and Douglas pushing on ahead, Hayden in some dubious middle ground followed by myself, John and Alan, in contact but happy to enjoy the vista as we climbed. A big hairpin, past some Duke of Edinburghers slumped by the roadside and with one last heave over the steepening final section Hayden came back to the pack and we re-grouped at the top for the final undulating miles to Nant y moch.

We had all climbed well, my legs felt fine, however I was feeling seriously hungry now, I knew I was in the red zone, something I had avoided for the entire Dragons Back, I needed serious fodder to continue.

15.58 **Nant y moch**
Run: **Plynlimon**
3.5 miles/1,325ft
Cycle: **Eisteddfa Gurig to Cwm Llwch**
55.5 miles/4,485ft

I trailed miserably behind stuffing my face as we negotiated the short tussocky trod up Plynlimon's backside. Time for a short photo shoot on the top, especially as there, in the far distance lurked Pen y Fan, many miles away, our final objective. The cruise down to Eisteddfa Gurig was just that, starting to recover some zip and looking forward to the next bit on the bike, mile after mile of unadulterated rollicking downhill to Llangurig. And it didn't stop there as most of the next section to Rhayader was smooth and fast, so I just clung on gratefully to Hugh's slipstream as Team Aggleton did all the work and the small shed load of calories I had munched began to kick in.

A brief tarry in Rhayader as we were reunited with the Greybeards in a freshly re-shod Saab, then on to the serious chain ganging to Builth, Brecon and beyond. We were at the business end now; we needed to pile in some quick miles to make up for the time taken on the huge climb to Nant y moch. So, a mile each on the front, then back to the rear of the pursuit team as tiredness and that worsening ache in our rears was set aside. It hurt, but the faster we went and the more we resisted the urge to stop the quicker we would reach Cwm Llwch. Builth was soon nailed then the back road down the Wye and boy we were glad to have avoided the shorter, 1:4 route choice over the Drovers Arms. The pain of the last pull over to Brecon diluted by the best view of all, the northern flank of Pen y Fan, glowering in the sunset.

21.30 **Cwm Llwch**
Run: **Pen y Fan**
4 miles/2,011ft

Dusk was upon us on the final familiar pull through the lanes from Brecon to Cwm Llwch and darkness was descending as we grimly plodded through our last transition and on to that familiar jaunt over Pen y Fan. Expecting to be alone in the dark and wind we were greeted by a quite amazing sight in the normally empty fields at the start of the race route. Crammed full of tents and people, music blaring from an urtt like marquee, a full rave in progress, radical agricultural diversification indeed.

We sidled quietly through the cacophony, resisting the advances of two raven-haired beauties, who were clearly immune to our rather bedraggled state. The rave field safely negotiated the next 2,000 feet was to be a pretty torpid affair, a turgid toil up to the ridge line and what felt like vertical steps onto the summit plateau. Quite surreal as we climbed into the quiet of a blustery, showery night, the bass and rhythmic ululation from the rave strangely filling the darkening cwm from below. But even that basal thunk was lost in the night as we hauled ourselves onto the top. Not even pausing to take in the moment, head torches on now as we bypassed Corn Du, keen to get off the hill now and sample that champagne moment finishing at Storey Arms. Where, pathetically avoiding the stream and taking the tourist route over the new bridge we were called in by an irrepressibly cheery Boy Wonder, boy did he deserve that sobriquet, to toast another grand achievement.

Here we were finally greeted with news of that white minibus, spotted at 05.30 that morning at Pen-y-pass. They had completed Pen y Fan just 20 minutes ahead of us, but they were in fact 3 peakers, not 4 and had omitted Plynlimon. Oh, and they were driving in between, so victory and the moral high ground were ours.

My thanks to the eternally optimistic support team of Andy Mullett (Boy Wonder), Sarah Smith and Kay Lucas and my apologies for yet another tempting idea to fellow participants; Douglas Adlam, John and Hugh (father and son) Aggleton, Martin Lucas, Hayden Griffiths and Alan Stone.

For the record:

Total run (distance/climb):	19 miles/8,435ft
Total cycle:	121.5 miles/12,622ft
Grand Totals:	140.5 miles/21,057ft
Run/cycle time:	15hrs 54mins
Transitions total time:	2hrs 3mins
Total elapsed time:	17hrs 57mins

BY **PAUL CLAVEY**

The 'Clavey Lakeland

A personal account

The idea started as a rather less than conventional way of celebrating my 40th birthday year with the aim of gathering as many friends and family as possible to help. And to make all the inevitable pain and suffering worthwhile I wanted to raise as much money as I could for my chosen charity, WaterAid.

The challenge started at 7.50am at the south end of Lake Coniston to swim the 5.5 mile length finishing at Monk Coniston. The weather conditions were far from perfect with a fresh southerly wind and rain. Standing in my wetsuit, looking up the length of the lake I wondered what on earth I had let myself in for – there must be easier ways to enjoy a birthday party, but here goes!

The support crew and rowers for the swim section were Rob Jones, Chris and Debbie Greenwood. Every 30 minutes I stopped to take an energy gel and fluid. It was also good to see the friendly faces of my support crew who had to endure some horrible weather conditions. Once I was swimming I was totally detached from what was around me in a world of my own. I concentrated on a steady stroke made difficult at times by the choppy conditions. The worst section was from Piel Island through the next two feed stops, where time and progress seemed too slow. However my spirits were soon lifted when Brantwood came into view and I knew there was only about another mile and half to go. The swim time was 2.5 hours, well inside my anticipated time.

Judy was there to meet me and a good helping of Wilf's veggie chilli and rice soon did the job of warming me up. Unfortunately Chris Gore, who would ride the Fred Whitton (FW) with me, was stuck in traffic near Windermere and the advantage of the fast swim was lost. We managed to set off on the bikes at 11.45am followed by Katie in the support car. It was still quite chilly and the roads were wet but at least it was dry.

We set a steady pace over Hawkshead Hill and down past the Drunken Duck to Ambleside, before ascending the first climb to the top of Kirkstone. By now we were enjoying the benefit of a brisk SW breeze, but of course we also knew that would turn into a nasty headwind later in the ride. Katie was there at the top to wave us through and we headed down toward Ullswater. Over Dockray and on to Matterdale for a brief stop to change bottles and we turned down the A66 toward Keswick and into the headwind that would remain for most of the remainder of the ride.

We met Katie at Keswick for some flapjack and then headed off down Borrowdale to climb Honister Pass. Honister which is steep from the start was covered in loose sand which made traction out of the saddle difficult, but we were soon over and descending towards Buttermere. The next two climbs over Newlands Hawse and Whinlater come in close succession and then we started out through Lorton and Crummock towards the west coast and over Cold Fell to Gosforth. The weather by now was bright but still breezy and as we turned up Eskdale we finally felt the wind on our backs again. After 90 miles we reached the start of Hardknott Pass, which as ever was a real struggle. Just one final climb over Wrynose Pass, through Little Langdale and back to Coniston and the Fred Whitton section was complete in nine and a quarter hours. We had taken the cycle section deliberately steady but even so, after 9 hours in the saddle I was feeling quite tired and as I tucked into some supper I tried to put to the back of my mind the prospect of starting the Bob Graham in just a few hours time.

Loads of people had come out to support, Judy, Mum and Dad with Ferghas and Dan, Richard and Valerie, Fiona and Graham and of course Alf and Tricia who would support me through the night and on to end, wherever that may have been! Chris and Katie had done a great job supporting me on the bike and spirits were defiantly running high. It was only when Alf told everyone to go home and leave us to drive up to Keswick, by now at 10.30pm, did I realise that the BG was looming.

Once my kit for the first leg was sorted I crawled into my sleeping bag to try and get some sleep on the way up to Keswick. But sleep wouldn't come, with too much sugar and adrenaline pumping round the system.

For the pub goers in Keswick the night was still young when we met with Gavin Bland and John Hoosen outside the Moot Hall in the centre of town. At 23.40pm, Saturday night, nearly 16 hours into the triathlon we set off for the first summit of Skiddaw. The night was dry and the wind had dropped to a light breeze as we traversed around Latrigg. We soon left the lights of Keswick behind us as we began the long slog to the summit. My legs felt fatigued but we moved along well up into the cloud and over the summit of Skiddaw where Gavin navigated onto the descent down Hare Ridge. After all the previous rain it was very wet and boggy underfoot and despite Gavin's mega headtorch I managed to fall down several boggy traps! Great Calva was a tougher climb than I remembered from previous recees which filled me with apprehension for what lay ahead. The climb up to Mungrisedale seemed to last forever, but once we reached Foule Crag the summit of Blencathra was not far away. Over our shoulders to the East was the first sign of dawn and by the time we began the descent of Hall's Fell ridge we were able to turn off the headtorches. The low cloud and mist made the rock very slippery but we made it down safely to the waiting campervan at Threlkeld for about 04.00am. With the night time leg over – Gavin and John had navigated perfectly – it was re-vitalising to meet with Neville Elston and Will and Sheelagh for the next section. Alf and Tricia were as cheerful as ever despite the early hour and complete lack of sleep with a waiting mug of soup and a bowl of fruit salad.

We set off at a jog down the road towards Newsham before we started the long ascent of Clough Head. I was finding the climbing hard work and started retching on the way up to the top. It was good to stretch the legs past Calfhowe Crag and then to the summit of Great

Triathlon Challenge'

Dodd where we were treated to a spectacular 'Brock Inspector' where one's own shadow is cast out over the cloud below. Neville was doing his best to encourage me but I was feeling increasingly nauseous and fatigued. Over Raise and Helvellyn my spirits lifted but the climb to Fairfield was hard work and by the time we made it down to Dunmail my body had had enough. Julia was at the van to give my legs a massage which was spoilt by the need to dive out to throw up what little food and fluid remained. Suddenly the remainder of the BG seemed an awful long way off and the thought of dragging myself to Wasdale was not a pleasant one. But I had absolute confidence in my next pacers, Chris Lumb and Simon Stainer, who took control and told me it was time to get going! The next leg over Steel Fell, past the Langdales, over Bowfell and through to Scafell Pike past in strange kind of way. Simon more or less force fed me on a diet of smoked Edam and tomato sandwiches and water on every climb and we jogged the flats and downs. Despite my fatigue we made steady progress aided by good weather and devious route finding. By Broad Stand, where Simon Webb and Richard had rigged a hand line, I knew that Wasdale was within reach. The long descent down to Wasdale was torture on my knees and the final scree run was somewhat uncontrolled. Waiting for us at Wasdale was a host of welcome faces, Mum and Dad had travelled across with the boys and Judy had joined Alf and Tricia to support in the van. A change of clothes and a good portion of Wilf's beef lasagne indicated that I had been through the worst. But there were still a further two legs to complete and the next over Yewbarrow would not be easy.

My pacers for the 4th leg to Honister were Steve Couper and Eric Draper. Jack the dog and Connie our collie joined us for a run which really helped to take my mind off things. Many thanks are due to Laura for bringing Connie all the way from Kendal to join in!

Although steep, Yewbarrow passed reasonable easy and I began to feel stronger again. Descending was now becoming harder than climbing as my quad muscles tired and Steve and Eric did a marvellous job of looking after me. Steve's rucksack was like a magician's top hat as he produced tasty sandwiches, ginger bread, hot tea and more. Over Scoat Fell, out to Steeple and passed Pillar I felt great. Then, as we climbed up Kirk Fell I hit the wall again and the rest of the hills, Great Gable, Green Gable, and Grey Knots then down, finally, to Honister became a real struggle. It was getting dark too and showery, but the end was at last within sight.

Waiting at Honister were Nick Wharton, Paul Phillips and Richard Pow, all eager to get me over the final fells and down to Keswick. After a quick meal of Cottage Pie we started the easy climb to Dalehead. What we hadn't accounted for was the dramatic change in the weather. It is difficult to describe the conditions without seeming to elaborate, but the weather conditions over the final leg, which should have been the most straightforward of them all, was absolutely abysmal. Driving rain, low cloud and gale force winds made navigation difficult and after the summits of Dalehead and Hindsgarth at least an hour was lost finding the route to Robinson. In the conditions feeding and hydration lapsed as we focused on getting off the hill. I was becoming increasingly tired and lapsing into a general state of delirium. I remember turning to Paul and telling him that I would 'really appreciate getting of the fell now', as if any alternative had crossed anyone else's minds! But I somehow managed to keep focus and keep it together down the awkward rocky descent off Robinson and down finally to the Newlands valley. All that remained was the last 3 miles along the road into Keswick; "Shall we try and jog a little?" said Richard – my reply "I am!"

But the end did come: a deserted rain soaked Keswick town centre at 03.20am on Monday morning, forty three and a half hours after diving into Lake Coniston. I touched the door of the Moot Hall and suddenly, it was over, right 'Cheers lads, lets go home!'

After all the training and planning I had reached my goal, a triathlon first to bear my name; perhaps the 'Clavey Lakeland Triathlon Challenge'. Maybe others may feel inspired to give it a go, and good luck to those that do, I shall certainly be there to help if needed. But I think once is enough for me.

One thing is certain – I wouldn't have got even part way round without the fantastic and dedicated support that I had. The list is long but special mention must first go to Alf and Tricia Mossop who supported me all the way from the end of the FW to the end of the BG, I will never be able to thank them enough for their support and encouragement. Also to my wife Judy, who apart from supporting me all through the weekend has continuously supported me for the many years previous through my many hours of training and preparation. My parents, Hazel and Ron who looked after the kids all weekend – I know just how tough that can be – and everyone who turned out to cheer me on: Valerie, Graham, Fiona, Laura, Julia and Dave.

And then of course there is everyone who supported through the swim: Rob Jones, Chris and Debbie Greenwood; the bike: Chris Gore and Katie Jarvis; and the run: Gavin Bland, John Hoosen, Neville Elston, Will and Sheelagh, Chris Lumb, Simon Stainer, Simon Webb, Steve Couper, Eric Draper, Paul Phillips, Richard Pow and Nick Wharton. I owe them all a debt of thanks. And finally I must also thank a number of companies who generously sponsored me – Wilf's catering who provided all the food for the entire team, Lowe Alpine, Gore Bikewear, Probikekit and Falke socks (Sidas UK).

BY **JOHN FLEETWOOD**

Learning to be humble

Ultra Tour Du Mont Blanc 2007

100 miles, 8900 metres of ascent, Western Europe's highest mountain, 3 countries, 1200 volunteers and 31,000 TUC biscuits – the statistics of this race underlie its position as Europe's, if not the world's, premier ultra mountain race. For me it was an irresistible challenge, something that I had to do.

So at 6.30 pm on Friday 24 August I found myself jostling with 2200 other competitors in the heart of Chamonix as we waited to embark on our personal and shared adventures. I was soon to learn that the statistics don't tell the full story. Most telling is that 8900 of ascent in the Lake District doesn't equate to 8900 of ascent on the Tour, since there are lots of relatively small ups and downs in the Lakes, whereas on the Tour Du Mont Blanc they are nearly all big. Think of starting from Keswick, jogging up Borrowdale, walking up to Scafell Pike and jogging back down again; then come back down to the valley and do it again, and again, and again until it gets dark and then it gets light and then it gets dark and .. you get the picture.

There many other differences to a long day out in the UK. The most striking is the start. Where else would you appear on national TV surrounded by more than 2000 runners from 50 nations, with the backdrop of a 15,000 foot mountain?

The roar of the crowd as you enter Saint Gervais is quite startling such is the fervour of the crowds lining the streets; whilst the almost omnipresent sound of clanking cowbells and shouts of 'courage' buoy the spirit. A party atmosphere pervades the rest stations, especially at night, and I'll never forget the welcoming glow of the fires that lit the Col Du Bonhomme at night, nor the warmth of the vin chaud as I breasted the top of the pass. Neither will I forget hearing the familiar tune of a Rolling Stones song delivered by a live band

For a runner's eye view in two parts see: http://www.youtube.com/watch?v=b0gffuvaRus and http://www.youtube.com/watch?v=7He6Z_v3lX4

at 1.30 in the morning. These are not familiar things to a British fellrunner!

It can also be quite lonely, akin to being a faceless number in a city. Unless your French is tres bon, or you run with someone you know, you may find yourself surrounded by people but confined to your own small world of endless plodding in the darkness. You may also not take to the food. I did nothing to diminish the generous supply of TUC biscuits, nor did I manage to masticate many Nature Valley Bars, un-buttered French stick pieces or other plain fare. A word of warning – the food is dry – so unless you can survive on the excellent watery soup, orange segments and weak energy drink, you'd be advised to bring your own choice morsels to supplement the food on offer. I

Perhaps the most obvious difference to a British Fell Race is the pervasiveness of poles. I have a love-hate relationship with poles. I love them in that they've propped me up when I can do no more than hobble, they've taken the weight off my weary legs and fired me up slopes; yet I hate them when they get in the way, irritate with their clickety clack and get stuck in every crevice possible. I wonder if most people feel the same? Anyway, the vast majority of runners in the UTMB seem to take them, adding a rhythm to the trail – clickety clack, clickety clack, clickety ...

Finally, if you're the sort of runner that gets lost, take heart! The UTMB is for you. You don't need a compass, you don't even need a map – just the follow the markers. 15,000 fluorescent strips adorn the trail over its 100 miles so you'd need to be a master in the art of getting lost to miss the way. I don't think I looked once at the provided outline map, such is the frequency of the route-marking.

My own story is a predictably painful one. Predictable because just six weeks previously, shin splints rendered me unable to walk after a 53 hour 'run' over the Lakes 2500s. Five 24 hour+ runs in four months was asking just a little too much. Inevitably my legs seized up after just a few hours and the shin splints inexorably developed throughout the course of the second day. For me, the UTMB became a walk from Courmayeur onwards (less than halfway) – a slow, painful, exasperating, but ultimately successful conquest of mind over matter. By Champex I knew that I was about to do myself a serious injury and by Chamonix I had, but the important thing is that I finished. My North Face gillet tells me so. It says 'finisher' and that is the most important thing for me and everyone else that finishes. This is a 'race' where to finish is to win – to win the battle with

your own self doubts, trials and tribulations, no matter what the mishaps, injuries or other personal struggles. As I limped along, I was also forced to develop two character traits that I do not have in great abundance. The first is patience and the second is humility. Being overtaken by hundreds of people shuffling past whilst zimmering along with your sticks can only be good for the character, and after a while, you just plug in the ipod, taking yourself out of the dark and pain – but maybe The Bends wasn't the best choice of music in the circumstances.

So would I do it again – no will I? You bet, but this time I'll be better prepared and hopefully, injury free. See you there.

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BY **KAREN MCDONALD**

Run Like a Girl on Le Tour

The North Face Ultra - tour

Team Run Like a Girl at the start of the North Face Ultra -Tour Catherine Crowther, Karen McDonald, Alex Langdon

The Course: 163km (about 100 miles) with 8,900m of ascent over several mountains and cols around Mont Blanc. It looked like an awful lot on the map!

My (Karen) race preparation was going swimmingly well until the week after we walked round the route, one of my blisters went very painful with shooting pains going up my legs, it took a few days to get rid of the pain, then my body gave up on me. I had picked up some horrible tummy bug, it put me off food for the whole of the two weeks running up to the event, with stomach cramps and rapid toilet visits!!! This did not fill me with confidence; I lost a lot of weight (about ½ a stone) which was not what I was planning as a pre-race food fest and gorge up to give me some energy!!!

Still I decided to start on an empty stomach. The atmosphere was going to help me, in fact there was so many people lining the start route we had to fight through all the crowds to get to the start line.

There were 2,315 starters and most of them had trekking poles sticking out from their rucksacks so it was a bit of a survival of the fittest for about ½ an hour while we all listened (not) to the commentators telling us a load of info we couldn't understand, we cheered anyway!!! All we wanted to do was get this thing started, it had been nine months since we'd decided to do this race and they were holding us up!!!

Suddenly it was time to go and we slowly crawled to the start line, dodging poles, waving at the cameras and getting very emotional at all the shouts from the very supportive crowd. Wow we were on our way.

As we ran through Chamonix, the crowds roared, clapped and shouted "alley les filles", which is apparently French for "go girls"!!! (although I suspect it is spelt wrongly but is said like this – allie lay fi). We were famous; they all shouted our names, and it felt great (our race numbers had our names printed on so everyone could shout out as though they knew us!).

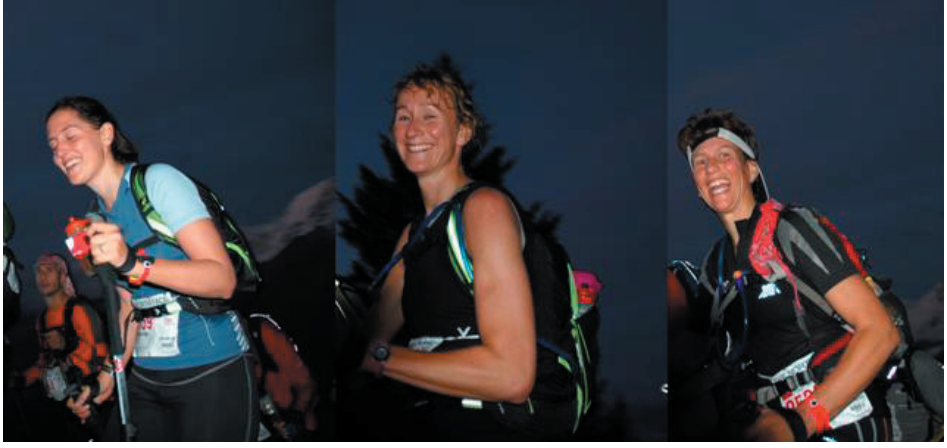
As we ran down the valley towards Les Houches (about 5 miles) I started dropping back from the girls, it was hard to stay with them in the crowds of runners so I blamed that. But really my mind was already thinking "I can't do this, I feel so tired, like I've got no energy, why was I not able to eat before the race?" Of course the girls were great and waited for me and we all got into Les Houches and had some water and tried to eat something. The food thing wasn't working for all of us at this point as we all felt really sick going up the first hill to Croix de la Charme (about 800m of climb). I decided it was just something that would go away and ploughed on; we overtook some mates and then got overtaken by others, all of us shouting encouragement. The crowds were still roaring, and cheering and encouraging 3 girls on, we must have been a bit of a novelty as they all seemed to love seeing girls out there!. (We found out later that there were only about 300 girls in the event, so we were a rare sight amongst the crowds of runners). As we neared the top of the first hill we got caught on camera by another mate in the crowd, this pushed us on and it felt great to be in this race.

Going down the first hill towards St Gervais felt good to start with, but as the girls got further ahead, it made me panic. My thoughts were starting to get negative as I knew I hadn't eaten enough to have the energy to keep up with Alex and Catherine. We had vowed to stay together unless one or two of us were dragging behind or dropped out. I started to think that I should ask them to go on. My legs felt trashed by the time I found them in St Gervais (only 12 miles into the race!). Catherine found me and got me water and food and we all set off again. The crowds were fantastic again and this cheered me up and we went well up the valley but as we got to the next up hill (Croix Bonhomme) I slowed right down again. I felt sick every time I ate or drank so stopped eating. The girls waited at the top of the hill and again at the Bonhomme Hut (27 miles in). I told them to go on without me as I was holding them back, they told me to stop being stupid and get down the mountain! I did, but they soon caught me up and overtook me in such a great running style it made me even worse. The downhill was tough, technical and slippery which did not help my wobbly legs. I got into Les Chapieux (31 miles) feed station in a right state and couldn't see the girls so I thought they'd carried on, this cheered me up cos I thought at least they'd finish now, instead of waiting for me all the time. I then found them waiting for me after the food tent, this made me even happier and I was in tears just thanking them silently for waiting for me. There was a big fire at this check point to warm us up, it worked. We set off again with renewed vigour and a belly full of watery, salty, noodle soup (the only food I could keep down me). The girls were still going amazingly strongly and I soon lost sight of them. Of course I caught them up whenever they waited for me and I still kept telling them to leave me and get to the finish! They didn't.

By the top of the 4th big hill (Arete Mont Farve at 42 miles), after 16 hours of running, crying, crawling, dragging and falling over we came to a decision, we would all split up and just try and run our own races. Catherine was going really strongly, overtaking people only to have them all file passed her again whilst waiting for me (that must have been hard to deal with). Alex was also going strongly but not quite as well as Catherine but felt that she was going better than me. So we all had a big hug and I waved the two of them off. They sped off down the hill in excellent running style, not only was I impressed but so were all the blokes they overtook, it was great to watch. I plodded on after them, trying to run in a far less stylish manner.

The weather was getting very hot now and I was trying to remember all the corners, hills and other features on the run in to Courmeyeur, but it was a lot further than I remembered and my body felt awful.

Of course I put on a brave face with a huge



smile and a sort of jog every time I saw an event photographer (the girls saw the photos later and decided that I had actually been faking the tiredness and I had run all the way!!). I just like cameras!!!

I stumbled into Courmeyeur (47 miles & 3,882m of climb done) feeling a bit out of it and very emotional as I thought that now the cut off times were closing down on me and I wouldn't make it to the end. I found another mate in Courmeyeur (Mick) who suggested a leg massage, this sounded like heaven! It was pure heaven, which could only have improved if the two girls massaging each leg had been gorgeous men! Yep I had one on each leg and having crawled to the table and lay there in tears (emotional person me!) I bounced off it feeling great! I stuffed some more watery noodle soup down my neck (this was the stuff now, I loved it!), changed my clothes from my drop bag and set off up the hill in the heat of the day.

The climb up to Col de Bernarde (half way) was long, hot, steep and hell. My legs started burning from the oil left on by the massage, which must have also had some deep heat type of lotion in it too, as it felt like I was on fire. All I could think of was if I got sunburnt as well as wobbly legs I wouldn't be able to sit down for a week! Of course we had organised that only one of us (Run Like a Girl) would have the suntan cream in the drop bag at Courmeyeur – it wasn't me!! When I reached the hut and feed station at the top I found some water to wash my legs and then pleaded for some suntan cream off two very accommodating English guys. Thank goodness for them. I was now going to avoid blisters all over the back of my legs. I also asked them about cut offs and how quick they thought I needed to go to make them, they had done it the year before and said I was fine at this speed, phew!

Well that was ok if I hadn't then slowed down to an even slower crawl across the plateau. I spent the next 6 hours or so going through a range of emotions from "great I'm going to make it" to "oh god I'm gonna give up, I can't keep going" (this one made me cry lots which doesn't help with the breathing!) to "maybe I could keep going till they time me out" but then thoughts such as "if I give up now I can get a nights sleep" "if I keep going till I get timed out I'll have no sleep for another night as it will be spent at a checkpoint waiting for a bus", eventually I decided that there was so many friends and family watching this chip of mine get to each checkpoint on the website, I would be letting them all down if I didn't carry on till at least I got timed out. I made the next check point with half an hour to spare, this sent me into a downward spiral again, until a French bloke told me not to be so stupid, of course I'd make it now. He told me to get to the top of the next hill (Col du Ferret 60 miles) by 9.30 pm and it would be all fine then. I decided I would have to make it by 8.30pm to give me a better chance of making the next cut off. I set off with a watery noodle soup filling and sped up the hill to reach the top by 8.10pm. Oh my god I was going to make it. What a boost that was – I ran down the next hill at speed with such a weight lifted off my shoulders. I was not going to let anyone down, I was going to finish. I knew it.

At the next feed station I found my self taping up every toe as the run down the hill had destroyed them and every toe was blistered. Typical! I didn't care cos I was going to finish and I was happy and I'd caught the two English suntan cream guys up again. I was flying! I chatted with them on a road section for a while, then sped off again in such high spirits, it was great. The watery noodle soup was working I loved this race now (it had only taken about 30 hours to get into this state of happiness or was it delirium!!!)

The hill up to Champex in Switzerland was hell. I'd fallen off my happy legs again, still I'd managed to stuff a couple of yoghurt and chocolate coated coffee beans down my neck. That would have to see me through the next night as they tasted horrid!!! Everything tasted horrid.

I had a bit of a surprise near the Champex feed station (75 miles) as Mark my boyfriend turned up to meet me (he'd pulled out at Courmeyeur), I couldn't believe it, he seemed very happy for me and told me that at least I'd beaten him! He said the girls had gone through about 2 hours ago and were still going strong. He tried to feed me but it all tasted foul. We tried to do something with my blisters, this didn't work, they were agony. He shoved me out of the food tent at 2.30am (on my orders!!!) and I cried all the way along the road cos he'd met me there, I was so happy, I was still going to make it!!!

The next hill was a baddy, big, steep, and technical so I just trained my head torch onto a girls feet in front and followed her and her partner up the whole of the Bovine hill. Just before the top we came out of the trees and they stepped aside, obviously I was a complete pain in the arse following them that closely, but it worked, they got me to the top! (82 miles) I was now on a role, I had some water from the drink station and then powered off overtaking loads of people who were now fading fast, this just spurred me on faster! By the time I'd got to Trient (just before the last big climb) I was going really well (85 miles). The sun had risen and I found a nice French bloke (with a lovely Lycra clad bum) to power up the hill behind. What more could I want?

The last big downhill took us in to Valorcine (90 miles), I could hardly walk now as my feet were feeling like someone had taken a large mallet and smashed it against my feet for about 39 hours! Still at least it took the pain away from the blisters and leg ache!

The next uphill (small compared to all the other massive hills) was covered in grass and all I wanted to do was take my shoes off and walk in cool wet grass and dangle them in the bubbling stream next to the path. I didn't I just powered up the hill on a complete high, chatting with all the people that I passed cos I could! (pass them that is!).

By the time I got to Argentiere I was thinking that the next 6 miles was probably going to take about another 2 hours at this pace so I quickened my pace and after one more sit down to take my shoes off to rub the bruises from the hammer bashing I started to run.

It felt awful but by about 3 miles to go I started to ignore the pain and at about 2 miles to go I was at a full on run when suddenly I saw Spyke (another mate).

This is my interpretation of a full run after 98 miles!!!)

He'd come out to meet me and take photos, this spurred me on and I got faster and faster. I couldn't stop getting faster, this was the best I'd ever run in my life, this was my sprint finish and I was loving it.

The entire crowd was shouting my name and I was trying not to cry. I got to the edge of town and the crowds were shouting and cheering and I got faster, then I saw Kath, another mate, she lead me through the streets to the bit where all the banners lead you into the finish.

I was sprinting so hard down the final 100m, all I could see was the finish line and a photographer (this helped!) and all I could hear was Alex and Catherine shouting my name. I'd done it. It took me 43 hours and 13 minutes. I had finished the toughest race of my life and I'd finished in style, and I got the T-Shirt. Wow.

None of us could now walk. Catherine and Alex had finished just an hour and three quarters in front of me and together. We all felt very proud of ourselves. We'd done it!

Since we've been back, both Catherine and Alex have decided they want to do it again to get a better time. I have decided I will never attempt it again! I will find something else to challenge me and get a new T-Shirt. It is a great event and well worth training for, the atmosphere definitely carries you round it.

Alex and Catherine were 49th and 50th female back and I was 63rd. I was just under half way through the field at 1151st overall. (Only about 1400 people finished the event though.)

BY **PAUL BATESON**

Marathon of Spain 2007

Birth of a classic.

Raul and sunflowers near Cacin

It is always nice to see an idea become reality and for me it was very special to see the Marathon of Spain, after months of hard work, become an actual event and for it to be considered by all competitors as 'perfect' was an added cherry on the cake.

Back in 2003 when I lived in the Axarquia I had the idea of an event that would link a selection of villages, a move over the mountains to the Poniente Granadino region ended the Axarquia plan but the idea was still there.

I contacted Rory Coleman the Managing Director of AmbitionEvents, the UK's leading ultra running promotions company, outlined why he should consider adding a Spanish race to the Ambition portfolio, and eventually he 'cracked' and came out with business partner Mark Pinnock to check out the area in March this year.

Rory competes all over the world in multi stage ultra running races: is a regular in the Marathon des Sables, 6 so far; has set nine world records treadmill running; run from London to Lisbon in 43 days; run over 500 marathons including 88 in one year; completed 150 ultra marathons. He is the creator of the successful Marathon of Britain, 175 mile, 6 stage race which is now in its 6th year. Mark Pinnock has competed in both the Marathon des Sables and Marathon of Britain as well as the 100mile Pennine Challenge so they know a good idea when they see one.

Normally an event like I proposed would take a year to set up, but having seen the proposed route and being driven around sections it was decided to 'do it' this year. Dates were fixed, websites constructed in English and Spanish and the hard work began.

The main problem we faced was that this year was 'election time'. Councillors, Mayors, politicians in general - all unable to make decisions in the month prior to May election date, just in case they lost the vote, - promises of help and guidance coming to nought, new faces to see and tons of paperwork to deal with. Beaurocracy raised its ugly head and suddenly with only 3 weeks to go things started to look 'difficult'. Possibly because the event was being produced for a UK company the Spanish paperwork and rules didn't 'fit'. Insurance documents had to be translated and signed by lawyers, the sterling amount translated into euros, causing another problem as the number wouldn't fit in the allocated boxes!! People had to be notified in the correct sequence!! with 3 days to go all was ok'd but what a performance, considering all the 'how can we promote rural/sports tourism' meetings we have attended.

In the meantime the route had to be run, mountain biked, driven, measured and a competitors 'Road book' produced along with route markings and arrows. Volunteers and specialist support, doctors, Red Cross, Check Point staff, race village venues, sponsors all had to be organized along with numerous other things but in the end it all came together.

The race itself was to be treated as a 'test run' to make sure everything worked and so we had a small but very high standard entry of specialist ultra runners. The field included Dan Afshar, (34) the current Marathon of Britain Champion who had just completed the Pennine 100 mile Challenge taking 2nd place. A sub 3 hour marathon runner preparing for the August, Tour of Mont Blanc ultra challenge and in September the 6th Marathon of Britain.

Andy Mouncey, (40) a Performance coach, Inspirational speaker, author and record holder for each leg of the Arch to Arc race. 300 miles, Marble Arch to Dover an 87mile run, Dover to Calais 22mile swim then Calais to Arc d'Triumphe/Paris 187mile cycle.

Jo Kilkenny, (27) representing Ireland she completed this year's Marathon des Sables and took third in the 200mile Seni Extreme, (non-stop Dudley to London).

Fulvio Villano, (64) Italian but living in Nerja. A very experienced competitor with 5 Marathon des Sables including 1st over 60 twice, 1st over 60 Mali Desert cup, 2nd over 60 Crocodile Trophy, (mountain bike, 12 stage race across Australia) and many more including a personal best marathon of 2hr 47min.

Jacques Caignard Noziglia, (27) Barcelona, a relative newcomer to ultra running.

Raul Romero Jimenez, Santa Fe based Gestor and regular competitor in Spanish races such as Pico Veleta 50km and Ronda 101.

Another entrant, Thomas Wenning, a member of the German National team had a car crash on the way to Frankfurt airport to join the race. He broke his leg but still plans to run a lap of Majorca at the end of August accompanied by a film crew. Thomas has a phenomenal record including running 16 marathons in 16 days in 16 German states and he has run over 180 marathons or longer in a career which includes Germany to England in 6 days, Race across Ireland, 620km in 6 days and he is also Guinness book of records holder for 7 days Treadmill running, covering 717.85km.

The Race: Running in the oven!

Stage 1: Alhama de Granada to Jatar, 42km.

The day began with a warm up stroll from the El Ventorro race HQ via the impressive Alhama gorge to the Town hall plaza. Following press/tv presentation the race started at 11:00am. Out via the gorge, past El Ventorro onto the GR7 and onwards to check point 1, the start of Hell's Path. The rising temperature was already beginning to effect the UK based runners who had come from months of near constant rain and by CP2 Jacques Caignard was starting to pull clear of Raul Romero, Dan Afshar and Andy Mouncey. Fulvio Villano was closing in but already Jo Kilkenny and Roy Fleming were well behind using a more steady, 'survival pace' on the 9km ascent.

From CP2 the track continues to climb to race max of 1650m before gradually descending through the beautiful mountains of the Sierra Almijara and by CP3 Caignard had a good lead ahead of Villano and Romero. Afshar and Mouncey, both pushing themselves taking long rests at CP's to cool off were ok and Kilkenny was also taking things carefully. Fleming was struggling, unable to adjust to the heat (over 35 degrees) and at CP4 he dropped out.

Up ahead Caignard made a navigational error and Villano took the lead, Mouncey also took a wrong turn adding an extra few kilometers to his day and at the Jatar town hall finish Villano took the stage finishing in 5 hours. Romero was 2nd in 5:4:11, Caignard 3rd, Afshar 4th, Mouncey 5th and Kilkenny 6th.

Stage 2: Jatar to Jayena, 45km.

The race began at 9am and saw the field stay together for first section to Arenas del Rey. From here Caignard and Villano began to pull clear and by Fornes, as the temperature increased, they had a few minutes lead. From Fornes the race went via the Resinera taking a long, steep climb to the forest airstrip and CP3 and on via a beautiful mountain track deep into the mountains before

Jacques and Fulvio leading through beautiful scenery beyond Fornes

sweeping back to the Jayena finish. Caignard broke clear from Villano on the final 4km road stretch to win in 4hrs 48min 13sec. Villano arrived 5 min later to retain the overall lead with Mouncey in 30min later.

Stage 3: Jayena to Santa Cruz del Comercio, 45km.

Today the route began with a very long, gradual ascent towards Venta del Fraile before turning for Agron, crossing a huge area of sunflowers, descending into Cacin and then a final very steep climb via Cortijo de Pocapaja and a long, thigh wrecking, descent into Santa Cruz.

Caignard and Villano were soon running clear but Afshar and Mouncey were picking up speed as they gradually acclimatized to another day of high temperatures, (over 39 but thankfully low humidity). Today it was Romero who was suffering, (shin splints caused by over tight shoes/ blisters which affect your stride) and Villano, who after looking very strong was also in trouble, upset stomach, diarrhea and the inevitable dehydration which saw him struggling after Cacin, losing second to Afshar on the run in. Caignard took the stage in 5hr 13min 11sec and also the overall lead by 12min.

Stage 4: Santa Cruz del Comercio to Zafarraya, (65km).

Today was the 'biggy' a huge run taking in the Loja mountain range, a very arid, desert like test! Villano dropped out, a wise decision following medical advice as did Romero. Kilkenny, still in there and gaining strength, as is normal for female ultra runners, was given a 7am start and the rest set off at 8am. The first section follows the poplar tree lined river before a hard ascent from Valenzuela and very long descent to the valley track which takes you to Salar, the 2nd CP.

Caignard, Afshar and Mouncey stayed together setting a good pace. They hadn't caught Kilkenny but were closing fast. From Salar there are some incredibly steep, short ascents on tarmac and concrete roads before a final, newly surfaced section to the outskirts of Loja. Our race water sponsor, Natura, has a bottling plant here so this was made CP3 and the Manager and staff were there to greet the runners.

By now Kilkenny, with mountain bike escort Mark Pinnock, had been caught after a navigational error. Caignard and Afshar left Mouncey on the very long ascent which is part of the Ruta de Pescados long distance path, and by CP 5 in 42 degree temperatures they had over 40min on a suffering Mouncey. They stayed together to arrive at the finish in Zafarraya in 8hr 22min 35secs, Mouncey arrived an hour later and Kilkenny 2.5hrs after that. A very tough day.

Stage 5: Zafarraya to Alhama de Granada, (28km).

The final stage, shorter but still testing and including an excursion into the Axarquia via the impressive El Boquete de Zafarraya pass and some single track descending into Espino. A long gradual climb to Cerro Camello, then GR7 towards Robledal and Alhama with a final stretch taking in the Alhama gorge, the rock staircase, Wamba fountain, Church, House of the Inquisition to finish via the Town hall on the Plaza beneath the castle walls. A spectacular finish for a great race.

Kilkenny again had an early start, this time accompanied by Roy Fleming who had recovered. She ran strongly and they made CP3 at the Alcaiceria, Bar San Marcos just ahead of Caignard who was already well ahead of Afshar and Mouncey.

Caignard arrived in Alhama in 2hr 33min 11sec, Afshar and Mouncey 40min later and Kilkenny made it home in 3hr 54min 28sec.

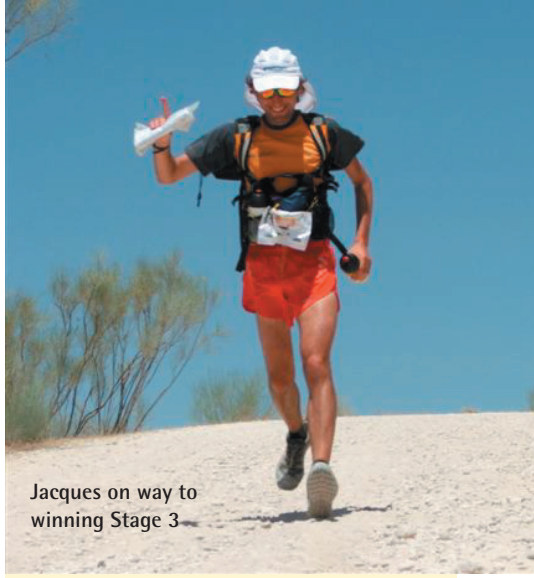
It had been a great inaugural Marathon of Spain, the winner Jacques Caignard's overall time 26hrs 39min 30sec was a fantastic time for a 'novice' ultra runner and he is certain to become a future star in this type of event. Dan Afshar, the Marathon of Britain champion took 2nd in 29hrs 28min 06sec, Andy Mouncey third in 30hrs 39min 38sec and Kilkenny, looking ready for a few more stages, 40hrs 09min 38sec.

The event was a huge success, next year dates are fixed, July 7th to 12th and already we have been told to expect 100-200 competitors from all over the globe.

Competitors quotes:

'Really was an awesome event and certainly was everything that you'd expect from the Ambition brand. Work is feeling very mundane this morning'.
DAN AFSHAR

'Marathon of Spain was one of the toughest and most enjoyable races I have done so far and one I intend to do again. The magnificent views made all the climbs worthwhile. A superb race all round with top crew, thanks for organizing the route, it was awesome'. JO KILKENNY



Jacques on way to winning Stage 3

'It's one thing to go out there understanding that the mountains will be big, the days hot and long, and the terrain exposed and rocky.

It's quite another to experience it all for real! The challenge was made greater because as far as the Brits were concerned, we went out there after two months of rain back home - so acclimatisation was done on the job!

As a new event, we knew it was untested, remote, and that there would be surprises for all. We had no idea how much. Every day was EPIC: 40 kilometres or so didn't sound much on paper – but on this terrain and in this heat it was MASSIVE. And then go out there and do it all again, my friend...

There was nowhere to hide and nowhere to run except onwards. If you could call what we were doing as 'running' in 43 degrees of heat...

The race was in your face and it was unrelenting in the questions it asked: So you think you're in shape, huh? Do you really want this? Really? Are you prepared to face the consequence of your choices? Are you prepared to do it all over again and then some tomorrow?

This race takes you through unspoilt, breathtaking terrain. The combination of heat, altitude and effort will quite literally take your breath away. It will intimidate you and embrace you in equal measure. It will strip you raw and make you whole again.

I loved it all. ANDY MOUNCEY

Next year the race will be bigger, I will need many more volunteers. If you are a retired doctor or nurse, if you can handle a 4x4, (hopefully a sponsored one) or you can help in anyway, on checkpoints, race village, route and you can manage on little sleep!! Please get in touch.

Paul Bateson
info@axarsport.com or
Telephone (0034) 958 36 37 66

Note: This event was a success because of the backing of Rory and Mark of Ambition Events, the incredible help and support given by my partner, Barbara Price and the sponsors, Caixa Bank, Streetwise Magazine, Natura Water, El Ventorro, K-Wind, the Ayuntamientos of the Mancomunidad de Municipios de la Comarca de Alhama and the association President, Miguel Van Leeuwen, the Poniente Granadino tourism office for Marquees and 'souvenir bags, bars and restaurants in each village, Cruz Roja, Ray Jones, my neighbour, who provided medical and routing support, Bill Bristow of LocationsSpain, Andy Ernhill of Compass Media for filming, Grant Mowat for an incredible job photographing the entire event from mountain bike, Eduardo Moreno Martin for motor bike support, Alan and Rowan Stevenson for Race Village construction, dismantling each day, Samantha Elliott, Bodyworks, for the fantastic massages competitors received each evening and everyone else who made this event possible.

Results

BY **DAVE WEATHERHEAD** & **BARBARA CARNEY**

HIGH PEAK MARATHON
Derbyshire
BL/42m/5400ft 02.03.07

Though we didn't have the snow of the past two years, conditions were still the typical tough mix of cold winds and sleety-rain. Underfoot it was the usual fare of slush and mud, the moors being at their glorious late winter peak with the bogs at their deepest and the peat at it's darkest. The full moon was of no benefit either as the moors were shrouded in cloud thick enough at times to test everyone's navigation skills. The eventual winners 'Team Montrail' were however unaffected and set the fastest split times between 2 out of 3 checkpoints. Setting equally consistent split times were the 'High Peak Rollerbladers' who repeated their debut performance in 2006 to come in a strong second again.

Competition for third and fourth was fierce as the fastest mixed teams 'planetFear' and 'Aberdeen Asset Management' battled for the Tanky Stokes Trophy. AAM set off first with planetFear in hot pursuit, 23 minutes behind. Heather Dawe was apparently providing the 'Fear' in the planetFear team as she drove the lads to catch AAM. They never did quite do it, so it wasn't until the finish that they learnt they were the mixed team winners by a 19 minute margin. I'm sure Heather is very pleased now she has our wonderful Viking horns adorning her mantelshelf.

The next three places were separated by just five minutes. All veteran teams, 'Half Man Half Totley' were quickest but being the most youthful were really out of the running for the vets handicap trophy. 'Poles Apart' and 'Lakes Poets' had aggregate ages within a year of each other so giving them the same handicap. The 'Poles' finished just in front but could not claim the prize until those ancients of the HPM otherwise known as 'The Rucksack Club Vets' came home. The RC Vets had a 4 hour handicap advantage over 'Poles Apart' and finished with half an hour to spare and so took home their own sponsored trophy. Their handicap time of 9:23 being just over a minute more than the overall winners actual time!

Richard Bradbury

1. Team Montrail	9.21.56	
2. High Peak Rollerblades	10.02.45	
3. planetFear Mixed	10.30.12	
4. Aberdeen Asset Manatement		10.49.09
5. Half Man, Half Totley		11.14.06
(25) Tod Totty Ladies		13.34.14
(30) Rucksack Club Vets handicap		14.49.54

COINER'S FELL RACE
West Yorkshire
BM/7.5m/1100ft 07.05.07

The Coiners race has been moved to Bank Holiday Monday to encourage junior participation. The junior races are now an established part of this event with over 70 juniors having a great day. In the senior race Ben Mounsey flew round the route to win easily and lead Calder Valley to the men's team prize. The new start, together with the junior races has shortened the race by half a mile, so both winners made records for the new route. 70 %of the field were vets and 23% were women. However, women made up almost half of the non-vets, so where are the young men?

Rod Sutcliffe

1. B. Mounsey	CaldV	45.10
2. S. Oldfield O/50	BfdAire	46.25
3. C. Smale O/40	Tod	47.48
4. A. Clarke O/40	CaldV	48.40
5. M. Stenton O/45	DkPk	48.41
6. R. Houghton O/40	Buxt	48.48
7. G. Oldfield O/40	CaldV	48.53
8. P. Butterworth O/50	Clay	51.48
9. J. Buckley	CaldV	51.49
10. D. Foster	Otley	52.10
(85) D. Beels O/55	CaldV	53.08
VETERANS O/60		
1. (58) K. Pierce	CaldV	80.56
LADIES		
1. (9) J. Buckley	CaldV	51.49
2. (22) G. Benson	Stain	55.18
3. (26) N. Sharratt	Stain	56.45
4. (29) H. Page	H'fax	57.31
5. (30) C. Wilson	Ross	57.38
(37) C. Fryer O/40	H'fax	59.46
(40) K. Brierley O/45	Tod	61.39
(65) K. Pierce O/60	CaldV	80.56

69 finishers

MEARLEY CLOUGH FELL RACE
Lancashire
AS/3.5m/1200ft 08.05.07

I woke up to howling gales and torrential rain on the morning of the race and hadn't expected anyone to turn up if it had continued, But by 12 o' clock, the rain had stopped but the strong wind made flagging on the top almost impossible. By 3 o'clock, the sun was out and the steep grassy descent had dried out for the 124 runners who braved another warm sunny evening for the Mearley race.

Darren Kay clocked up his second consecutive win while the first two V40s, Mark Brown and Ian Greenwood, had an all-out battle for the line but Mark's road speed just gave him the edge. Clare Kenny clocked up her first win and collected the dry stone wall trophy, a pair of binoculars and a plant for her efforts.

The first two juniors, Jack Dugdale 10th and Andrew McWade 14th, had excellent runs and are names to look out for in the future.

The Calf's Head Hotel gave us their usual warm reception and supper, while Shackleton Nursery provided the plants for the ladies.

This year the farmer let us park in the field at the finish, which was a great improvement and we hope this can be continued at future events.

A big thanks to all the helpers on the hill and at the finish and see you all next year.

G W Newsam

1. D. Kay	Horw	29.28
2. S. Thompson	Clay	30.41
3. A. Brown	Clay	32.15
4. J. Sutton	Chorl	32.20
5. M. Brown O/40	Clay	33.09
6. I. Greenwood O/40	Clay	33.16
7. G. Jackson	Ross	33.33
8. S. Smith	CaldV	34.01
9. M. France O/40	Darwin	34.12
10. J. Dugdale	Unatt	34.09
VETERANS O/50		
1. (24) P. Booth	Clay	35.52
2. (32) J. Rusius	Clay	36.58
3. (43) P. Jackson	Warf	38.35
VETERANS O/60		
1. (111) P. Healey	Clay	45.36
2. (113) D. Hashiter	Clay	46.39
3. (117) P. McDermot	Prest	50.02
LADIES		
1. (62) C. Kenny O/40	CaldV	40.44
2. (67) A. Smith	Clay	40.58
3. (71) L. Clarkson	Darwin	41.11
4. (84) D. Horse	Darwin	42.10
5. (88) N. Rushton O/40	Chorl	42.40

124 finishers

NEW DUNGEON GHYLL FELL RACE
Cumbria
AS/3m/2100ft 10.05.07

In stark contrast to last year, conditions this time were grim, no affecting a field of about half the number of runners – with not a lady in sight! Surely not put off by a drop of rain?

Still a very enjoyable event with good (free) food and drink (not free!) engendering an atmosphere of warmth and good cheer!

We also had our first V70 coming in fine style –well done Joe Gabarino. It strikes me there are a growing number of oldies out there who could still show us their heels if they (and their arthritis) were willing. The weather is not likely to bother them!

Of course we will be doing it again next year. Although officially a NDG fell race the event is actually organised by Achille Ratti Climbing Club, and, together with two other races (Old County Tops and Grisedale Horseshoe) organised by the same club, helps to raise funds for CAFOD, a developing world charity.

Thanks to all club members who unfailingly turn out to help, and to staff at the NDG, who look after us at the beginning and the end. Without them there would be no race.

Pete McHale

1. N. Sharp	Amble	38.00
2. M. Mikkleson-Barrow	Borr	38.36
3. D. Duxbury	Amble	41.31
4. G. Thorpe O/40	Amble	44.41
5. R. Cannon O/40	Helm	42.25
6. O. Fielden	Helm	46.26
7. A. Miller O/40	Kend	46.54
8. K. Dacre	Kend	48.20
9. J. Dickinson	Kend	48.26
10. D. Richardson O/50	Helm	49.07
VETERANS O/50		
1. (8) K. Dacre	Kend	48.20
2. (10) D. Richardson	Helm	49.07
3. (18) N. Hambrey	Kend	56.01
VETERANS O/60		
1. (21) P. Dowker	Kend	59.35
VETERANS O/70		
1. (25) J. Garbarino	AchilR	68.50

CRESSBROOK CRAWL FELL RACE
Derbyshire
BM/6.5m/1110ft 11.05.07

A dank, drizzly evening faced the runners for the first time in this 3rd running of the event. Despite this, record numbers of children and adults turned up to compete.

The conditions did not daunt the local kids who ran 3 short slogs up and down the hill to Litton Mill and

back (frankly the parents made more fuss!). A hard effort was put in by all with Toby Dawson winning the U6s, Max Savage the U8s, Rory Gainer the U10s and Kit Buckley the U12s.
In the senior race the thought of a free pint of "Swift Nick" (courtesy of race sponsor Peak Ales) was clearly an incentive, and in fact many seemed to prefer the damp conditions over the glorious sunshine of the last two years. The fierce competition at the front meant the leaders missed a left turn on the course, but were luckily called back by some considerate followers. The lead then changed hands and Gareth Turner pulled away from the group. Despite a slip on wet limestone that made him think he was getting an early bath in the River Wye, he held on up the steep hill back to the Village in a creditable time of 46'26". The final slope also split up the chasing field, hot on the leader's heels, but we still had the closest top five yet (less than a minute apart) with Stuart Bond charging up the hill to finish 2nd in 46'42" and Phil Winskill coming in 3rd at 47'02". Tom Sutherland from Litton Mill set a stiff target for "locals" by coming 6th overall in 47'53".
Thirteen stalwart ladies competed including 4 from Cressbrook village. Such was the draw of the event one lady who had been in training for her first fell race, still managed to make the start despite having had to take her daughter to hospital and back after she had broken her arm earlier in the day (whilst out running!). At the front, Jackie Lee ran away from everyone and chased the leading guys all the way to come in as first lady and 10th overall in a new record time of 48'50". Ceri Stewart and Jill Gascoigne battled it out for 2nd place with Ceri coming out on top in 1hr 0'21" and Jill close behind in 1hr 0'43".
The damp conditions "forced" everyone into Cressbrook Club for more than their free pint – with beer and barbecued fare being consumed well into the night.
See you all next year!

Bruce Dawson

1. G. Turner	DkPk	46.26
2. S. Bond	TFS	46.42
3. P.Winskill	DkPk	47.02
4. M. Stenton O/40	DkPk	47.08
VETERANS O/50		
1. (12) S. Storey	DkPk	49.53
VETERANS O/60		
1. (34) D. Tait	DkPk	56.50
VETERANS O/70		
1. (67) F. Makin	HolmeP	65.47
LADIES		
1. (10) J. Lee	Eryri	48.50
2. (47) C. Stewart	Unatt	60.21
3. (49) J. Gascoigne O/40	Unatt	60.43

PINHAW MOOR FELL RACE
Lancashire
BS/5m/800ft 11.05.07

The second race in the Pendle and Burnley Grand Prix, Pinhaw Moor Fell Race, Earby, saw 131 runners finish this popular evening fell race, which was held for the 27th time. Conditions were perfect for racing and it was not surprising that a record was broken. Tom Addison managed to make up for last year's second place, coming home first in a close battle with second place Paul Guinan.
The ladies' race was dominated from start to finish by Victoria Wilkinson, who finished over five minutes ahead of her nearest rival and in doing so set a new ladies' record for the race.
Leading vets included Mark Horrocks, V40, Peter Butterworth V50, Peter Bellaries V60 and Brian Leathley, Vet70.
Leading lady vets included Emma Barclay LV35, Irene Roche LV45, Linda Bostock LV50 and Kitty Garnett, LV65.
Peter Thompson

1. T. Addison U/20	Helm	30.35
2. P. Guinan	Bl'burn	30.45
3. M. Horrocks O/40	Wharfe	31.17
4. A. Stubbs	Clay	31.59
5. M. Keys O/45	Ross	32.12
6. B. Hogan	Accrin	32.33
7. I. Greenwood O/45	Clay	32.41
8. M. McGoldrick	Settle	33.12
9. G. Shaw	Clay	33.20
10. P. Archer O/40	Clay	33.27
VETERANS O/50		
1. (16) P. Butterworth	Clay	34.02
2. (47) J. Singleton	Clay	36.58
3. (54) T.Spicer	Ross	38.21
VETERANS O/60		
1. (95) P. Bellaries	Unatt	44.02
2. (122) D. Goodenough	Wesham	50.11
3. (123) J. Amos	Clay	52.46
VETERANS O/70		
1. (128) B. Leathley	Clay	55.31
LADIES		
1. (7) V. Wilkinson	Bing	32.24
2. (52) H. Isley	Ilk	37.51
3. (53) E. Barclay	Ilk	37.53
4. (56) T. Mitchell	Clay	38.53
5. (69) A. Smith	Clay	40.25
(9) I.Roche O/45	Clay	42.11
(10) K. Brady O/40	Clay	42.19

131 finishers

SAILBECK FELL RACE
Buttermere
AM/9.5m/4650ft 13.05.07

Run over 9.5 miles with 4650 feet of ascent, all 129 runners completed the course. A clear spell of weather meant most people had a run in good conditions, but those towards the back of the field were caught in a torrential downpour on the Crag Hill and Whiteless Pike section!
Borrowdale again won the team prize, finishing in all top 4 positions, Simon Booth winning in his first fell race of the year. Dark Peak was in 5th and 6th places. There were three Vet 40s in the top 6. Hazel Jones was the first lady.
Thanks once again to all the regular, experienced and reliable marshals and helpers who turn out each year. Without their support the race would not take place.
Gwyn Lewis

1. S. Booth	Borr	1.28.29
2. P. Davies	Borr	1.29.43
3. J. Davis O/40	Borr	1.30.33
4. J. Bland	Borr	1.34.56
5. J. Blackett O/40	DkPk	1.35.48
6. D. Taylor O/40	DkPk	1.36.08
7. R. Little	DkPk	1.36.41
8. M. Mikk-Barron	Borr	1.36.54
9. N. Fish	Amble	1.40.56
10. A. Schofield	Borr	1.41.08
VETERANS O/50		
1. (22) P.Clarke	Kesw	1.48.24
2. (30) K. Holmes	DkPk	1.53.10
3. (36) P. Barron	Borr	1.55.39
VETERANS O/60		
1. (41) D. Tait	DkPk	1.56.57
2. (46) J. Lailey	Sroco	1.58.44
3. (63) J. Amies	Congle	2.06.31
LADIES		
1. (42) H. Jones	Dallam	1.57.09
2. (54) K. Nash O/45	Prest	2.03.32
3. (64) R. Brown O/45	Bowl	2.06.41
4. (65) J. Taylor O/40	Bowl	2.07.35
5. (76) J. O'Dowd	Eden	2.14.39
(115) M. Bridge O/55	Kesw	2.40.03
(128) M. Rosen O/55	L&M	3.23.26

96 finishers

RATCH-SLIEAU CHARRAGHAN
Isle of Man
AS/2.5m/1100ft 14.05.07

Simon Skillicorn bagged his third course record on the Manx hills with an emphatic victory in the Carraghan Fell Race. Fortunately, the predicted rain showers failed to materialise and the field enjoyed clear, dry, although slightly breezy weather conditions, for the sixth round of the Manx Fell League.
Tom Cringle potentially assisted Skillicorn's record-breaking endeavours by matching his rival stride for stride on the climb to the summit of Carraghan. Only on the approach to the cairn, the turning point of this out and back course did Skillicorn dig that little bit deeper and etch out any kind of lead. The descent was an altogether different story with Skillicorn literally flying to the finish, leaving the rest of the field in his wake. Cringle, in one of his best performances to date, did extremely well to fend off Ian Gale in the final stages of the race.

Christine Barwell

1. S. Skillicorn	Manx	20.13
2. T. Cringle	Manx	21.07
3. I. Gale O/40	Manx	21.21
VETERANS O/50		
1. D. Young	Manx	24.00
2. R. Stevenson	Manx	25.07
3. R. Moughtin	W'stern	26.06
LADIES		
1. R. Hooton	Manx	27.31
2. B. Kaneen	Manx	28.49
3. L. Stigant	IOM	34.54

NO PINS BURBAGE SKYLINE
South Yorkshire
BS/5.75m/1200ft 15.05.07

Phil set off at a blistering pace, obviously determined that the delightful trophy was once again destined for his mantle piece. The end result was a notable victory over Lloyd, and a new course record. Equally impressive taking the 1st Novice prize, was 18 year old Sean Ledger in 6th place.
All other male category winners Pocket Rocket for V40, Keith Holmes V50, Graham Berry V60 and Frank Makin V70 won their categories with admirable ease.
The Burbage Bowl for 1st Lady went to Janet McIver who was relatively unchallenged for the title all way round. A superb age category defying run from Pat Goodall resulted in her picking up the F40 prize.
Thanks to race sponsors Running Bear and Accelarate, and to Edale Mountain Rescue and St John Ambulance for ensuring I had provided *'reasonable care'* as race organiser.
Last but by no means least, thanks to my many helpers – I ought to name them as it's invariably the same volunteers every year. At least the late finish did give us the benefit of seeing a magnificent sunset over Higger Tor in the gathering darkness (I'm sure that was the compensation I offered last year and the year before……).
Final thanks to my wife Mandy, who spent many an unhappy hour ensuring the results were available for publishing and despatch the following day.
And yes, we did get several requests for pins.
Andrew Moore

LATRIGG FELL RACE
Cumbria
AS/3m/950ft 16.05.07

The 35th running of The Latrigg Race was held as part of Kewick Mountain Festival and was for the first time an evening race. The 3 mile race which started and finished in Fitz Park climbs the face of Latrigg with a 950' of ascent After the hot weather of last year, the 59 runners had be contend with heavy rain making descending very tricky in places. First to the summit was the eventual winner Ben Bardsley in a good time of 18.15. Close behind him were fellow club members Simon Booth and last year's winner,

Andrew Schofield. The first V40 was Chris Knowles, who was 7th overall with Keith Loan as first V50 and David Harrison first V60/
The first lady was Jo Moore in 26.35 followed by fellow club member, Trudy Smith.
This year a new trophy was awarded to the first Keswick AC member which was won by Steve Hebblethwaite who was 14th overall in 21.38.The trophy is in memory of Ian Charlton who was a member of the club for many years.
Borrowdale Fell Runners won the men's team prize with Keswick AC winning the ladies.
Many thanks to all the helpers who enabled the race to go so smoothly.

Pete Richards

1. B. Bardsley	Borr	18.15
2. S. Booth	Borr	18.33
3. A. Schofield	Borr	19.34
4. C. Steele	Borr	20.04
5. M. Amor	CFR	20.18
6. C. Boyle	HelmH	20.26
7. C. Knowles O/40	CFR	20.32
8. N. Lockwood	Borr	20.35
9. C. Robinson	HelmH	20.41
10. L. Amor	CFR	20.45
VETERANS O/50		
1. (21) K. Loan	Kesw	23.10
2. (22) D. Owens	Kesw	23.39
VETERANS O/60		
1. (52) D. Harrison	Kesw	29.29
LADIES		
1. J. Moore	Kesw	26.35
2. T. Smith	Kesw	31.42
3. J. Tucker	Borr	32.08

59 finishers

BLACKSTONE EDGE FELL RACE
Lancashire
S/3.5m/1200ft 16.05.07

Well, even though the weather was rubbish, I kind of enjoyed organizing my 26th Blackstone Edge Fell Race. For once I was on top of things, mind you when I got to the bottom of the hill in drizzle and wet stuff, with cloud level at 600 ft, it was a bit daunting putting 90 flags out on my own. Then just before I got to the drain my trusted helper, John Hey, appeared out of the mist to help. We split up to make it easier - he did the low bit and I did the summit, and I must apologise to the leaders if my flagging was not straight in that pea soup, and after 25 years of flagging I hold my hand up, it was bloody hard finding the route. Anyhow it worked out OK.
I was very pleased with the turn out after last year's mix up. 119 started and, would you believe, 16 females? Not had that many since 1984 championship days. The race started with light rain and cloud level at 600ft. Cags had to be carried and I must admit I was worried that someone would get lost in that stuff, it's the worst that it's ever been.
The winner of the race was the same as last year. Danny Hope was never headed in the race. His winning time was only 12 seconds off last year in worse conditions. He had a good minute over young Halifax runner Jon Hare, with Evergreen Darren Kay finding the bog a little too heavy for his skinny legs! Danny has won the race three times now to equal Shaun Livesey and Merv Keys but the leader is Gary Devine with five times in 26 years.
A good run in those conditions came from young Ashley Kaye (is he related to Danny?!). The 15-year old came in 24th place, in fact he was the second Rossendale Harrier. Where were the others who normally do this race? Also young Holly Page from Halifax Harriers was first female under 18 in 40th position.
Horwich won the team prize easily – 47 points to Darwen Dashers; 79 points.
Hope you all enjoyed the presentation – my old same style gifts and goodies. Also, I dragged by church ladies from the Slack race to put on refreshments – they don't charge a lot. Finally, thanks to the farmer, Steve Shepherd, who up the registration area on his farm – "what a bloke!"
Kev Shand

1. D. Hope	P&B	28.37
2. J. Hare	H'fax	29.38
3. D. Kay	Horw	30.04
4. B. Mounsey	CaldV	30.27
5. S. Thompson	Clay	30.46
6. S. Oldfield O/50	BfdAire	31.00
7. W. Ali	Roch	31.32
8. O. Beilby	Wharfe	31.40
9. P. Haworth	Horw	32.00
10. D. Haygarth	Unatt	32.42
VETERANS O/40		
1. (13) R. Haworth	Horw	32.59
2. (14) B. Whalley	P&B	33.48
3. (15) D. Naughton	Darwen	33.58
VETERANS O/50		
1. (6) S. Oldfield	BfdAire	31.00
2. (32) T. Hesketh	Horw	35.38
3. (50) T. Spicer	Ross	38.41
VETERANS O/60		
1. (45) G. Breeze	Skyrac	38.09
2. (73) W. Helliwell	FRA	41.19
3. (82) T. Peacock	Clay	42.30
VETERANS O/70		
1. (109) G. Arnold	Prest	49.22
LADIES		
1. (40) H. Page	H'fax	36.51
2. (42) G. Benson	Stain	37.15
3. (60) C. Kenny O/45	CaldV	39.51
4. (69) J. Scarf O/40	CaldV	40.47
5. (72) R. Avanessian	YMCA	41.05
(96) A. Baldwin O/55	Stain	46.12
(116) J. Greenwood O/60	Stain	69.16

118 finishers

OLD COUNTY TOPS
Cumbria
AL/37m/10,000ft 19.05.07

Once again there was a record entry, with 55 pairs at the start line. This was in spite of the weather whose gusts of wind up to 80 mph had destroyed the finishing tents on the Thursday night. By Saturday however these had abated a little although it remained very cold particularly on the tops where the marshals and Raynet performed their customary heroics. Many thanks to them and to the catering staff etc without whom the event could not operate.
The race itself went without serious incident and there were very few retirements considering the conditions. By late afternoon the weather became much more pleasant and the après run catering seemed to be enjoyed by all. Although times were generally down due to the conditions Neil Shuttleworth and his team from the Old Dungeon Ghyll managed to cut forty odd minutes from their previous year's time.
Next year is the 20th anniversary of the race and there will be a slightly different commemerative T-shirt for all finishers to celebrate the event. There will also be extra prizes for any records broken on the day. Colin Valentine and David Nuttall have held the overall record for 19 years, Martin Stone and Ruth Pickvance the mixed record for 15 years. Both the V80 record (held by John Nixon and John Hope) and the V90 (Bill Buckley and Rob Poole) have stood for 17 years.
In conclusion, I and the "RATTI" club would like to thank all runners and helpers for all their support over the years and look forward to seeing you next year.
Arthur Daniels

1. M. Beale/T. Brunt	Mixed club	7.13.00
2. M. Robinson/A. Ward	DkPk	7.35.00
3. J. Whitaker/M. Donelly	Mixed club	7.44.00
LADIES		
R. Cash/C. Preston	Mixed club	10.31.00
VETERANS O/80 – combined ages		
1. C. Pryce/D. McDonald	Cosmic	8.13.00
VETERANS O/90 – combined ages		
1. A. Miller/G. Thomas	Kend	8.06.00
VETERANS O/100 – combined ages		
1. C. Taylor/D. Waide	Mercia	9.11.00
MIXED		
1. D. Makin/T. Fellowes	AchR	8.33.00
2. J. Broxap/S. Ward	Mixed club	9.42.00
3. M. Williams/ C. Cheesewright	Ilk	10.07.0

49 finishing pairs

HIGH RIGG ENGLISH JUNIOR CHAMPIONSHIP
Cumbria
20.05.07

Having watched the forecast two nights previously we were lucky to get away with sharp blustery showers. Once again we had some great racing on this spectacular High Rigg course. There were quite a lot of runners that had good performances, but the performance of the day must have come from Laura Park (U/16) coming a great 12th position overall, beating some very good male runners. Well done Oliver Spencer of Pendle for a convincing win in the first race of the day, the under 8s, Jonathan Hare and Tom Addison ran well in the under 18s, having to complete the High Rigg course twice before coming back to the race field. To fell marshals, road marshals, the girls on tea and cakes, time-keepers, registration and results people, we thank you all.
Dunc and Gill Stuart

UNDER 18s		
1. J. Hare	H'fax	24.34
2. T. Addison	Helm	25.29
3. L. Amor	CFR	27.08
Females		
1. (8) A. Anderson	Pendle	31.13
2. (9) D. Allen	Leigh	32.19
3. (10) H. Page	H'fax	33.36
UNDER 16s		
1. A. Till	Dallam	14.32
2. M. Alexio	CFR	15.08
3. J. Kelly	Ross	15.23
Females		
1. (12) L. Park	Ellenb	16.09
2. (20) H. Bateson	L&M	17.09
3. (24) A. Stevenson	Horw	17.39
UNDER 14s		
1. T.Doyle	Helm	13.57
2. J. Johnson	Ross	14.17
3. R. Addison	Helm	14.26
Females		
1. (9) L. Riches	Leigh	15.13
2. (13) M. Hyder	Dallam	15.31
3. (19) B. Taylor	B'burn	17.00
UNDER 12s		
1. J. Knox	Helm	10.57
2. G. Tighe	Mat	11.12
3. D. Sutton	Dallam	11.28
Females		
1. (5) H. Bethwaite	Ellenb	11.52
2. (10) S. Johnson	Leigh	12.22
3. (11) M. Stuart	Helm	12.38
UNDER 10s		
1. B. Tyler	Ellenb	9.08
2. T. Taylor	Kendal	9.11
3. M. Preedy	Ross	9.25
Females		
1. (10) I. Wharton	CaldV	11.10
2. (12) L. Welan	CFR	11.16
3. (13) R. Flanagan	Ross	11.32
UNDER 8s		
1. O. Spencer	Pendle	3.13

2. J. Atkinson	CFR	3.51
3. O. Whitehurst	CFR	3.53
Females		
1. (11) E. Welan	CFR	6.03

DURHAM FELL RUNNER SUMMER HANDICAP
20.05.07

1. W. Horsley	NFR
2. G. Burns O/40	DFR
3. T. Makin O/45	DFR
4. C. Fairless	Crook
5. M. Harbisher O/40	Crook
6. J. Stephenson O/60	Crook
7. A. Conlin	Clarem
8. M. Mallen O/50	DFR
9. W. Bell O/50	Crook
10. M. Ketley	Elswick

STANHILL FELL RACE
Lancashire
BS/5m/800ft 22.05.07

A poor turn out to previous years, but still a very good race, the first three were together until the final descent when Rob Haworth showed his speed to get clear of 2nd place Gareth Jackson and team mate Rick Solman, 3rd. Clayton Harriers won the men's team. In the women's race Alison Smith won her 2nd Stanhill race with Barbara Savage 2nd and team mate Alison Martin 3rd. Clayton also won the women's race.
In the Under 16 race Ashley Kay set new record in 9.27 and Melanie Hyder won the girls under 16. Under 10 winner was Marcus Preedy with Leon Passco 2nd from Clayton.
Under 8 winner was Josh Stansfield (Rossendale). Under 10 girl winner was Shannon Park and under 8 Girl was Zara Preedy (Rossendale). Under 6 winner was Thomas Passco (Clayton).

Lee Passco		
1. R. Haworth O/45	Horw	34.38
2. G. Jackson	Ross	34.49
3. R. Solman	Ross	35.01
4. G. Shaw	Clay	35.22
5. N. Hardiman	Clay	36.04
6. J. Vaudrey	Unatt	36.23
7. C. Bolton	Darwen	36.35
8. J. Dugdale	Clay	36.52
9. S. Clarke O/40	Clay	36.59
10. S. Ball O/40	Accrin	37.04
VETERANS O/50		
1. (13) M. Green	Clay	37.57
2. (27) C. Waterworth	Horw	41.10
3. (31) F. Getz	Unatt	43.27
VETERANS O/60		
1. (34) T. Peacock	Clay	43.55
2. (50) P. Scott	Horw	56.42
3. (51) D. Dickson	Ross	56.56
LADIES		
1. (19) A. Smith	Clay	40.02
2. (43) B. Savage O/40	Accrin	46.06
3. (45) A. Martin O/40	Clay	46.52
4. (46) K. Lowes O/45	Accrin	48.05
5. (48) R. Simms O/40	Darwen	56.40

54 finishers

TOTLEY MOOR
Derbyshire
AS/5m/1500ft 22.05.07

With the weather being kind to us this year, and the promise of a new route, we had a record entry of over 200 runners. The new route took runners up a few more climbs – the main one being the 'East Face' of Totley Moor up to the Cairn Beacon. After passing the trig point the old route was re-joined; but another detour then avoided the usual stretch on the road. At the finish most runners said how much they enjoyed the new route – so we'll probably keep it the same for next year.
Dark Peak had their usual strong turnout with 9 of the first 10 places going to them. Rob Little repeated last year's win in 34.08. First V40 was 'Pocket Rocket' Dave Taylor arriving 4th overall. First V50 and 30th overall was 'Big Rocket' Ron Fawcett, whilst the seasoned campaigner Dave Tait was first V60. We even had 3 V70s battling it out; with Bryan Rogers taking the honours.
First lady home was Julie Wilson (29th overall). First V40 lady was Judith Jepson and still a Fat Boy! Ladies V50 honours went to a very chuffed Helen Elleker. First men's team was, unsurprisingly, Dark Peak and first ladies from our very own Totley AC - well done girls!
Finally, a big thank you to all the marshals, results officials and other helpers from Totley AC who made the race a big success.
Richard Snowden

1. R. Little	DkPk	34.08
2. N. Northrop	DkPk	34.17
3. R. Baker	DkPk	34.39
4. D. Taylor O/40	DkPk	34.55
5. S. Maycock	Hallam	35.36
6. S. Marsden	DkPk	35.51
7. M. Sprot	DkPk	35.59
8. S. Patton	DkPk	36.18
9. J. Morgan	DkPk	36.41
10. M. Nolan	DkPk	37.03
VETERANS O/50		
1. (30) R. Fawcett	DkPk	40.38
2. (33) K. Holmes	DkPk	41.28
3. (40) M. Moorhouse	Mat	41.55
VETERANS O/60		
1. (72) D. Tait	DkPk	44.33
2. (100) W. Helliwell	FRA	46.30
3. (127) M. West	DkPk	48.30
VETERANS O/70		
1. (179) B. Rogers	NVets	53.29
2. (206) J. Norman	DkPk	65.36
3. (207) G. Richardson	Clowne	69.21
LADIES		
1. (29) J. Wilson	DkPk	40.35
2. (55) J. Jepson O/40	FatBoys	43.26
3. (86) L. Bland O/40	DkPk	42.25
4. (88) H. Tant	Sheff	45.34
5. (92) H. Elmore	Tot	45.48
(190) H. Elleker O/50	DkPk	56.19
(191) C. Hartwright O/50	Tot	56.55

207 finishers

HARROCK HILL RACE SERIES
Lancashire
BS/5m/900ft 23.05.07

1. N. Leigh	P&B	31.51
2. P. Roby	Unatt	31.57
3. S. Littler	Wesh	32.07
4. P. Muller O/50	Horw	33.11
5. D. Raby	Chorl	33.22
6. J. Sutton	Chorl	33.36
7. S. Diaz	Horw	33.46
8. R. Ashworth O/40	S'thport	35.01
9. D. Townsend	Wigan	35.06
10. A. Stavely O/45	Burnden	35.12
VETERANS O/50		
1. (4) P. Muller	Horw	33.11
2. (17) D. Buckley	Wesh	36.59
3. (19) T. Hesketh	Horw	37.27
VETERANS O/60		
1. (37) P. Murray	Horw	41.28
2. (48) N. Griffiths	Spect	42.45
3. (55) G. Large	NVets	44.00
VETERANS O/70		
1. (77) G. Arnold	Prest	49.12
2. (90) R. Bray	Bl'pool	58.06
LADIES		
1. (16) P. Jackson	Horw	36.45
2. (18) Y. Wyke	Wigan	37.25
3. (24) L. Heyes	Horw	39.31
4. (33) J. Wilson O/40	S'thport	40.40
5. (44) K. Forster O/45	Spect	42.15
(71) J. Atkins O/60	Chorl	47.42
(80) M. Bowker O/50	S'thport	49.50

91 finishers

BATCH BASE
Shropshire
AS/3m/1000ft 23.05.07

A super evening, the course was well marked and even the bracken had not grown too much. Scott Fraser broke the record by 38 seconds, Graham Gristwood was inside the record as well. Tom Awens came 3rd after a tough run at Fairfield. Anna Bartlett had a fantastic run, breaking the record by 14 seconds, again after doing Fairfield. Ed Davies is getting faster with a well earned 6th place for 1st vet 50.
Phil Harris

1. S. Fraser	Loth	26.45
2. G. Gristwood	Mercia	26.58
3. T. Awens	Mercia	27.14
4. I. Huston	Unatt	28.06
5. P. Vale	Mercia	28.12
6. E. Davies O/50	Mercia	30.20
7. A. Yapp O/40	Mercia	30.30
8. G. Jones O/50	SAC	30.42
9. A. Nicholls	Wrekin	30.55
10. J. Castillo	SAC	31.02
(25) A. Lewis O/50	SAC	34.25
VETERANS O/60		
1. (49) J. Combes	Mercia	37.56
2. (79) J. Brown	Newp	47.18
LADIES		
1. (13) A. Bartlett	SAC	31.46
2. (30) M. Price	Mercia	35.20
3. (48) T. Gordon	Unatt	37.50
4. (54) L. Garside O/40	TAC	39.03
5. (62) G. Harris O/50	Mercia	41.01
(63) A. Lewis O/50	Mercia	41.16

HUTTON ROOF CRAGS RACE
Lancashire
BM/7m/1300ft 26.05.07

Ricky lightfoot blazes a trail at Hutton Roof.
The sun shone as competitors rolled up for this year's crags race. After two years of appalling conditions it was great to see runners enjoying the limestone tracks and scenic views. It was a blistering pace, however with two Ellenborough athletes, Ricky Lightfoot and Brian Taylor giving past winner Lee Samaszko a hard time. The route is well flagged because traditionally a lot of road runners do this race. Never the less two runners went slightly wrong at the base of Farleton Knott giving Craig Roberts chance to attack up the scree slope but victory was to evade him yet again. Paul Dugdale had a good race enjoying the fast early pace and was 5th while climbing the knott but he faded a little towards the end.
It was good to see local amateurs having a go this year with Steve Elliot having the shock of his life as he faced the steep slopes of Farleton Knott for the First time. One runner had brought his brother in law from Holland who was full of admiration for the lads at the front who manage to run up these steep slopes. Some athletes from Idle AC turned up late and even stopped for cakes before completing the route.
This is a great little race with a traditional country fair that has something for everyone especially if you like cakes! The locals are out in force marshalling, timekeeping and providing entertainment back at the finish. They deserve special thanks for the professional way the whole event was run. Mark it in your diary for next year, but come early to avoid Bank Holiday traffic.
John Dickinson

1. R. Lightfoot	Ellenb	47.20
2. L. Siemaszko	L'pool	48.01
3. B. Taylor	Ellenb	49.21
4. C. Roberts O/40	Kend	49.26
5. A. Osborne	Leeds	50.08
6. M. Whitelaw	Annan	50.16
7. C. Miller	H'gate	50.27
8. P. Dugdale O/40	Kend	50.32
9. C. Heys	Horw	51.32
10. C. Doyle	Helm	51.42
VETERANS O/50		
1. (13) G. Schofield	Horw	52.54
2. (15) B. Procter	Helm	54.02
3. (33) G. Johnston	Bwfac	57.51
VETERANS O/60		
1. (109) T. Finikin	Kghly	68.56
2. (115) D. Harrison	Kesw	69.19
3. (120) J. Hodgson	Dallam	70.00
VETERANS O/70		
1. (149) G. Arnold	Prest	78.50
LADIES		
1. (21) J. Waites	CaldV	55.35
2. (31) S. Newman O/40	CaldV	57.26
3. (58) S. Charnock	AchR	61.02
4. (80) D. Haggar O/40	Ilk	64.05
5. (84) R. Avanessian	Manch	64.32
(138) J. Atkinson O/60	Chorl	74.25
(155) M. Bowker O/50	Sth'port	80.30
(168) M. Rosen O/50	L&M	88.08
JUNIOR FELL RACE		
1. Jake Lowther	Helm	13.32
2. T. Coates	Unatt	13.52
3. J. Lowther	Helm	14.03

172 finishers

ISLE OF JURA FELL RACE
Scotland
AL/16m/7500ft 26.05.07

"What a fantastic event!"

That's the comment we get from everyone we bump into about this year's Jura race (they're usually proudly wearing a fast fading T-shirt). In our second year organizing the race we managed to lay on the best weather for nine years. And, even better, I got to run – it was Mandy's turn to be Race Director on the day. She did a great job at Race Control, so good in fact that I suggested she should do it every year – her reply is unprintable!

I hope you all enjoyed the race as much as I did, it was great to get a view from the Paps and it seemed to make for a close race up front with Ian Holmes just beating Lloyd Taggart, with our fellow Todmorden Harrier, Jon Wright, having a great run to clinch 3rd place.

A big thank you to Donald Ewan Darroch and his team of marshals who had an easier job this year compared to most when it's often a battle against wind and clag just to get to the summits to check you all through. They could actually wave to each other from the summits this year. And thanks to Glasgow Raynet, who provided the flawless comms system – they're plotting some kind of big screen at base next year so that supporters can see who's passed through each checkpoint! Watch this space.

Photo courtesy of Bill Smith

Ricky Lightfoot, the eventual winner, leads runner-up Lee Stemaszko on the first climb of the Hutton Roof Crags race

Apologies for the slight detour across Islay but this was unfortunately just one of those things. We were lucky with the weather and enjoyed a pleasant cycle both ways but I know some of you got slightly damp. We're assured that the Port Askaig pier will be ready for next year's race!

The junior races seem to get more popular every year, this year we had over 80 youngsters competing to get one of the coveted T-shirts. I think the kids look forward to the races more than the senior runners. I know of one chap who wasn't going to come to Jura this year but his 6 year old lad put him right. "Yes, Dad, we're going, I want to do the race again so you'd better get the ferry booked." We last saw them cycling back towards Islay, young Tom proudly wearing the 2007 T-shirt. "I slept in it" he assured us.

The island seemed to be full of celebrities this year. Not just legendary fellrunner Holmes, and numerous previous winners and race organizers, but also the well known author, Will Self, had taken up residence at the distillery Lodge. "You're Will Self", I said in a statement of the bleedin' obvious as he strolled down to the cooperage before the race. "So who are you then?" he stared down at me from his lofty height. Having explained that I was the assistant to Race Director, Mandy Goth, he proceeded to interview me "for this programme I'm doing for the BBC". He asked me why we ran over the hills, and what we experience when we're doing it. I regaled him with how we were just simple mountain loving folk who liked a challenge. …and, "How do you run down mountain precipices?" he asked, "is it true that you windmill your arms to slow yourselves down?" Where did he get that impression? We'd all look a tad demented if we raced down the scree off pap three windmilling our arms. You'd have someone's eye out! I'm going to check it out at the next race; have we any closet windmillers out there? I pondered the question, looked puzzled and quoted Jos Naylor's "reading the stones" advice. I dread to think what else I rambled on about. I'm not sure I'm looking forward to hearing my broad Lancashire musings on Radio 4.

But, as for my picture on the front cover of GQ magazine. Now that is something to look forward to! Mark Russell, Chief Sub Editor of GQ, still turned up for the race despite his gruelling fell running baptism at the Achille Ratti hut in Langdale in February. We'd already warned him that the steep smooth curves of the Paps belied their rugged exterior and he confessed that he winced as he got his first close up view of the Paps on Friday, hardly believing their grand scale. But, with the encouragement of race guides Chris and John Preston he completed the race. A great effort for someone in their first ever fell race – we look forward to his article in GQ.

You may well get to see yourselves on video if you were at this year's race. I've heard that footage is likely to be posted on YouTube, and local, Scott Tait, was filming a video of the days events for the distillery website. We'll post links on www.jurafellrace.org.uk when available.

Our passions in life are fellracing and mountaineering. And we enjoy a dram or two of good malt whisky. So, it didn't take much to persuade us to become the organizers of one of the toughest fell races in Britain, sponsored by one of the best whisky distilleries in the world. Spending a week in such a friendly and stunningly beautiful place seems to get more pleasurable each year. We'd like to extend our special thanks to everyone on the island who make all of us feel so welcome… and to the Jura Distillery for their generous sponsorship of the race… and to all the locals who put in a lot of behind the scenes effort to help make the race the grand occasion that it always

is… the camping field, the sumptuous grub, the beer and banter in the hotel, the pipe band, and the ceilidh. They make it a very special race in the hearts of fellrunners, many of whom return every year for their annual injection of Jura hospitality. We're looking forward to next May already. See you all there.

Mandy Goth & Phil Hodgson

1. I Homes O/40	Bing	3.18.31
2. L. Taggart	DkPk	3.20.45
3. J. Wright	Tod	3.39.53
4. J. Deegan O/40	Amble	3.46.14
5. R. Lawrence	Bing	3.46.18
6. A. Keith O/40	HBT	3.46.58
7. A. Trigg O/40	Penn	3.49.25
8. J. Aylward O/40	P&B	3.50.38
9. M. Hulley	DkPk	3.52.33
10. A. Davis O/40	Carn	3.53.09
VETERANS O/50		
1. (16) J. Holt	Clay	4.02.34
2. (24) D. Scott	Ochil	4.09.06
3. (35) P. Hodgson	Tod	4.18.26
VETERANS O/60		
1. (42) K. Carr	Clay	4.24.19
2. (83) T. Bowie	Fife	4.58.59
3. (97) M. Walford	Kend	5.09.11
LADIES		
1. (22) A. Mudge	Carn	4.07.55
2. (57) H. Jones	Dallam	4.33.42
3. (58) S. Hammond O/40	Tatten	4.34.31
4. (7) N. Jaquiery O/40	Ilk	4.55.20
5. (84) S. Ward O/40	DkPk	4.59.00

HELVELLYN FELL RACE
Cumbria
AM/11m/4500ft 27.05.07

This was a typical Bank Holiday Sunday in the lakes, pleasant, late spring weather punctuated by burst of driving, freezing rain. This contrast in weather emphasises the need for everyone to be properly equipped. However, although many competitors were sensibly carrying more than the minimum required, we again had a number of people who had not brought with them full waterproof body cover. Fortunately, I was able to loan items of equipment to people. However, it would help if everyone would turn up at races with the minimum requirements of wind and waterproof top and bottom, compass and whistle, and map of the race route (maps are provided at this race).

I also had enquiries about the best footwear. For future reference, studs, and good studs at that are needed, this is Helvellyn, folks, and there is a very testing, steep descent at the end of the race.

Having taken some competitors to task, I must myself apologise for the fact that we did not have a marshal on Helvellyn. Ken Ledward, who has been performing this duty for the many years that this race has been in existence, did turn up on Helvellyn, but on the following day! This was as a result of confusion which arose because we changed the date of the race – a matter for which I take responsibility.

Thanks to everyone who took part and came along to support runners; everyone who helped with registration and results; our marshals, who endured some atrocious weather conditions; our sponsor, Pete Bland Sports; members of Keswick AC for refreshments; and last, but not least, Duncan and Gillian Stuart for their usual hospitality.

Allan Buckley

1. N. Lockwood	Borr	1.53.00
2. J. Archbold O/40	Borr	1.54.11
3. B. Wilkinson O/40	Borr	1.54.15
4. P. Cornforth	Borr	1.54.52
5. C. Fray O/40	Chesh	1.56.10
6. M. Mikkelson Barron	Borr	1.56.56
7. R. Lightfoot	Ellenb	1.57.25
8. W. Veitch	Kesw	1.58.02
9. J. Blackett O/40	DkPk	1.59.41
10. N. Ashcroft	Amble	1.59.42
VETERANS O/50		
1. (31) M. Mallen	Durham	2.12.50
2. (34) C. Rafferty	Thirsk	2.15.45
3. (46) G. Wright	Ross	2.25.19
VETERANS O/60		
1. (58) G. Breeze	Skyrac	2.30.06
2. (73) M. Walsh	Lytham	2.44.16
3. (88) P. Walsh	Lytham	2.59.48
LADIES		
1. (11) N. White	Bing	2.01.01
2. (54) E. Clayton U/20	Scunth	2.27.37
3. (61) C. Miller	W'lands	2.33.43
4. (64) J. Moore	Kesw	2.34.48
5. (66) S. McGuire	Ross	2.37.12

92 finishers

MYNYDD TROED
Powys
AM/7m/2700ft 27.05.07

The second running of this elongated version of the Llangorse Loop suffered from high winds and persistent rain but the virgin fell runners from Tring in darkest Hertfordshire and from Chepstow Harriers weren't daunted. Nor were the would-be entrants who arrived an hour late due to confusion about the start time for which the race organizer apologises humbly.

Ian Wellock, a Hunters Bog Trotter based in Somerset, did well to keep his feet and break the hour despite the conditions. Good times too from Kevin Harding, first V40, and Harry Matthews from just down the hill in Talgarth. First lady was also a local, Emma Bayliss, 80 seconds ahead of another Tringer, Alison Harding (how often do husband and wife both come second?). Another minute or so behind was Chepstow's Club Champion, Sue Ashton, who coincidentally was born in Hertfordshire (as was the organiser – but why would you want to know that?).

One more Hertfordshire family snippet – Mandy Bonthrone – beat her teenage son, Callum, by 81 seconds.

Many thanks to the cold and wet marshals – John Sweeting, who also flagged the second mountain and Andy Stott, who manned two checkpoints at once. And to John Darby who marked the first mountain and also finished the race as third M50. Thanks also to the Tring kids who helped the miserable organizer at the finish.

Dick Finch

1. I. Wellock	HBT	59.54
2. K. Harding O/40	Tring	61.16
3. H. Matthews	MynDu	61.45
4. M. Shaw	MynDu	63.37
5. C. Jones	WFRA	65.51
6. S. Butterworth	Eryri	68.04
7. M. Lawson	Chep	68.22
8. N. Davis	Chep	69.04
9. P. Gardiner O/40	FRA	69.56
10. Wheeze O/40	Brych	70.15
VETERANS O/50		
1. (22) S. Littlewood	Heref	75.06
2. (23) M. Ligema	Ludlow	75.21
3. (26) J. Darby	MDC	79.18
VETERANS O/60		
1. (37) G. Gunner	CroftAmb	85.59
LADIES		
1. (30) E. Bayliss	MynDu	81.39
2. (32) A. Harding O/40	Tring	82.59
3. (35) S. Ashton O/50	Chep	84.22
4. (38) M. Bonthrone O/40	Tring	87.27
5. (47) H. Duffield	Chep	95.28

53 finishers

THE DODD FELL RACE
Cumbria
4.5m/1100ft 27.05.07

The Dodd Fell Race had gone the way of many other traditional races have over the years it had simply faded away. Last year one runner turned up to find no competitor or marshal willing to help him run a classic fell racing course.

Imagine in a perfect steep sided U-shaped valley bottom clad in the good green stuff, those at the "A Day in the Dales Show" again not having the excitement of seeing a battle unfold over the entire route of the race. Such is the route every trod is visable to supporters in the show field. Activities included Lurcher (High Jump & racing), Terriers 'Fastest through the Pipe', Cock of the North, Pride of the Peaks, Stick Show, Sheep Shearing, Hang Gliding & Hollaring, etc.

A small bunch of enthusiasts with less than two months to go took on the challenge of resurrecting the race. Following a meeting of all involved and getting the race registered in three weeks, leaflets and publicity on the FRA web site led to 26 runners competing for the new trophy.

Former and new record holder, Gary Devine, won a race of steep climbing on tussock and peak hags across uneven limestone ground and sharp descent. He was followed closely by constantly improving Dave Wilby. Kelly Harrison was first lady taking home the new trophy and large home made cake also. The irrepressable Ben Grant was first vet 50 plus. Supporters provided other prizes for one third of the racers.

Absence makes the heart grow fonder. The warm reception enjoyed by all involved in the activites of the show was noticeable. Thanks to all involved, Philip Broadbent and the land owners, Maurice and Evone Bell, for the prizes, trophies, including use of their land and for all the hard work that goes into such an event. Thanks also to all the marshals, runners and supporters for making this a special event. We're one step closer to the English Championships being held here!!

1. G. Devine	P&B	29.35
2. D. Wilby	Ilk	31.43
3. G. Jones	Nthumb	31.50
4. P. Wilkin O/40	ThirskS	32.10
5. A. Minster	Unatt	32.55
6. B. Grant O/50	H'gate	33.50
7. O. Fielden	Helm	36.21
8. M. Roberts O/40	Tod	36.42
9. D. Scholes	Unatt	37.41
10. V. Rutland O/50	NYM	37.53
(15) P. Metcalfe O/50	Unatt	40.50
LADIES		
1. (19) K. Harrison	Ilk	41.19
2. (24) S. Roberts O/40	Tod	48.55

26 finishers

BAMFORD SHEEPDOG TRIALS FELL RACE
Derbyshire
BS/4.5m/1000ft 28.05.07

Many thanks to all runners who participated. This year we had 88 runners, but previous years we have had 120+. Due to the typical Bank Holiday weather of hail/rain and cold, it's probably understandable.

The first mile of the course is level, which allows runners to get warm and spread out. A sharp left hand turn up 'Parkin Clough' which is a severe climb of about ½ mile; through the trees, very sheltered but very rough. Sharp right hand bend level for about 500 yards, then sharp left hand up hill through heather to the top of 'Winhill', around the trig post (very exposed) and then start descent. This is virtually a straight line, and visible to spectators, through fields/heather/scrub.

This year our trial was won by John Brown, his first

attendance as well.

Malcolm Sowerby

1. J. Brown	Salf	31.34
2. P. Winskill	DkPk	32.00
3. J. Morgan	DkPk	33.31
4. S. Maycock	Hallam	34.19
5. M. Stenton O/40	DkPk	34.27
6. J. Chambers	Stockp	34.36
7. M. Webster	DkPk	34.56
8. K. Davison	DkPk	35.03
9. N. Shepherd O/40	Bowl	35.10
10. T. Austin	DkPk	35.41
VETERANS O/50		
1. (11) G. McMahon	Nott	35.49
2. (12) R. Fawcett	DkPk	36.20
3. (16) K. Holmes	DkPk	36.48
LADIES		
1. (8) K. Davison	DkPk	35.03
2. (22) A. Lupton	Rad	37.43
3. (37) K. Bryan-Jones	DkPk	40.54
4. (43) J. Gascoigne O/40		43.43
5. (44) A. Jones		44.05
(46) E. Rose O/40	Penn	44.12
(64) B. Haigh O/50	P'stone	46.47
(70) B. Nixon O/50	P'stone	48.04

88 finishers

MYNYDD MYFYR HILL RUN
Shropshire
BS/4m/500ft 28.05.07

An excellent turn out for this popular event which is run for charity. The 4 plus mile run is not too difficult, making it suitable for all standards of runners.
English International fell runner, Mike James, set the second fastest time, and compatriot Ana Bartlett, who had taken first place in the Cader Idris race 2 days previously, also set the second fastest time for the course.
Tim Davies holds the men's record when in 2003, he ran the course in 19.53, and in 2005 Amanda Wright set up a time of 22.58.

Doug Morris

1. M. James	Shrews	20.17
2. I. Houston	Mercia	21.41
3. D. Mansbridge O/40	Telf	22.07
4. J. Montgomery O/40	Clwyd	22.45
5. A. Birch	OswOly	23.03
6. P. Jones	OswOly	23.46
7. E. Davies O/50	Maldwyn	24.06
8. H. Jones O/45	Maldwyn	24.12
9. P. Stinton	Buck	24.24
10. N. Blake O/45	OswOly	24.31
VETERANS O/50		
1. (7) E. Davies	Maldywn	24.06
2. (16) B. Thompson	Hales	25.41
3. (21) S. Jones	Eryri	26.41
VETERANS O/60		
1. (32) P. Roberts	Buck	27.25
2. (57) G. Hughes	Prestat	29.45
3. (80) A. Hodgkiss	Telf	34.19
LADIES		
1. (12) A. Bartlett	Shrews	24.39
2. (20) L. Insall-Jones	BTA	26.34
3. (27) S. Bartram O/40	Hales	26.54
4. (35) A. Tickner	OswOly	27.45
5. (36) D. Urquart	Buck	27.47
(48) L. Garside O/40	Telf	29.17
(52) K. Braznell O/50	Hales	29.27
(59) S. Greaves O/50	OswOly	29.54

91 finishers

SURREY HILL RACES
Surrey
02.05.07

This was my third year as organiser. This will be remembered as the year when the event was run in the winter (very cold, 4–6°C, persistent rain, and strong wind on the ridges)!
The number of competitors, at 72, was down on last year, probably because of the weather, which also meant that we could not hold a formal prize-giving ceremony. Despite all this, nearly all the runners said that they had enjoyed the race.
A few competitors, as in previous years, ignored warnings on the flyer to the effect that the event requires runners to navigate and recommendations that runners recce their routes beforehand. One runner took 4 hours 15 minutes to do the 18-mile course; two others had to phone for help. For the first time this year, we put on guided recce runs, which a few runners did take advantage of.
Thanks, as ever, to the magnificent SLOW helpers, to the land-owners, and to the competitors.
Virginia Catmur

RACE A

BL/18m/2535ft

1. E. Catmur	SLOW	2.15.42
2. P. Forester	IND	2.28.06
3. M. Nolan	DkPk	2.28.11
4. P. Nixon	SLOW	2.28.59
5. S. Bush O/40	DMVAC	2.29.34
6. A. Squire	Billeric	2.31.48
7. A. Henderson O/40	Durham	2.33.20
8. A. Doyle O/50	GO	2.36.54
9. C. Court	SLOW	2.42.40
10. P. Nicholls O/50	GO	2.49.49
(11) H. Balfour	Dulw	2.55.43
VETERANS O/60		
1. (18) A. Waring	DMVAC	3.20.33
LADIES		
1. (9) C. Court	SLOW	2.42.40
2. (14) K. Phillips	IND	3.12.52
3. (19) J. Keane	IND	3.20.40
4. (23) C. Donald O/40	Maiden	3.44.53

24 finishers

RACE B

10m/1268ft

1. D. Rollins O/40	BAOC	1.07.50
2. P. Couldridge	BAOC	1.10.24
3. J. Edwards	Warrior	1.11.55
4. R. Brown O/40	HuntBog	1.13.05
5. J. Emmines	LOK	1.14.56
6. J. McMillan	SLOW	1.16.04
7. T. Brockington O/50	Springf'ld	1.16.13
8. N. Green O/40	MV	1.17.17
9. N. Bush O/50	IND	1.19.13
10. M. Salmi	IND	1.19.53
(18) M. Smith O/50	GO	1.27.29
VETERANS O/60		
1. (19) J. Pratt	LOK	1.34.18
LADIES		
1. (10) M. Salmi	IND	1.19.53
2. (20) J. Nolan	DkPk	1.34.37
3. (27) J. Hermolle	IND	1.55.55

31 finishers

RACE C

6m/730ft

1. D. Abrams	GO	48.29
2. G. Newton O/60	MV	53.36
3. A. Janulynas	IND	68.16
4. S. Howes O/40	SAX	69.26
5. V. Catmur O/50	SLOW	71.04
6. E. Blanchard	IND	75.07
7. G. Burrow O/60	W'thing	77.01
8. J. Hermolle	IND	79.24
9. P. Hermolle O/60	IND	79.27
10. R. Johnson	IND	81.29
(11) C. Glew O/50	SLOW	82.03

12 finishers

SHUTLINGSLOE FELL RACE
AS/2m/900ft 28.05.07

A succession of downpours during the afternoon meant that only the most dedicated hardcore of runners braved this year's event, but were rewarded with fine weather for the race itself. The damp underfoot conditions were not favourable for breaking records over the challenging and steep course, but did add to excitement, particularly on the descent through the bluebell wood.
Watched on by a large crowd of spectators attending the Wildboarclough Rose Queen fete, Simon Bailey led from the start, but was pushed hard by Lloyd Taggart and team-mate, Tim Werrett, on the ascent of Shutlingsloe. Lloyd's second place run in the Isle of Jura two days earlier eventually appeared to tell letting Simon pull away on the descent from Shutlingsloe and over the final few hundred yards back to the finish at Crag Hall. Simon's winning time of 15:49 was 38 seconds outside his own record set in 2004, but was exceptionally quick given the conditions. Jo Mott was the first Lady home in 27:29 and Bashir Hussain first Vet (V40) in 19:21.
The team trophy was won by Dark Peak (Lloyd Taggart, Mark Salkild and Robert Hutton) with defending champions Cheshire Hill Racers second, but only by virtue of Lloyd Taggart's second place finish overall.
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	15.49
2. L. Taggart	DkPk	16.37
3. T. Werrett	Mercia	17.42
4. S. Harding	Congle	19.13
5. J. Nuttall	Chesh	19.18
6. B. Hussain O/40	Stockp	19.21
7. B. Fairmaner O/40	Chesh	19.31
8. N. Bassett O/40	Staff	19.36
9. N. Curtis	FatBoys	19.41
10. M. Jagger	Unatt	20.23
VETERANS O/50		
1. (18) P. Wheatcroft	Unatt	25.44
2. (19) D. Walker	Maccle	25.48
3. (31) P. Mountford	Unatt	30.57
LADIES		
1. (23) J. Mott	Unatt	27.29
2. (29) G. Spencer	Rother	30.05
3. (33) D. Spencer	Rother	34.29

33 finishers

AUSTWICK AMBLE
North Yorks
BM/8m/1200ft 28.05.07

Another good turn out for this event with 112 runners in the senior race. The weather was mixed with some showers verging on hail on the higher ground. All competitors finished the course with Mark Aspinall finishing first and Jo Buckley first lady, only 32 seconds outside of Candice Leah's record. The race is part of the village annual street market which is a traditional event with street entertainers band, side shows etc which does make for an interesting finish with some runners dodging the crowds and the donkeys. Sorry about the droppings, may have cost a few seconds. Thanks to the juniors who ran, sorry more didn't turn out but it meant you all got a prize.

Alec Rigby

Austwick Amble

Photo courtesy of Mike Clark

1. M. Aspinall O/45	Clay	52.33
2. R. Pattinson O/40	P&B	53.08
3. S. Webb O/45	VStr	53.45
4. N. Armitage	Unatt	54.30
5. G. Bailey	Kghly	55.15
6. A. Grant O/40	Abbey	55.32
7. P. Singleton	Amble	55.43
8. P. Knowles	Amble	56.17
9. C. Phelan O/45	SthLon	56.20
10. N. Armitage	PudseyP	56.31
VETERANS O/50		
1. (14) P. Butterworth	Clay	57.37
2. (19) D. Collins	Tod	58.59
3. (27) J. Wheldon	PudseyP	60.13
VETERANS O/60		
1. (50) G. Howard	Unatt	63.01
2. (56) C. Beauvais	SthLon	64.49
3. (74) D. Scott	Clay	68.39
LADIES		
1. (15) J. Buckley	CaldV	57.52
2. (48) S. Sarginson	Bowl	62.51
3. (53) S. Malir O/40	Ilk	64.02
4. (55) A. Kelly O/45	Clay	64.26
5. (75) W. Dodds O/55	Clay	69.17
(104) K. Whitfield O/50	TRA	82.15

112 finishers

TWO RIGGS FELL RACE
Cumbria
BM/6.5m/1350ft 29.05.07

Honours for the night must go to a new prize category which we introduced this year – the under 20s: Lee Amor was 12th overall and Emma Stuart was not only the first lady under 20, but 2nd lady overall and first in the wining Keswick ladies' team. This was very much a family affair, with Emma's distinguished dad, Kenny, giving out the prizes.

Congratulations also to Borrowdale, again taking the team prize, following their victory at Helvellyn only two days previously. However, an impressive run from Ricky Lightfoot meant that they did not manage the first three places, and Dave Milliken finished 5th overall, and first man over 40.

Thanks to: everyone who competed or came along to support; everyone who helped with registration; results and marshalling; our sponsor Pete Bland Sports; and last but by no means least, Duncan and Gillian Stuart, for their usual hospitality, and to Gillian for organizing the refreshments.

Allan Buckley

1. B. Bardsley	Borr	41.08
2. R. Lightfoot	Ellenb	41.29
3. N. Donnelly	Borr	41.45
4. C. Steele	Borr	42.18
5. D. Milliken O/40	Horw	42.30
6. S. Booth	Borr	43.16
7. B. Taylor	Ellenb	43.45
8. N. Amor	CFR	44.00
9. C. Doyle	HelmH	44.14
10. D. Birch	Kesw	44.35
VETERANS O/50		
1. (29) D. Owens	Kesw	51.45
2. (32) N. Cassidy	Tyne	52.15
3. (43) P. Blanshard	Eden	56.11
VETERANS O/60		
1. (57) D. Harrison	Kesw	60.40
2. (60) R. Booth	Kesw	61.23
3. (81) H. Blenkinsop	Kesw	98.03
VETERANS O/70		
1. (76) J. Rutter	Kesw	72.10
LADIES		
1. (28) S. Tunstall	York	51.21
2. (47) E. Stuart U/20	Kesw	57.38
3. (51) C. Brennan	Kesw	59.22
4. (58) L. Dunn	Kesw	61.01
5. (59) S. King	Kesw	61.07
(72) S. Roberts O/40	Tod	67.07
(75) M. Bridge O/50	Kesw	70.08
(78) J. Rydall O/40	Unatt	73.31

82 finishers

KILLINGTON SPORTS FELL RACE
Lancashire
AS/1.5m/400ft 31.05.07

Killington Sports was again held on the Thursday of Spring Bank week. A record crowd was there to see some exciting races, with all four fell races enjoying idyllic weather. Tom Addison led the senior race to the top, but Danny Parkinson used his superior speed to overhaul him on the descent. Alistair Dunn finished 3rd, saying he felt his age in such a quick race. Danny went on to run in the mile handicap later in the evening.

Rebecca Gledhill was a comfortable winner in the ladies' race.

Joss Addison had to work hard to beat Matthew Fretwell in the 16 and under fell race, with Mel Hyder easily winning the girls' section. In the 13 and under race Roy Addison coasted to victory over Will Marshall and Beau Smith, while local girl, Eilidh Sproul, impressed everyone by beating Robin Goodfellow by just 9 seconds. Sam Hambridge made his trip worthwhile, beating Thomas Taylor and Martin Bainbridge in the 12 and under race. Megan Stuart was nearly a minute clear of Loren Appleyard for the girls.

Richard Gott

1. D. Parkinson	Kend	10.50
2. T. Addison	HelmH	10.54
3. A. Dunn	HelmH	11.16
4. C. Doyle	HelmH	11.23
5. M. Addison	HelmH	11.34
6. C. Speight	HelmH	12.35
7. H. Davies	Sedb'gh	12.39
8. P. Taggart	Clay	12.49
9. O. Fielding	HelmH	13.04
10. C. Eddie	Unatt	13.10
LADIES		
1. R. Gladhill	HelmH	14.13
2. N. Walkinshaw	HelmH	16.51
3. J. Stuart	HelmH	16.58
4. S. Hudson	Unatt	19.06

35 finishers

JUNIORS

Boys 13 and under

1. R. Addison	HelmH	8.02
2. W. Marshall	Skip	8.20
3. B. Smith	LancsM	8.31
Girls 13 and under		
1. E. Sproul	Kend	9.10
2. R. Goodfellow	Dallam	9.19
3. F. Biddle	Hyn	10.59
Boys 11 and under		
1. S. Hambridge	Nuneat	6.03
2. T. Taylor	Kend	6.09
3. M. Bainbridge	Unatt	6.15
Girls 11 and under		
1. M. Stuart	HelmH	6.17
2. L. Appleyard	HelmH	7.06
3. L. Girm	Unatt	8.07

DUDDON FELL RACE
Cumbria
AL/20m/6000ft 02.06.07

This year the race was an English and British championship counter and in view of the large number of entries the race committee decided to alter the start to avoid congestion on the narrow early section of the event. On another fine day, a total of 373 runners ran the race, which was won by Ian Holmes in an impressive time of 2.42.35. However, Billy Bland's 1981 record of 2.43.00 remains as the new start shortened the route by about 0.5 mile. It is, nevertheless, one of the quickest times for some years. Ian Holmes finished strongly overhauling Rob Jebb and Tom Owens in the second half of the race. 25 year old Tom Owens finished only 15 seconds behind with Rob Jebb, third.

The ladies' race was won convincingly by Janet McIver in 3.18.43, ahead of club mate Karen Davison and Sharon Taylor of Bingley.

The team prize was won by Borrowdale with Dark Peak runners up and also collecting the Ladies' team prize.

The short race was won by Jack Simpson in 1.55.53 with Lindsay Buck the ladies' winner in 2.19.54.

Ben Bardsley (Borrowdale FR) climbing High Rigg on his way to winning the Two Riggs fell race

Photo courtesy of Pete Richards

There was a message of thanks at the end of prize giving from fell racing legend Joss Naylor who won the V70 prize in the short race. The only sour note was the reports of rubbish being discarded on the course.
The race committee would like to thank Jennings Brewery and Black Sheep Brewery for their sponsorship and providing bottled water at the finish, also Peter Bland Sports for his continued support. As usual, the race could not be run without the invaluable help and support of the army of marshals and volunteers many of whom travel great distances to help this year including Northern Ireland, Bedford, Manchester, Kendal and locally from Millom and Broughton.
Thanks also to the local landowners for their support. The evening concluded with a highly enjoyable music evening at the Newfield Inn with various bands playing in the beer garden and inside the Pub.

James Goffe

1. I. Holmes O/40	Bing	2.42.35
2. T. Owens	Mercia	2.42.50
3. R. Jebb	Bing	2.43.57
4. R. Hope	P&B	2.44.28
5. L. Taggert	DkPk	2.45.27
6. N. Sharp	Amble	2.46.59
VETERANS O/40		
1. (1) I. Holmes	Bing	2.42.35
2. (13) J. Davies	Borr	2.54.13
3. (14) D. Milliken	Horw	2.54.29
VETERANS O/50		
1. (29) M. Egner	DkPk	3.08.19
2. (44) P. Crompton	CFR	3.15.34
VETERANS O/60		
1. (46) D. Spedding	Kesw	3.18.05
2. (117) D. Tait	DkPk	3.42.49
LADIES		
1. (54) J. McIver	DkPk	3.18.43
2. (73) K. Davison	DkPk	3.26.46
3. (75) S. Taylor	Bing	3.26.59
(116) A. Raw O/40	Bing	3.42.48
(144) J. Jepson O/40	DkPk	3.50.43
(215) J. Scott O/50	Fife	4.11.56
373 finishers		
SHORT RACE		
1. J. Simpson	Unatt	1.55.53
2. A. Barrett O/40	DkPk	1.56.38
LADIES		
1. (11) L. Buck	CFR	2.19.54

GLAS TULAICHEAN UPHILL RACE
West Lothian
AS/4.5m/2200ft 02.06.07

Running conditions were good for the 12th running of the annual event. The Lochsie Burn was quite low and the southerly wind was favourable. Unfortunately thickening cloud from half way denied runners the panoramic view from the top. Indeed the timekeepers reported that they heard the heavy breathing of approaching runners well before they emerged from the mist.
Twenty Scottish clubs were represented in the field, which was enhanced by the visit of Matt and Bev Whitfield from Newcastle. Their first and second placing respectively, in the mens' and womens' categories, justified their long journey from England. Matt's time was the fastest since Bobby Quinn set a fine record of 33.50, ten years ago.
A thought: I am fond of boasting that although, as a Cub Scout, I failed my Athletes' Badge test three times, I gradually improved for more than 20 years till I won a GB vest or two. So how about Herbie McLean who loves hill running but has never won anything nor beaten the redoubtable Charlie Love till this time, when he won the M 60 category and earned a Scottish vest for the World Vets in Switzerland in September. Have a good trip Herbie. (Note that I will forward to the selectors a copy of the results and of all the entry slips signed by vets.)
A big thanks to everyone who helped in any way, and that's just about all of you. It makes it a very enjoyable event to organise, so I hope to keep going for as long as I can totter up the hill (or someone can mark the course for me.)

Martin Hyman

1. M. Whitfield	Bing	34.57
2. G. Stewart	E'burgh	35.39
3. A. Anthony	Ochil	35.47
4. S. Whitlie O/40	Carn	37.14
5. R. Quinn O/40	Kilbar	37.18
6. D. Weir O/40	Fife	37.51
7. D. Cummins O/40	Shettle	38.44
8. M. Bell	Ed'burgh	38.58
9. E. Paterson O/50	Moray	39.50
10. K. Varney O/50	Cosmic	40.56
(19) K.Whyte O/50	Lochab	43.41
VETERANS O/60		
1. (36) H. McLean	Lothian	51.22
2. (40) C. Love	Dund	52.36
3. (44) S. Cromar	Dund	55.58
LADIES		
1. (18) E. Mooney	Lothian	43.34
2. (24) B. Whitfield	Bing	45.11
3. (27) D. Scott	Lochab	48.39
4. (29) C. Gemmell	Springb'n	49.04
5. (33) L. Gamble	Fife	50.29
(38) A. Hamilton O/50	Cosmic	52.25
(43) D. Johnson O/40	Dund	55.25
(45) L. Noble	Cosmic	57.14
(46) E. Stewart O/50	Cosmic	57.44
47 finishers		

PEN Y GHENT
North Yorks
AS/5.5m/1650ft 02.06.07

1. A Peace	Bing	48.20
2. G. Pearce	Ilk	49.40
3. C. Roberts O/40	Kend	50.06
4. S. Oldfield O/50	BfdA	50.52
5. M. Peace	Bing	51.27
6. M. Chippendale	Bowl	51.55
7. C. Doyle	HelmH	52.54
8. G. Schofield O/50	Horw	52.54
9. H. Haines	Ilk	53.34
10. S. Harding	Congle	54.20
(17) P. Harlowe O/50	Wharfe	55.56
VETERANS O/60		
1. G. Thomas	Bl'pool	72.06
2. J. Atkins	Chorl	75.46
3. P. Henley	L'pool	83.28
VETERANS O/70		
1. B. Thackery	DkPk	86.43
LADIES		
1. S. Haines O/40	Ilk	63.29
2. H. Williams	Kghly	66.08
3. C. Warrington	Knaves	66.40
4. J. Cunliffe	Settle	67.28
5. D. Campbell	Skeldale	68.03

WHARFEDALE OFF ROAD MARATHON AND HALF MARATHON 2007
North Yorks
02.06.07

Once again it was records all the way in these increasingly popular races. The conditions were firm and very dry and the weather on the day was perfect although some would say a little too warm.
In the half marathon Andrew Robertshaw built up a commanding lead by the top of Mastiles Lane striding out to an impressive victory in a time of 1.30.14 knocking a massive 7 minutes off the record. In this form Andrew could be quite a force on the more runnable fells. The ladies' race had joint winners in Tricia Sloan and Kerrie Wood-Doyle. Both ladies decided to run together from early in the race pushing each other to a new record of 1.52.58. (114 finishers)
In the marathon Paul Hart continued his excellent form. Third last year he absolutely smashed the record. The first runner under 3 hours (2.58.37) he won by more than 15 minutes knocking 9 minutes from the record. The recent winner of the Scottish 100K championships, who is inline for his first Scottish vest, set off at a very fast pace and did not let up throughout. Catherine Farrow was the first lady home in an excellent 7th place overall. Despite having a few navigational problems she still managed to beat the course record set by Alison Bogie last year. Catherine ran a time of 3.36.05. (87 finishers)
Thank you once again to the Complete Runner for sponsoring all the prizes.

Michael Hawkins
HALF MARATHON
BL/12m/2300ft

1. A. Robertshaw	Otley	1.30.14
2. P. Elliott-Dick	Knaves	1.35.37
3. M. Aspinall	Clay	1.35.50
4. A. Thorpe	H'fax	1.38.39
5. J. Hutchinson	Ilk	1.42.38
6. R. Fairhurst O/40	Kghly	1.44.43
7. P. Evans	Swale	1.46.53
8. J. Wheldon O/55	PudseyP	1.47.42
9. S. White O/50	Clay	1.50.47
10. B. Gudger	Unatt	1.50.59
(16) D. Burdon O/50	Pudsey	1.53.42
VETERANS O/60		
1. (26) P. Robinson	Otley	1.58.47
2. (38) J. Robertshaw	Otley	2.06.13
3. (73) K. Robertshaw	Otley	2.25.22
VETERANS O/70		
1. (50) G. Booth	Longwd	2.13.02
2. (54) P. Lambert	Valley	2.16.02
LADIES		
1. (13) T. Sloan O/40	Salf	1.52.58
2. (14) K. Wood-Doyle O/40	Stockp	1.52.58
3. (18) A. Kelly O/45	Clay	1.57.16
4. (29) S. Elliot-Dick	Knaves	2.01.35
5. (33) A. Barrett	Skipt	2.04.03
(41) M. Pool O/55	Unatt	2.08.30
(73) K. Robertshaw O/60	Otley	2.25.22
(93) N. Smith	Bl'burn	2.36.31
(94) E. Newman O/50	Bl'burn	2.36.32
114 finishers		

MARATHON
CL/26m/2600ft

1. P. Hart	Dumfries	2.58.37
2. S. Webb O/45	Valley	3.13.47
3. K. Shelton-Smirth	Unatt	3.21.52
4. C. Stubbs O/40	Idle	3.22.19
5. T. Martin O/45	Clay	3.22.21
6. L. Hill O/45	Dumfries	3.28.57
7. C. Farrow	Valley	3.36.05
8. S. Watkins	Baild	3.39.42
9. N. Ridsdale O/45	Unatt	3.46.44
10. S. Mechie O/45	ThirkS	3.47.27
VETERANS O/50		
1. (15) B. Carey	Linc	3.55.18
2. (18) L. Crownshaw	Killam	4.01.47
3. (25) M McKenzie	Unatt	4.05.25
VETERANS O/60		
1. (45) M. Overton	Tad	4.36.11
2. (51) B. Wilkes	Valley	4.44.27
3. (78) A. Ratcliffe	Kghly	6.30.44
LADIES		
1. (7) C. Farrow	VStr	3.36.05
2. (14) C. Worth O/45	NYorks	3.55.08
3. (17) E. Walls	StAlban	3.58.27
4. (23) A. Heading	Unatt	4.03.56
5. (40) J. Wyles O/40	Unatt	4.23.42
(74) A. Parnaby O/50	Ilk	5.40.28
78 finishers		

KELBROOK FELL RACE
Lancashire
BS/3.4m/700ft 02.06.07

The race was run in near perfect conditions. A strong field saw Paul Guinan narrowly defeat Andy Stubbs by 14 seconds. Andy Stubbs eventually leads the Burnley & Pendle Grand Prix race series.
Tracy Mitchell led the ladies home just 7 seconds ahead of Sue Burn in 2nd place.
Despite the near perfect conditions the records for both male and female remain intact.
Ian Rausay

1. P. Guinan	Bl'burn	22.42
2. A. Stubbs	Clay	22.56
3. M. McGoldrick	Wharf	23.09
4. B. Hogan	Accring	23.18
5. D. Walker	Clay	23.35
6. G. Shaw	Clay	24.10
7. B. Walton O/50	Horw	24.14
8. J. Tomlinson O/45	Clay	24.24
9. T. Martyn	Unatt	24.35
10. P. Archer O/40	Clay	24.40
VETERANS O/50		
1. (7) B. Walton	Horw	24.14
2. (17) D. Collins	Tod	25.35
3. (23) J. Singleton	Clay	26.17
VETERANS O/60		
1. (55) T. Peacock	Clay	30.48
2. (57) S. Bellaries	Clay	31.15
3. (66) M. Coles	Skyrac	32.49
VETERANS O/70		
1. (81) B. Leathley	Clay	39.05
2. (84) B. Smith	Clay	41.14
85 finishers		
LADIES		
1. T. Mitchell	Clay	28.22
2. S. Burn O/45	Clay	28.29
3. D. Wilson	Clay	28.44
4. D. Robson	Clay	28.57
5. A. Wainscot	Clay	29.48
6. I. Roche O/45	Clay	29.56
(13) K. Goss O/55	Clay	36.46
(15) C. Leathley O/55	Clay	38.50
(18) K. Garnett O/65	Clay	43.13
18 finishers		

WELSH 1000 METRE PEAKS RACE
Gwynedd
AL/22m/8000ft 02.06.07

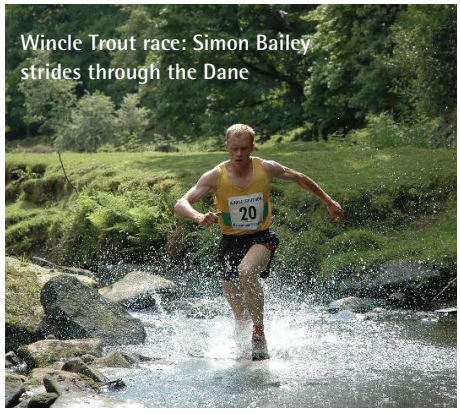
For 37 years the Welsh 1000 Metre Peaks Race has been run with no accident other than the occasional sprained ankle. Unhappily, this year tragedy struck. Paul Upton left the start with the world in front of him. The sun was shining – it was a glorious morning at 7 30 a.m. with the prospects of an exciting day on the hills; everything to go for, companions and team members by his side. Shortly, the world fell part. One slip and his family and all around him are divested. We all put so much into running the race; the competitors, with often the ultimate effort to reach the summit at the end; the organisers and volunteers who bring it together, all in aid of challenge, enjoyment, excitement, friendship and achievement. So many competitors find it tough and challenging but thoroughly enjoyable – that is what they come back year after year.
The organisers try to cover all eventualities but this year it could be said that all our efforts have caused distress and unhappiness. I would like to think that Paul Upton would not see it this way – as I am sure he would. I am pleased to write that it appears to be in no way connected with the organisation, which is a relief. I know that everyone's thoughts are with his family at this tragic time; may time quickly soften their hurt and may many, many entrants in future Welsh 1000 Metre Peaks races find the joy in the event that Paul sought at the start line. Everyone at the scene of the accident and at Ogwen Control were extremely impressed by the way it was handled by the people on the ground and the emergency services. The emergency services did a wonderful job and we express out thanks to them.
If one can see beyond the accident, the race ran very smoothly in 2007. Class A had 111 entries in spite of the championship race in the Lakes. With a total of 332 entries across the event, it shows that there is plenty of support for an event of this nature.
This year the race had an added challenge with the Snowdon summit building demolished. It would have been easy to say "no race in 2007" but that is not the way of our world! Len Foreman took on the challenge of erecting a shelter on the summit and quickly brought together a team that were up to the job. The railway/construction team kindly supported the idea and arrangements were made to get the gear to the summit. Thanks all around to those involved, especially Bill McCann for his liaison with the construction workers and guidance and supervision with the placing and erection of the structure.
One thing that must get a mention this year is that we had two army entrants who did the event without a compass. They did stay with their other team members but the rules are quite clear. We did not disqualify them but they had a time penalty which will, we hope, be sufficient to ensure that it does not happen again.
The overall winner in Class A was Colin Donnelly, a name that is about the most familiar with this event. His name went on the winner's trophy for the first time 18 years ago and even now, being a vet, does not seem to slow things down. Thanks too to all other entrants – without you we would not have a race.
To Jena and Chris a special thanks – we draw people from near and far. It was nice this year to know that the sun sometimes shines on the righteous!
Comments on aspects of the race are welcome and the Gorphwysfa look forward to seeing you all on the start line in 2008.
Harvey Lloyd

ABER START		
1. C. Donnelly O/40	Loch	3.55.14
2. C. Near	Eryri	4.05.28
3. J. McQueen	Eryri	4.16.53
4. G. Jackson	Ross	4.27.09
5. I. Ridgeway	Eryri	4.29.42
6. P. Wilkin O/40	ThirskS	4.35.53
7. J. Wormington O/40	FRA	4.51.29
8. G. Williams O/40	DkPk	4.57.11
9. D. Powell O/40	Aberyst	5.02.20
10. A. Roberts Lady	Eryri	5.03.25
VETERANS O/50		
1. (11) A. Fox	Gloss	5.05.39
2. (14) R. Hall	Salisb	5.23.45
3. (18) I. Edgar	Eryri	5.30.23
LADIES		
1. (10) A. Roberts	Eryri	5.03.25
2. (22) F. Bloor	Unatt	5.32.50
3. (25) M. Gillie	Clwyd	5.38.10
(43) J. Clare O/40	Myst	6.17.08
72 finishers		
OGWEN START		
1. T. Jones	Mercia	1.49.17
2. J. McIlveen	Aberge	1.49.25
3. A. Lewis O/40	Eryri	1.56.56
4. P. Hall	Reading	2.06.10
5. S Cannons O/40	Unatt	2.08.27
6. M. Blake O/50	Eryri	2.09.00
7. C. Smith	Gorphw	2.09.37
8. C. Haines	Reading	2.09.45
9. D. Jones	Eryri	2.10.09
10. E. Williams O/40`	Eryri	2.11.15
LADIES		
1. (12) J. Lloyd O/40	Unatt	2.13.53
2. (15) S. Farrar	Eryri	2.28.27
29 finishers		

WINCLE TROUT RACE
Cheshire
BS/5.5m/900ft 02.06.07

For the 2nd year running the Wincle Trout Run was full to capacity, and this time it was full even before the day of the race. Runners from all over the country - and a few from Holland and France besides - arrived in Wincle on 2 June for the annual fell run and fete.
It was a warm and sunny day once again this year so the runners were really looking forward to wading through the Dane on this short, but demanding fell race, in which every finisher gets a trout.
Local runner, Simon Bailey, the 2004 British and English fell running champion, led the pack the whole way - through the bog beyond the Danebridge Trout Farm, down to Dane and back over Hanging-Stone to the fete. He finished in a new record time for this course, of 32.48, nearly three minutes ahead of his nearest rival, Stuart Maycock from Sheffield. First lady was Donna Cartwright in 44.47.
The junior 3k race – in which the runners also wade across the Dane – was won by 14 year old Andrew Harrison of Preston Harriers, also in a new record time, of 13.04. First girl was 10 year old Shannon Moores, Boalloy, in 16.39.
Alan Weeks

1. S. Bailey	StaffsM	32.48
2. S. Maycock	Unatt	35.33
3. T. Caulton O/40	HattonD	36.42
4. D. Adern O/40	GoytV	36.55
5. S. Edmondson	Horw	37.05
6. S. Lomas	Macc	38.48
7. J. Pendrill	Chesh	38.51
8. M. Cliffe	Unatt	39.00
9. S. Jackson O/40	Congle	39.03
10. P. Newham	Congle	39.36
VETERANS O/50		
1. (34) M. Moorhouse	Matlock	42.55
2. (39) R. McCauley	StaffsM	43.46
3. (51) I. Ankers	SChesh	44.50
VETERANS O/60		
1. (40) P. Roberts	Buckley	43.51
2. (82) J. Morris	Buckley	48.27
3. (96) M. Horton	Boalloy	49.57
LADIES		
1. (48) D. Cartwright	Radc	44.47
2. (52) S. Gilliver O/40	Chesh	44.55
3. (57) R. Avanessian	Mcymca	45.29
4. (58) E.Simoneau	Ath21	45.35
5. (66) M. Rushton	Stone	46.40
(143) K. Cunningham O/50	Unatt	54.04
282 finishers		
JUNIORS		
1. A. Harrison	Preston	13.04
2. E. Ardern	Unatt	14.17
2. D. Lawton	Stockp	14.17
2. L. Burthem	Unatt	14.17
5. A. Mothershaw	Macc	14.34
(10) S. Moores	Boalloy	16.39
31 finishers		



Wincle Trout race: Simon Bailey strides through the Dane

Photo courtesy of Bryan Dale

SCOLTY HILL
Deeside
AS/4.5m/1300ft 03.06.07

The men's race was the closest anyone can remember, with Craig Mitchell only getting away from Dan Whitehead in the last 100m, and 5 runners all finishing within a minute of the winner. This was the 30th running of the race, although the course was changed radically five years ago to make it all off road with two (different) ascents of the hill. The women's race was more easily won by Sonia Armitage from Ruth Mackenzie.
Remarkably the first six women were all vets.
David Hirst

1. C. Mitchell	Lochab	35.59
2. D.Whitehead	Cosmics	36.02
3. J. Britton	Moorf	36.40
4. J. Williamson	Cosmics	36.46
5. J. Stevenson O/40	Ochill	36.53
6. A. Smith O/40	Dee	37.09
7. I. Anderson O/40	Spsaac	38.14
8. M. Harris	Fife	38.18
9. C. Love	Hawk	38.25
10. R. Rees	Fife	38.55
VETERANS O/50		
1. (24) G. Milne	Unatt	44.21
2. (39) G. Marks	Cosmics	48.33
3. (45) B. Murray	Cosmics	51.34
LADIES		
1. (18) S. Armitage O/40	Cosmics	41.22
2. (22) R. Mackenzie O/40	Dee	42.55
3. (27) H. Johnson O/40	Dee	44.57
4. (32) A. Hamilton O/50	Cosmics	46.34
5. (38) A. Buchanen O/40	Central	48.12
(44) J. Kerridge O/50	SHVC	50.54

57 finishers

SHINING CLIFF WOODS FELL RACE
Derbyshire
BS/5m/900ft 03.06.07

1. C. Jeffery	Staffs	31.10
2. N. Bassett O/40	Staffs	31.35
3. C. Sleath	Mansf	32.02
4. A. Rollitt	Ashb'n	32.07
5. D. Southern-Naylor	Unatt	32.52
6. J. Midgley	Ere	33.00
7. D. Holloway	Ilkest	33.01
8. M. Nolan	Unatt	33.32
9. R. Wilkinson O/40	LongEat	33.35
10. L. Woods	ArmyA	33.57
VETERANS O/50		
1. (12) M. Moorhouse	Mat	34.52
2. (27) S. Wickham	Ere	37.36
3. (31) D. Case	Unatt	39.00
VETERANS O/60		
1. (49) F. Makin	HolmeP	46.20
2. (61) T. Barry	HolmeP	51.47
3. (64) M. Edwards	DkPk	54.29
LADIES		
1. (36) H. Cameron	Mat	40.50
2. (50) Z. Fletcher O/40	LongEat	46.24
3. (56) J. Forrester O/50	Mat	48.47
4. (57) S. Sheridan O/40	Milltn	50.04
5. (58) L. Boyle	ArmyA	50.05

65 finishers

YETHOLM HILL RACE
Roxburghshire
AM/8m/2500ft 03.06.07

Veterans dominated this year's race with only 8 seniors in the field of 31 runners. Adam Ward led home club mate Bruce Smith, with Damon Rodwell finishing strongly over Staerough to reel in Wull Hynd and Steven Fallon and defend senior pride. On form David Duncan was 1st V50 with Mike Pearson coming home 1st V60.
In the ladies' race, Kate Jenkins managed to hold off 1st V40 Claire Bagness, despite nipping down to the Kirk at Yetholm! Don't worry, Kate, someone makes that mistake every year!!
After the race several runners wondered what the race would be like run in opposite direction, well come back next year and find out.
Les Turnbull

1. A. Ward O/40	Carneth	70.56
2. B. Smith O/40	Carneth	73.09
3. D. Rodwell	Westies	75.55
4. W. Hynd O/40	Moorft	76.08
5. S. Fallon O/40	Carneth	76.22
6. S. Bennett O/40	Carneg	78.10
7. A. McDonald O/40	Dund	79.31
8. K. Murray O/40	Teviot	
9. J. Kay O/40	Fife	81.27
10. M. McGovern	Moorft	82.00
VETERANS O/50		
1. (15) D. Duncan	Ochil	88.42
2. (25) G. Adamson	NShield	102.41
VETERANS O/60		
1. (31) M. Pearson	Moorft	130.07
LADIES		
1. (16) K. Jenkins	Unatt	94.00
2. (19) C. Bagness O/40	Wooler	94.50
3. (23) J. Turner	Carneg	99.16
4. (26) C. Miller	Westies	103.07
5. (29) J. Smith O/50	HBT	116.31

31 finishers

KRUNCE
Aberdeenshire
BS/3.5m/500ft 05.06.07

5th June 2007 will see the 100th running of the Krunce. Krunce like Trunce will be familiar titles to the more assiduous readers of the FRA magazine but what are they all about?
The Trunce series in South Yorkshire goes back to at least the late 1970s. Every third Monday night over the summer there is a Trunce starting from the pub in the village of Oxspring near Penistone. In its heyday over two hundred runners would tackle a course of about four miles aiming to beat their personal best.
The Trunce course starts along a farm track before a river crossing (stepping stones available for the faint hearted - through the ford, splashing the timid for the rest), then a bit of tarmac before back across the river on a bridge! and up through a quarry. Then it's back down to the river for another set of stepping stones and back along the road to the original stepping stones and farm track to the finish. The scoring system for the series is based around your race position with bonus points for beating your previous best.
In 1989 when I returned to my home town of Aberdeen I looked to introduce to some of the best bits of Yorkshire running. Large in this figured a plan for a Trunce type series. It took a while to scout out possible venues but finally in Kingshill Wood I found a viable route. No river but some hills and lots of off-road running. So was born Krunce, son of Trunce.
I liked the idea of scoring points over a series but wanted to open it up to all so went for a system based on personal improvement rather than at least partly on position. The original scoring system was based on seconds improvement (or deficit) on season's best. Realising that it's easier to improve by ten seconds when you're running 35 minutes rather than 25 minutes the use of an Excel spreadsheet allowed the introduction of the idea of percentage improvement.
The initial format awarded most points to the person with the best percentage improvement on their previous best for the season. This meant that there were five possible scoring races. But there were time bandits who deliberately went slowly on the first race. Their lack of pace judgement meant that they had a ridiculous improvement on the second race but they scooped the maximum points. Another problem was fluctuations in the number of runners so the poorest performer might get 50 points or only 30 depending on the number of runners.
The beauty of this format in offering incentives to all is that nine of the previous fifteen series have been won by a runner who generally finishes in the bottom half of the field. Mind you a certain maths teacher has won on five occasions. Alastair Leiper has won the series five times, the first three while finishing in the top half of the field, the last two as a back marker. Baring injury Alastair will complete his 100th Krunce at the 100th Krunce – an incredible record of consistency and avoiding serious injury.
The latest format uses the percentage improvement idea but allocates points to percentage ranges with 9 points for 104% plus, 8 points for 103-4%, 7 points for 10-3% etc. There is also the possibility of adjusting the scoring ranges if most people run faster or slower than usual.
This year forest operations in September meant a different course and I did not feel it fair to compare times over different courses so the Series was competed over five races. This gave joint winners for the first time. Won't make that mistake again!
Alan is usually a front marker but this year early lack of form gave him a relatively slow time for the first race allowing him to score well despite only three counting races. Colin was generally in the middle of the field but placed consistently to take good points from every race. Elaine, a relative back marker, was hot favourite with one race to go but a sub-standard performance (or a heavy weekend schedule) saw her fail at the final hurdle.
Note how the points for the May race had to be adjusted as almost everyone ran faster than in April.
Ewen Rennie

1. D. Whitehead	23.06
2. M. Edwards	23.22
3. A. Davies O/40	23.35
4. K. Harper	24.00
5. K. Varney O/50	24.02
6. D. Tivendale	24.05
7. A. Smith O/40	24.11
8. J. Williamson	24.21
9. B. Sheridan	24.30
10. S. Boyd	24.40
VETERANS O/50	
1. (5) K. Varney	24.02
2. (16) P. Jennings	25.30
3. (22) R. Coles	26.59
LADIES	
1. (26) C. Whitehead	27.37
2. (34) A. Miller	28.26
3. (43) L. Noble O/40	29.32
4. (47) A. Hamilton O/50	30.16
5. (53) E. Stewart O/50	32.31
(55) G. Clunas	33.27

68 finishers

WAUGH'S WELL FELL RACE
Lancashire
AS/4m/1000ft 05.06.07

This the first race in the Rossendale mid-week series, generously supported by Ultimate Outdoors, saw a new winner in Shaun Godsman, with Simon Thompson second, just over half a minute behind. Andrew Wrench in third but first vet 40, retained his record set back in 1998 (28.55). However, a special mention must be made of Lawrence Sullivan, who took a stunning 5 minutes 45 seconds off the over 70's record! What is he on? Answers on a postcard please!
There was a record turn out from the host club Rossendale Harriers with 46 members, 10 of whom were juniors. First home for Rossendale and in 4th position was young Josh Tighe, still relatively new

to fell running but what a talent. Unsurprisingly, Rossendale took both the men's and women's team prizes.

The ladies' race saw Clare Kenny take first place as well as being the first female vet! Clare, who represents Calder Valley on the fells but is the membership secretary of Rossendale (amongst other roles), also found the time to help at registration before competing. Sharon Maguire was 2nd lady and winner of one of the two pairs of Inov8 fell shoes donated by Ultimate Outdoors for a Prize Draw. Jim Johnson of Rossendale won the other pair but son Joe had his eye on them and given his performance (eleventh overall), he gets my vote for them. Another Godsman, this time Sharon was also in the prizes coming in 3rd.

I must register my thanks to all the helpers who make this event - Jeff, John and Dave for flagging and marshalling the course (and never getting a chance to run!), Chris and Barbara on entries and results, Lefty on timing, Dan, Becky, Karen and Helen on car parking, drinks and results and those who turned up on the night and helped wherever needed. Special thanks also to Rossendale and Pendle Mountain Rescue who again assisted two competitors off the moor, and the ladies of Bleakholt who fed everyone after the event.

Next year will see wind turbines on the moor; 'they could have a cooling effect, like a fan' said one competitor, well given the usual good weather we have for this race, maybe they will be of some use after all. See you all next year.

Cath Hignett

1. S. Godsman	Tod	30.46
2. S. Thompson	Clay	31.21
3. A. Wrench O/40	Tod	32.26
4. J. Tighe U/20	Ross	32.40
5. G. Cunliffe U/18	Ross	33.02
6. R. Haworth O/45	Horw	33.04
7. P. Bolton U/18	Ross	33.12
8. A. Buttery	Ross	33.20
9. I. Greenwood O/45	Clay	33.31
10. J. Kelly U/16	Ross	33.48
VETERANS O/50		
1. (25) P. Booth	Clay	36.56
2. (36) J. Birchenough	Unatt	39.01
3. (37) T. Spicer	Ross	39.04
VETERANS O/60		
1. (62) W. Helliwell	FRA	42.11
2. (68) T. Peacock	Clay	43.00
3. (72) R. Bradley	Saddle	43.37
VETERANS O/70		
1. (86) L. Sullivan	Clay	45.48
LADIES		
1. (47) C. Kenny O/45	CaldV	40.46
2. (53) S. McGuire	Ross	41.21
3. (70) S. Godsman	Tod	43.11
4. (71) H. Rahman	Roch	43.30
5. (73) K. Brierley O/45	Tod	43.43
(77) J. Rawlinson O/55	Clay	44.15
(85) J. Needham O/50	Roch	45.28
(93) S. McNulty O/60	Rad	47.20
(115) G. Dickson O/60	Ross	64.28

116 finishers

COLEDALE HORSESHOE RELL RACE
Cumbria
AM/9m/3000ft 05.06.07

Ben narrowly missed Simon's record by just 3 seconds. Sharron on the other hand, ran a brilliant race to snatch a new record by the same three second margin. Two runners on top form, ideal conditions, warm and cool at the same time. The race venue allows for good spectating of the start, middle and end of the horseshoe. Good performing, great showers. Thanks to all the many, many helpers and marshals.

Barry Johnson

BLENCATHRA FELL RACE
Cumbria
AM/8m/2700ft 06.06.07

The evening sun shone on the mighty Blencathra for the second year in a row! 101 runners landed up, and Wharfedale Harriers turned out in magnum force to make a race of it with the Borrowdale fell runners. This year I'd taken my shears to the (now compulsory) first climb out of the valley from the start, through the gorse and bracken on the sheep track (that I think even the sheep have forgotten) up to the ridge leading to Bowscale Fell.

Ben Bardsley led up the ridge and on to victory in an impressive time of 63 minutes (record 59) considering his efforts at Coledale the night before. Ted Mason followed him in at 65 minutes. First lady spoils went to Borrowdale also (Nicola Davies) – although as there are no prizes (only £1 entry) categories were not recorded. As I'm 40 for next year's event, I think I'll re-introduce them!

Thanks to all the marshals who gave up their evening to help me out, enabling another great evening of fell racing in a beautiful setting.

Despite ending up waist-deep in the only peat bog on an otherwise bone dry fell, I knocked 4 minutes off my PB, so I was happy. Hope the rest of you enjoyed it as much. See you all again next year.

Anthony Labram

1. B. Bardsley	Borr	63.52
2. T. Mason	Wharf	65.51
3. M. Fanning	Borr	67.08
4. A. Schofield	Borr	67.10
5. M. Horrocks	Wharf	67.16
6. A. Robertshaw	Wharf	67.58
7. P. Cornforth	Borr	69.54
8. M. Cunningham	Borr	70.23
9. P.Brittleton	Helm	70.51
10. M. McGoldrick	Wharfe	71.02
LADIES		
1. (52) N. Davies	Borr	85.47
2. (57) A. Brand-Barker	Kesw	88.37
3. (69) S. Massey	Rad	94.07
4. (71) J. Rigby	Helm	94.38
5. (79) C. Watson	Borr	98.59

98 finishers

BINGLEY ST IVES TRAIL RACE
West Yorkshire
CS/4m/450ft 06.06.07

The race proved to be a success with a relatively small field (47 runners) for the first staging of this event. All seemed to enjoy the course and appreciate the venue and refreshments. Many said they would be returning next year and would promote the event to other club members.

£250 was raised for the Riding for the Disabled and £100 from the refreshments for the Young Disabled Unit.

Mary Green

1. T. Midgley	Bing	33.33
2. J. Spencer	Bing	34.20
3. M. Rae	Wharf	34.34
4. A. Wright O/40	Bing	35.25
5. M Hutchinson O/40	LdsBTri	36.27
VETERANS O/50		
1.(15) H. Atkinson	Bing	41.54
2. (26) M. Jones	StBed	47.19
3. (27) G. Kaye	Bing	48.35
LADIES		
1. (12) M. Clarke	Bing	40.59
2. (17) E. Hinkles	Baild	43.04
3. (20) S. Fulton O/40	Bing	45.38
4.(21) V. Rae	Wharf	45.55
5. (24) T. Marshall O/40	Bing	47.02
6. (25) K. Holden	Unatt	47.06

47 finishers

RAINOW FIVE
Cheshire
BS/5m/750ft 06.06.07

Veterans of various categories dominated this years Rainows, over two thirds of the field were vets. This did not detract from the quality of the races, with many hard fought battles. At the sharp end Malcolm Fowler came lose to beating Mark King's long standing record as he fought off strong challenges from both Bashir Hussain and Andy Wilton.

Colin Fray

1. M. Fowler O/40	Chesh	31.59
2. B. Hussain O/40	Stockpt	32.08

Blencathra. Sarah Massey (450) Radcliffe - Kevin Rogan (409) Wharfedale Harriers

Photo courtesy of Ron Kenyon

3. A. Wilton O/40	Buxt	32.13
4. A. Lamont	Macc	33.01
5. R. Houghton O/40	Buxt	34.02
6. B. Fairmaner O/40	Chesh	34.35
7. T. Taylor O/40	Macc	34.37
8. J. Chambers	Stockpt	34.56
9. S. Ramsey O/40	Buxt	35.09
10. M. Thomson O/40	Buxt	35.11
VETERANS O/50		
1. (17) R. Murray	Macc	36.21
2. (25) L. Best	Stockpt	37.24
3. (26) A. Butler	GoytV	37.29
VETERANS O/60		
1. (23) B. Blyth	Macc	37.21
2. (58) K. Burgess	Altrin	41.09
3. (73) W. Helliwell	FRA	42.53
LADIES		
1. (42) J. Clarke	Chesh	39.28
2. (44) L. Kay	Stockpt	39.50
3. (49) W. Higginbottom	Buxt	40.25
4. (60) R. Lawrence	Macc	41.14
5. (68) R. Chatwin	Penn	42.08
(80) J. Mellor O/40	Penn	43.26
(90) B. Murray O/40	Macc	44.23
(131) K. Forder O/50	Buxt	52.43
(135) J. Booker O/50	Stockpt	54.10

153 finishers

CALVER PEAK FELL RACE
Derbyshire
BS/5m/900ft 06.06.07

Another good turn out for the race this year, with competitors enjoying very good racing conditions. Andrew Thake charged round the course breaking Tim Austin's record and gaining a three minute advantage on the first male vet Kevin Lilley in second place. First local lady Sarah Land improved on her course record despite a challenging year and a tumble coming off Deep Rake.

As always many thanks go to all those who helped make the event so successful. Particular thanks go to friends and family on the registration team, the marshals and all those who helped with setting up. Special thanks to Mandy and Malcolm at the Derwentwater Arms who once again provided an excellent venue and warm hospitality. Thanks also to Outside (Mountain Shops) for providing prizes for the winners in each category, to Dark and White events for providing excellent supplementary prizes and, of course, the St Johns Ambulance.

Proceeds from the race last year went to support the activities of the local Guides.

Many thanks to all for making the event so enjoyable and we look forward to seeing you all next year!

Peter Grover & Matt Boyes

1. A. Thake	Hallam	30.28
2. K. Lilley O/40	DkPk	33.45
3. T. Webb	DkPk	34.03
4. J. Helme	DkPk	34.04
5. T. Heron	DkPk	34.24
6. R. Bradbury	Mat	34.37
7. P. Faulkner	Hallam	35.09
8. M. Bradshaw	DkPk	35.35
9. D. Gale	DkPk	35.38
10. J. Slate	Hallam	35.41
VETERANS O/50		
1. (17) R. Fawcett	DkPk	36.48
2. (32) M. Moorhouse	Mat	38.11
3. (36) D. Appleton	FatBoys	38.42
VETERANS O/60		
1. (51) D. Tait	DkPk	40.32
2. (108) T. Platts	Clowne	49.24
3. (118) M. Edwards	DkPk	54.33
VETERANS O/70		
1. (127) G. Richardson	Clowne	60.47
LADIES		
1. (31) J. Wilson	DkPk	38.06
2. (34) J. Fielder	Hallam	38.26
3. (60) L. Bland O/40	DkPk	41.45
4. (62) J. Searle O/40	DkPk	42.11
5. (64) A. Jones	Unatt	42.20
(86) P. Goodall O/50	Totley	45.10
(117) Y. Twelvetree O/50	Totley	54.21

128 finishers

TANSLEY HILL RACE
Derbyshire
CS/4.3m/600ft 07.06.07

Moving our race from Saturday afternoon to Thursday evening really paid dividends. The number of runners taking part doubled. The evening was pleasantly cool and the course dry, making for fast times. The start, finish and registration were successfully moved to our new sports field and pavilion.

Last year's winner, Rob Keal, once more showed his talent for winning in a new record time, and last year's runner up Mick Stenton was again in second place. Jenny Reed was first lady with Helen Mort second and local junior, Hayley Cameron, in third. First lady vet was again Susan Metheringham, and vets Jan Forrester, Steve Storey, Mick Moorhouse, Steve Whittaker and Brian Howitt were trophy winners. First junior was Flinn Watson from Matlock. Prizes and trophies were given out at the Gate Inn where a barbeque topped off an enjoyable evening. My thanks go to the runners and clubs who supported us, in particular Dark Peak, Matlock, Sinfin and Erewash. Thanks also to Ian Spencer for the posters and forms, and to the willing helpers who marshalled and helped at registration. Most of all my thanks go to Ruth Cooper, my co-organiser, without whom the race would not be such a success.

Barry Mosley

1. R. Keal	Redhill	26.31
2. M. Stenton O/40	DkPk	27.42
3. C. Sleath	Unatt	27.53
4. S. Wright	DkPk	27.59
5. R. Bradbury	Mat	28.16
6. D. Sleath	Unatt	28.45
7. J. Selby-Sly	Unatt	28.57
8. S. Storey O/50	DkPk	29.00
9. D. Holloway	Ilkest	29.04
10. A. Whittaker O/40	Mat	29.18
VETERANS O/50		
1. (8) S. Storey	DkPk	29.00
2. (20) M. Moorhouse	Mat	30.39
3. (23) N. Lander	Ere	31.17
VETERANS O/60		
1. (40) S. Whittaker	Unatt	34.16
2. (50) J. Bush	Sinf	36.12
3. (56) G. Young	Sinf	37.46
VETERANS O/70		
1. (81) B. Howitt	Mat	41.58
LADIES		
1. (22) J. Reed	Chestfld	31.10
2. (35) H. Mort	Unatt	33.36
3. (37) H. Cameron	Mat	33.50
4. (54) S. Metheringham O/40	Unatt	37.30
5. (60) A. Hennikee -Major	Mat	38.17
(63) J. Goodwin O/40	Mat	38.50
(68) J. Forrester O/50	Mat	39.59
JUNIORS		
1. (18) F. Watson	Mat	30.36
2. (19) J. Fern	Mat	30.38
3. (21) S. Baker	Unatt	30.40

92 finishers

ROCHDALE HARRIERS & A.C
08, 09, 10.06.07

OVERALL RESULTS

1. B. Hussain O/40	Stockpt	1.55.56
2. A. Breaks	Hfx	1.57.34
3. R. Jackson O/40	Horw	2.02.00
4. L. Passco	B'burn	2.06.20
5. D. Wormald	Roch	2.17.37
VETERANS O/40		
1. (1) B. Hussain	Stockpt	1.55.56
2. (3) R. Jackson	Horw	2.02.00
3. (5) D Wormald	Roch	2.06.20
VETERANS O/50		
1. (7) K. Fox	Roch	2.20.35
2. (12) T. Spicer	Ross	2.23.20
3. (17) M. Moran	Roch	2.27.25
VETERANS O/60		
1. (25) D. Phillips	Royt	2.36.02
2. (29) D. Schofield	Roch	2.43.35
3. (39) G. Meynell	Royt	2.59.12
LADIES		
1. (11) J. Ransome O/40	Unatt	2.22.34
2. D. Cartwright	Radc	2.34.13
3. (31) D. Raidy O/35	Ross	2.44.13
4. (32) A. Blomfield O/45	Roch	2.45.40
5. (34) J. Needham O/50	Roch	2.50.20

46 finishers overall

RACE ONE

NORDEN 10km Road

1. B. Hussain O/40	Stockpt	34.02
2. A. Breaks	H'fax	34.42
3. R. Jackson O/40	Horw	34.59
4. M. Aspinall O/40	Clay	35.08
5. L. Passco	Bl'burn	37.23
VETERANS O/50		
1. (15) K. Fox	Roch	41.17
2. (22) T. Spicer	Ross	42.25
3. (23) N. Shaw	Roch	42.35
VETERANS O/60		
1. (27) D. Phillips	Royt	43.36
2. (39) D. Schofield	Roch	45.26
3. (54) G. Meynell	Royt	50.02
VETERANS O/70		
1. (65) L. Gilchrist	VStr	55.49
LADIES		
1. (19) J. Ransome O/40	Unatt	41.49
2. (29) D. Cartwright	Rad	43.41
3. (35) J. Smith	Unatt	44.29
4. (41) A. Blomfield O/45	Roch	46.05
5. (49) D. Raidy	Ross	47.35

67 finishers

RACE TWO

NADEN VALLEY 10km Multi-terrain

1. N. Leigh	Altrinch	36.10
2. B. Hussain O/40	Stockp	36.52
3. A. Breaks	H'fax	38.25
4. M. Hunt	Pendle	39.23
5. R. Jackson O/40	Horw	39.36
VETERANS O/50		
1. (10) K. Fox	Roch	44.58
2. (19) T. Spicer	Ross	46.56
3. (20) M. Moran	Roch	47.08
VETERANS O/60		
1. (30) D. Phillips	Royt	50.20
2. (40) D. Schofield	Roch	53.45
3. (47) G. Meynell	Royt	56.49
LADIES		
1. (13) J. Ransome O/40	Unatt	45.39
2. (29) D. Cartwright	Radc	50.15
3. (36) M. Rosalind	Ports	52.11
4. (38) D. Raidy	Ross	52.28
5. (39) A. Blomfield O/45	Roch	53.37

57 finishers

RACE 3

KNOWL HILL FELL RACE 6m/1500ft

1. D. Hope	Pud	41.46
2. A. Breaks	H'fax	44.27
3. B. Hussain O/40	Stockpt	45.02
4. L. Craven	Unatt	45.10
5. A. Buttery	Ross	46.56
VETERANS O/50		
1. (10) C. Davies	Saddle	49.24
2. (15) J. Cook	Unatt	51.25
3. (19) F. Lynch	RedR	52.55

VETERANS O/60

1. (62) D. Lee	Chorl	60.23
2. (68) G. Large	NVets	61.17
3. (74) D. Phillips	Royt	62.06

LADIES

1. (17) C. Wilson	Ross	52.46
2. (22) N. Sharrat	Stain	53.17
3. (24) G. Benson	Stain	53.52
4. (26) L. Clough	Chorl	54.13
5. (30) J. Ransome O/40	Unatt	55.06

121 finishers

CROU-CHABBIL GHLION MONA
Isle of Man
AM/7m/2150ft 09.06.07

Despite a low entry at last year's inaugural Glen Mona Horseshoe, it was decided to persevere with the event for the 2007 calendar, as the course has something for everyone with sharp ascents and descents, technical thick heather sections interspersed with areas of relatively flat fast running. It proved a wise decision with the entry list almost doubling in size.

The Island's TT was coming to an end, in this the centenary year of the festival. The thousands of motorbike fans, who had enjoyed fantastic hot and sunny weather over the last two weeks, were starting to make their way back home. Coincidentally the Glen Mona route starts on the coast road, but heads inland affording excellent views of the infamous mountain section of the TT course.

Simon Skillicorn spent little time admiring the scenery as he stormed to victory, well ahead of his nearest rival Tom Cringle in second, with top veteran 40 runner Ian Gale in third. There was good entry in the ladies' race, although the top three of Cal Partington, Rose Hooton and Bridget Kaneen were well divided at the finish.

Christine Barwell

1. S. Skillicorn	Manx	1.04.05
2. T. Cringle	Manx	1.08.21
3. I. Gale O/40	Manx	1.08.31

VETERANS O/50

1. D. Young	Manx	1.12.51
2. R. Stevenson	Manx	1.25.38
3. R. Moughtin	West	1.27.50

LADIES

1. C. Partington	Manx	1.22.27
2. R. Hooton	Manx	1.29.01
3. B. Kaneen	Manx	1.35.21

HEBDEN BRIDGE CARNIVAL RACE
West Yorks
BS/5.8m/1150ft 09.06.07

It was a very hot summers day for this year's Hebden Bridge Carnival race, and several of the runners were grateful for the Victorians who turned a hillside spring near Stoodley Pike into a 'public slaking trough' for thirsty passers-by. The race from Hebden Bridge to the Pike and back takes in around 1150 feet of climbing, with a steady pull up from the Calder Valley to the moors above.

Course records were broken in both the men's and ladies categories. Chris Smale running on his home training ground, came first, running strongly in a time of 44.40, although Owen Beilby was closing fast at the end to finish 8 seconds behind. Lisa Lacon also ran strongly to produce a time of 52.29, almost 6 minutes ahead of the second lady Holly Williams. Home club, Todmorden, took the men's team prize.

The race takes its name from what used to be an annual fixture in Hebden Bridge life. Sadly, this year the town's carnival organising committee decided to take a breather, so the fell race went ahead without the usual sideshows and rides in Calder Holmes Park. Though this was disappointing, the feedback about the race route continues to be very positive, so if the Carnival doesn't happen again next year we'll continue with the race anyway but may decide to rename it as simply the Hebden Bridge fell race (your 2008 FRA calendar will have the details)

Andrew Bibby

1. C. Smale O/40	Tod	44.40
2. O. Beilby	Wharf	44.48
3. S. Oldfield O/50	BfdA	46.05
4. M. Brown O/40	Clay	47.42
5. I. Rowbotham O/40	Ilk	50.17
6. N. Hardiman	Clay	51.31

LADIES

1. (8) L. Lacon	Holmf	52.59
2. (17) H. Williams	Kghly	58.18
3. (21) J. Scarf O/40	CaldV	60.30
4. (23) M. Clarke	Bing	61.19
5. (26) M. Worden	Dewsb	62.18

41 finishers

TRAPRAIN LAW RACE
East Lothian
CM/6.5m/650ft 09.06.07

The Law Race frequently suffers from clashes with big road races and other hill races at this congested time in the calendar. But not so this year, with a field of 74, huge for this course, where we try to keep the scale of the event in sympathy with the bucolic charm of the landscape around Traprain. The haar didn't quite take hold, but usefully veiled the sun for the race. This was just as well since it was still warm and sticky.

We had a very competitive field. It was good to see some visitors from afar; Giles Contier representing the French diaspora from distant Lochaber, Peter Duffy from Saddleworth, far away in deepest Lancashire, and Lois Nobel from Aberdeen.

There was strong representation from the local community, the host club Carnethy, and the usual collection of regular hill runners from around the central belt.

The river crossing was deeper than normal for June after the previous week's rain, but only to provide more entertainment rather than alarm. Following that, Stewart Whitlie and Brian Marshall battled at the front through the sometimes heavy June undergrowth on the way to the Law. There was nothing in it at the steep craggy ascent of the east ridge, but Brian opened out a comfortable lead on the fast return, Stewart struggling against an allergic attack from some mysterious plant he must have annoyed.

Brian Marshall won comfortably from Stewart Whitlie. Jill Mykura was 1st woman. Stewart Whitlie and Rhona Anderson took the veteran spots; Martin Hulme was 1st supervet and Gilles Contier 1st over 60. Host club Carnethy took the team prize with 2nd, 3rd and 4th places. John Smith was first local after a quite a long absence from his local event.

Trevor Collins

1. B. Marshsall	HELP	38.54
2. S. Whitlie O/40	Carn	39.26
3. S. Peachey	Carn	40.05
4. L. Ottemullar	Carn	41.00
5. B. Smith	Carn	41.30
6. A. Ward O/40	Carn	42.17
7. C. Menzies	HELP	43.29
8. I. Sills O/40	Dunbar	43.46
9. I. Rowland	Dunbar	43.57
10. J. Kay O/40	Fife	44.06

VETERANS O/50

1. (14) M. Hulme	Corstor	45.31
2. (19) B. Waterhouse	Carn	46.55
3. (22) D. Duncan	Ochil	47.23

VETERANS O/60

1. (37) G. Contier	Lochab	52.57
2. (61) G. MacNab	Unatt	60.17
3. (63) G. Armstrong	HELP	60.52

VETERANS O/70

1. (69) P. Duffy	NVets	66.03

LADIES

1. (13) J. Mykura	Carn	45.20
2. (27) M. Grant	HBT	48.53
3. (35) R. Anderson	Dunbar	52.44
4. (41) G. MacNair	Unatt	54.40
5. (43) A. Hay	Dunbar	54.57

74 finishers

ENNERDALE HORSESHOE FELL RACE
Cumbria
AL/23m/7500ft 09.06.07

This years Ennerdale continued to see an increase in the numbers for a non-championship year. The Classics trophy is building year on year and helping to keep races like the Ennerdale going.

There were 146 runners who entered, 114 who started the race and 105 finished.

The day was hot and humid with some welcome cloud on a few of the higher peaks such as Pillar.

A few people suffered from heat exhaustion but managed to get themselves off the mountain and back to the start.

Well done to all those who competed in the Duddon the week before as well as completing this race. That's a tough double in eight days.

Colin Dulson

1. R. Lightfoot	Ellenb	3.53.17
2. P. Vale	Mercia	3.59.35
3. B. Taylor	Ellen	4.07.50
4. A. Schofield	Borr	4.13.11
5. J. Blackett O/40	DkPk	4.14.14
6. P. Thompson	Clay	4.15.00
7. M. Cuningham	Borr	4.21.27
8. M. Robinson	DkPk	4.22.37
9. M. Johnson	Bowl	4.23.33
10. M. Hulley	DkPk	4.25.53

VETERANS O/50

1. (17) J. Winn	CFR	4.39.30
2. (19) P. Clarke	Kend	4.41.44
3. (28) D. Scott	Ochil	4.58.35

VETERANS O/60

1. (34) D. Tait	DkPk	5.05.41
2. (71) D. Lucas	Roch	5.51.03
3. (91) A. Dixon	FRA	6.36.26

LADIES

1. (35) J. Meeks O/45	Kesw	5.08.55
2. (36) H. Garret	Unatt	5.09.51
3. (39) H. Jones	Dallam	5.16.20
4. (50) N. Jaquiery O/40	Ilk	5.30.11
5. (66) P. Webster	Aberyst	5.45.52

105 finishers

28th MAN V HORSE
Powys
BL/22m/4000ft 09.06.07

The Man V Horse Marathon based in Llanwrtyd Wells, Powys, Wales and organised by Green Events Ltd, ran with record numbers of runners and horses.

Of the 50 horses (maximum entry allowed) registered to run, 45 were actually fit enough to do so, making it the largest horse race in Great Britain, in addition were 257 individual runners and 57 relay teams.

Opening this years event were Pen Hadow (Polar Explorer, Broadcaster and Author) and his wife Mary – who also took part and raced against each other - Pen on foot, Mary on horse.

The race covers 22 miles of fell land in the spectacular scenery surrounding Llanwrtyd Wells., officially the smallest town in Great Britain. The race puts man against horse and ride,r generally resulting in a close finish between the fastest of each every year. This year with hot and humid weather the horses struggled to pass the mid point vet check and the general pace was slower than in previous years. The result was that for only the second time in its 28 year history a man beat the horse. This time by a whopping 11 minutes.

Florian Holziwger, aged 32 of Ansbach, Germany had been bought the entry ticket and flight to Great Britain as a surprise birthday present. When asked afterwards how he did it he revealed he had been training in the Alps. Florian sailed across the finish line in just 2 hrs 20 minutes, netting himself the prize pot of £3000.

The events supported the Motor Neurone Disease Association in honour of its late treasurer, Ron Skilton, who died of MND in December 2005.

For more details about this and other running events in Llanwrtyd go to www,green-events.co.uk

Gordon Green

1. F. Holtinger Runner	OFFFRC Germ	2.20.30
2. J. Parkinson Relay Team	TeamDD	2.21.51
3. F. Aird Relay Team O/40	Last Inn Runners	2.28.07
4. G. Allen Horse	Lucy	2.31.26
5. A. Rankin Runner	Unatt	2.33.21
6. P. Noonan Runner O/40	Kenilworth	2.34.33
7. R. Thetford Runner O/40	Headington	2.36.33
8. D. Masden Relay Team	2Ms 2C	2.36.40
9. V. Zveren Runner O/40	Headington	2.39.38
10. K. Thomas Runner O/50		Lostock 2.40.14

RAVENSTONES FELL RACE
Lancashire
BM/10m/1250ft 09.06.07

A scorcher of a day in Saddleworth was the setting for the Ravenstones Brow Fell Race, moved to a later date for this year to tie in with the Saddleworth Festival. A reduced field set off for the 10 mile course of paths and open moorland. Navigation skills essential for this year with flags removed across featherbed moss.

Fifty runners started and 48 finished in the hot conditions. Graham Schofield was first home with a good lead. Graham has been seeking a win in Saddleworth for some years now, finally adding a notch on the ladder. A fantastic run yet again from Jo Waites to finish 4th overall and win the ladies' race for the second year in succession.

Ravenstones Brow Fell race will again be back to the first weekend in May for next year but the flags will not be returning so be sure you come prepared.

Ray Green

ROMAN WALL SHOW RACE
Northumberland
BS/4.4m/620ft 09.06.07

In the dim and distant past the Roman Wall Show used to have a fell race associated with it. Nowadays it's only the local vets that have any recollection of the race existing and no-one seemed forthcoming with suggestions of the original route. This year Dave and Christine Hunter were keen to re-establish this race and they devised this fabulous new route.

Race day was hot and sunny and saw 37 line up at the start. The route mainly avoided the busy Hadrian's Wall tourist path and followed the quieter grassy path just south of the wall which made for a fast initial pace. The longest hill just before half way saw the field spread out before the relatively fast and flat return route. The steep hill into the finish field created some tussles in the mid field. A gentleman's agreement appeared to have been made by the leading pair which resulted in Mike Openshaw and Steve Armstrong coming home together and setting a record of 29:04 that is sure to be a challenge to beat in future years. First lady home was Rachel Vincent in 33:01.

Thanks to all helpers and marshals. We now plan to make this race a regular fixture in the fell calendar.

Dave & Christine Hunter

1. M. Openshaw	Unatt	29.04
2. S. Armstrong	Unatt	29.04
3. T. Wylie O/45	Tyne	29.50
4. S. Birkinshaw	NFR	31.07
5. P. Vincent	Tyne	31.23
VETERANS O/50		
1. (8) N. Cassidy	Tyne	32.51
VETERANS O/60		
1. (18) D. Maxwell	Tyne	39.32
LADIES		
1. (9) R. Vincent	Tyne	33.01
2. (10) K. Robertson	NFR	33.51
3. (23) N. Dykins	Tyne	44.35
(24) J. Ryall O/45	Tyne	44.36
(28) R. Robinson O/40	Tyne	45.44
(31) P. Armstrong O/50	NFR	47.39

LAYCOCK GALA FEL RACE
Keighley
BS4.5m/900ft 10.06.07

This was only the second time the gala had taken place and the first time the race had been run and so record times were guaranteed for the winners. Once again this year the day was hot and sunny, ideal for the gala but quite testing conditions for those who turned out to run. The course is a relatively fast one, consisting of a mix of paths, trail, track, moor and a couple of short sections of road. Thirty-two runners signed on, a very pleasing turn out, and 3-year-old Thomas Edward blew the whistle to start the race. Graham Pearce continued his recent run of good form and took the lead at an early stage with Ian Greenwood (Clayton), Robin Bradbury (Bingley) and Adrian Pickles (Settle) close on his heels. Graham took the right route on the return but the three chasers took a wrong turn, missing out a sizeable chunk of the course and rejoining it just in front of the leader. This made for a very exciting finish from the spectators point of view but there was obvious disappointment for Ian, Robin and Adrian. Graham Pearce was rightly awarded first place in a very impressive 30.50 with Charlie Marshall (1st V50) and Paul Hindle (1st V40) (both Keighley and Craven) battling it out for 2nd and 3rd respectively. Angela Gray (Wharfedale) won the ladies' race in a time of 47.57 with Sue Roberts (Todmorden) in second place and Tracy Wren (U/A) third.

Thanks to all the marshals for manning the course, and to a number of local businesses who donated shields, medals and prizes for the runners. See you all same time next year.

Tim Edward

1. G. Pearce	Ilk	30.50
2. C. Marshall O/50	Kghly	36.27
3. P. Hndle O/40	Kghly	36.43
4. T. Clegg O/40	Kghly	37.03
5. A. Life O/40	Clay	37.30
6. G. Dowthwaite O/40	Bing	37.36
7. J. Tighe	Ross	38.31
8. K. Binns O/40	Unatt	38.58
9. M. Farrar O/40	Skyrac	39.18
10. V. Proctor	Unatt	39.24
VETERANS O/50		
1. C. Marshall	Kghly	36.27
2. H. Atkinson	Bing	40.28
3. G. Arthur	Ilk	40.41
LADIES		
1. A. Gray	Wharfe	47.57
2. S. Roberts O/40	Tod	48.32
3. T. Wren	Unatt	48.59
4. M. Marsden O/40	Kghly	50.30

32 finishers

HOLCOMBE TWO TOWERS
Lancashire
BS/5.2m/1000ft 13.06.07

Torrential rain in the afternoon and early evening failed to deter 94 runners, an increase in entrants compared with last year when the race was the night after Waugh's Well. There was nobody to trouble Nick Leigh who built up a commanding lead on the long ascent to Peel Tower. Conditions underfoot were excellent, apart from the initial slippery cobbles, and with the weather clearing a fast time would have been guaranteed if there had been two or three runners competing for the lead.

Nick eased off to finish comfortably in 34.25, about a minute slower than his own course record. He was followed in by Josh Tighe, the experienced Rob Haworth and Mark Shakeshaft. Rossendale Harriers dominated the prize list, with five in the first eleven, Dave Kelly first vet 50, Tony Spicer first vet 55 and Gerard Navan first vet 65.

The ladies were led home by local runner Anna Lupton in 41.38 with Gayle Benson about a minute behind.

Thanks to the start/finish team and to all the marshals who endured early rain and then the dreaded midges.

David Archer

1. N. Leigh	P&B	34.25
2. J. Tighe	Ross	35.15
3. R. Haworth O/45	Horw	35.23
4. M. Shakeshaft	Bury	35.31
5. P. Bolton	Ross	35.51
6. J. Stevens	CaldV	36.36
7. L. Passco	Bowl	36.37
8. I. Greenwood O/45	Unatt	37.22
9. S. Molloy O/40	Ross	37.45
10. S. Clawson	Ross	37.46
VETERANS O/50		
1. (25) D. Kelly	Ross	41.37
2. (32) N. Hindle	Unatt	42.54
3. (33) J. Birchenough	Unatt	43.04
VETERANS O/60		
1. (72) G. Large	NVets	50.56
2. (80) G. Navan	Ross	53.44
3. (91) F. Wood	Horw	57.38
4. (92) D. Dickson	Ross	59.20
VETERANS O/70		
1. (88) G. Arnold	Prest	55.17
LADIES		
1. (26) A. Lupton	Rad	41.38
2. (29) G. Benson	Stain	42.44
3. (58) P. Linton O/40	Ayle	47.57
4. (61) C. Kenny O/45	CaldV	48.26
5. (65) R. Metcalfe	Horw	49.34
(75) L. Bostock O/50	Clay	52.26
(83) S. McNulty O/60	Rad	54.16
(86) J. Atkins O/60	Chorl	55.07

94 finishers

BOAR'S HEAD RACE
Cheshire
BM/8m/1322ft 13.06.07

Despite the atrocious weather throughout the day, which led to a request for competitors to carry waterproofs, an excellent field of 141 dedicated souls turned out for the 20th running of the race and were rewarded by the fact that they were confronted with nothing worse than a pleasant and refreshing drizzle for the duration of the race.

Lloyd Taggart was obviously very well prepared after his error last year and also clearly very well motivated and he ran a superb race to not only beat four-times-in-a-row winner Malcolm Fowler, but also to lower Malcolm's record by an astonishing 58 seconds to a new mark of 43.24. Not to be outdone, his partner, Jackie Lee, sped round to lower her own record from last year by 43 seconds to 52.01 – finishing 18th overall into the bargain. Congratulations to both of them. Malcolm finished a very worthy second in front of a slightly confused Phil Winskill and virtually the whole field took refuge from the steadily increasing rain in the pub after the race, making for a very crowded and noisy prizegiving indeed.

I must confess to making two serious mistakes at

the Prizegiving – Firstly I awarded the LV50 prize to Stephanie Charman of Helsby when it SHOULD have gone to Alexis Dinsmor of Pennine and secondly I awarded the Ladies' Team Prize to Pennine but on a recount the next morning, I discovered to my shame that it should have gone to Goyt Valley Ladies. Favouritism and partisanship have nothing to do with this – it is simply my innumeracy when faced with numbers higher than 10 !! My profuse apologies to Alexis and to Goyt Valley Ladies.
I hope you all enjoyed yourselves and look forward to seeing you next year.

Dave Jones

1. L. Taggart	DkPk	43.24
2. M. Fowler O/40	Chesh	45.15
3. P. Winskill	DkPk	48.07
4. A. Pead O/40	GoytV	48.27
5. M. Williams O/40	Penn	48.59
6. B. Fairmaner O/40	Chesh	48.55
7. T. Taylor O/40	Maccle	49.19
8. J. Chapman	Maccle	49.26
9. V. Booth O/40	Chesh	49.27
10. P. Nichol O/40	Altrin	49.51
VETERANS O/50		
1. L. Best	Stockp	52.29
VETERANS O/60		
1. K. Burgess	Altrin	56.51
LADIES		
1. J. Lee	Eryri	52.01
2. J. Clarke	Chesh	56.54
3. W. Higginbottom	Buxt	57.14
4. J. Ashbrook	Helsby	58.44
5. D. Urquhart	Buck	61.35
E. Rose O/40	Penn	71.41
A. Dinsmor O/50	Penn	71.41
M. Chippendale O/60	Penn	76.07

TEBAY FELL RACE
Cumbria
AM/8m/3000ft 13.06.07

1. R. Jebb	1.10.29
2. J. Davies O/40	1.13.38
3. A. Dunn	1.13.40
4. S. Barnby	1.13.41
5. D. Hope	1.13.57
6. S. Stainer	1.15.21
7. T. Mason	1.15.24
8. M. Chippendale	1.20.17
9. M. Mikkelson-Barron	1.20.40
10. P. Brittleton	1.21.29
VETERANS O/50	
1. (28) J. Hold	1.29.09
2. (32) M. Walsh	1.30.09
3. (35) D. Owens	1.31.06
LADIES	
1. (52) K. Beaty O/40	1.36.28
2. (59) A. Richards	1.38.10
3. (61) N. Davies O/40	1.38.17
4. (62) L. Cowell O/40	1.38.18
5. (70) K. Nash O/40	1.42.43

80 finishers

GRINDLEFORD FELL RACE
Derbyshire
CS/4.5m/500ft 15.06.07

1. R. Little	DkPk	32.53
2. P. Winskill	DkPk	32.55
3. S. Maycock	Hallam	34.32
VETERANS O/40		
1. (3) D. Taylor	DkPk	34.09
2. (16) M. Stenton	DkPk	36.59
3. (23) M. Salkild	DkPk	37.38
VETERANS O/50		
1. (27) R. Fawcett	DkPk	38.12
VETERANS O/60		
1. (55) D. Tait	DkPk	40.48
VETERANS O/70		
1. (134) F. Makin	HolmeP	47.16
LADIES		
1. (34) J. Wilson	DkPk	38.57
2. J. Fielder	Hallam	40.35
3. J. Jepson O/40	FatBoys	40.44

226 finishers

HUNSHELF AMBLE
South Yorkshire
BM/7.5m/1300ft 16.06.07

The route of the annual tour of the parish boundaries had to be diverted as the race coincided with the first of the great rains. The river crossing, normally a knee deep splash across a crystal clear stream, was a swirling torrent of muddy water some six feet deep.
The old bugbear of conflicting commitments meant that the local clubs were off supporting or running the Bob Graham. Our numbers were down leading to talk of a change of day to a Sunday, or even a weekday evening next year.

David Horsfall

1. M. Sprot	DkPk	54.49
2. R. Guillaume	SYO	55.26
3. A. Preston	SYO	58.22
4. M. Kirk O/40	Siemens	59.24
5. M. Law O/40	P'stone	59.42
6. P. Young O/40	DkPk	59.53
7. L. Lacon	Holmf	61.08
8. P. Hinchliffe	Barns	61.47
9. M. Levery O/50	Sheff	61.55
10. A. Shelbourne O/40	Barns	62.27
VETERANS O/50		
1. (9) M. Levery	Sheff	61.55
2. (14) J. Adair	Holmf	63.59
3. (22) S. Frith	Barns	67.05
VETERANS O/60		
1. (16) M. Cochrane	DkPk	65.03
2. (34) J. Carrier	Siemens	76.07
3. (36) M. Coles	Skyrac	79.12
LADIES		
1. (7) L. Lacon	Holmf	61.08
2. (31) P. Goodall O/50	Totley	74.03
3. (37) A. Barrett	Pitsea	80.45
4. (39) A. Bent O/50	Pitsea	82.34
5. (40) S. Halstead O/40	P'stone	83.27
(44) M. Moore O/40	Totley	92.04

46 finishers

ALFRED HULME GREAT HILL FELL RACE
Lancashire
BS/5.75m/1300ft 16.06.07

The 34th running of the Alfred Hulme Fell Race began under darkened skies for the outward climb, with runners returning under the heat of the sun. Dave Massey, vet 40 used his considerable experience to take control of the race at the summit of Great Hill. His fast descent of the hill left all the other runners floundering in his wake and him finishing in 36.24. Club mate Stephen Diaz took second place, to be followed by John Sutton, who earned a deserved third place. Tony Duffy, vet 50, Bolton produced a terrific run to win his category and finish 4th overall. Nathan Lawton produced a top 10 finish to cross the finishing line in 41.19. Yvonne Wyke took the ladies' title with an excellent run of 43.06. Nearly 2 minutes behind second lady, vet Pauline Linton outran junior female Amber Whewell, to clock 45.02. Suzanne Budgett claimed first vet spot.
Local interest surrounded Chorley AC's Emma Perrin, competing for the first time in the open female section, and she secured a very creditable 7th lady overall and first local Chorley female home.
Horwich took the first 2 places in the team event, with host club trio of Lawton, Forkin and Taylor taking third overall.
Chorley AC's Josh Metter's held on to his title he won last year as 'King of the Hill' to be first Under 17 home in the 3 mile race, winning in 17.27. with Michael Diamond securing second spot in 20.17.
In the U15 category Tom Booth, Chorley Harriers, took first place in his 3 mile in 18.35, with Chorley AC's, Adam Taylor, taking runner up spot.
In the 2 mile Under 13's race Mark Brown, Chorley Harriers, led Sam Boardman, Horwich to the finish in 13.30.
Chorley Athletic Club would like to thank United Utilities for access to their land; Alfred Hulme Ltd., Tony Bolton Sports for their sponsorship of the races and John Schofield race results service. Additionally the club would like to thank Jim and Iris Smith and all club members who helped marshal and officiate and to RAYNET for providing safety support.

Michael Coppin

1. D. Massey O/45	Horw	36.24
2. S. Diaz	Horw	37.19
3. J. Sutton	Chorl	37.40
4. T. Duffy O/50	Bolt	39.39
5. A. Staveley O/45	Burnd	39.52
6. P. Butterworth O/55	Clay	40.02
7. N. Wrigley O/45	Horw	40.13
8. D. Fleming O/45	Horw	41.06
9. P. Boardman O/45	Horw	41.10
10. N. Lawton	Chorl	41.19
(19) N. Hindle O/50	Unatt	43.35
VETERANS O/60		
1. (46) G. Large	NVets	48.31
2. (57) M. Walsh	Lytham	51.10
3. (60) P. Walsh	Lytham	51.44
LADIES		
1. (17) Y. Wyke	Wigan	43.06
2. (27) P. Linton O/40	Aylesb	45.02
3. (34) A. Whewell	Stockp	45.58
4. (39) S. Budgett O/40	Horw	47.09
5. (42) R. Metcalfe	Horw	48.07
(64) C. Sweatman O/50	Horw	54.16

75 finishers

DARREN JONES CLOUGHA PIKE RACE
Lancashire
AS/5m/1250ft 16.06.07

Wet and slippy underfoot. Poor weather threatened but the day actually got better, with no wind, and it was fairly pleasant on the summit. THANKS to everyone for making it an increased entry in the senior race and in the junior cross-country races. Mark had the race well under control from the front despite his lack of running on the fells recently. The race went very smoothly. Great support from Bowland Fell Runners once again.
A little controversy in the U8 cross-country race and no conclusive explanation of it. First time it has ever happened but I won't be sitting on my laurels, and will make changes to junior marshalling for next year. The increasing number and the enthusiasm of everyone for the race, particularly from the juniors makes it all worthwhile, and I hope for all the helpers and supporters too.
Mr and Mrs Jones were present to help with drinks. They made donations to the race and Morecambe High School Outdoor Education Department. Donations also much appreciated from Mrs E Mullervy, Mr J Mullervy, Harry Robinson and Sean Bolland of LPN, with also the support of Pete Bland Sports. Sincere thanks to all the helpers on the day.

John Gibbison

1. M. Croasdale	L&M	37.30
2. S. Swarbrick	Bowl	37.69
3. M. Johnson O/40	Bowl	38.07
4. M. Chippendale	Bowl	39.22
5. Q. Harding O/40	Bowl	40.24
6. C. Pass	Wesh	40.55
7. C.Speight O/40	HelmH	41.17
8. R. McMahon	L&M	41.25
9. A. Hodgkinson	Dallam	41.33

10. A. Rowe O/50	Wesh	41.51
VETERANS O/50		
1. (10) A. Rowe	Wesh	41.51
2. (21) N. Hewitt	Bowl	45.35
3. (28) M. McKenna	Dallam	46.48
VETERANS O/60		
1. (54) M. Breslin	L&M	52.50
2. (66) J. Hodgson	Dallam	54.57
3. (72) R. Barlow	AchRat	57.57
LADIES		
1. (37) R. Browne	Bowl	47.51
2. (48) S. McGuire	Ross	50.22
3. (50) S. Harding O/40	Bowl	52.10
4. (60) G. O'Grady Thomas	Penn	53.45
5. (68) A. Ball	L&M	56.09
(83) J. Ferris O/40	Mercia	64.46

90 finishers

Y GARN
Gwynedd
AS/3m/1500ft 16.06.07

The Y Garn race took place from Rhyd Ddu in Snowdonia. Weather conditions were mild, mostly dry, overcast and with the summit shrouded in thick mist. Unlike last year, this year no one got lost! This is a classic fell race - steep up and down mostly on grass. Why not give it a try next year?

Thanks to Team Dolly, everyone who helped on the day and the Farmer Mr Hughes.

Ross Powell

1. L. Taggart	DkPk	27.44
2. J. McQueen	Eryri	32.25
3. M. Roberts	Eryri	33.20
4. B. Beachell	Eryri	33.25
5. S. Cash	Unatt	33.35
6. T. Jones O/40	Mercia	33.58
7. J. Lee	Eryri	34.15
8. J. Roberts	Eryri	35.06
9. A. Lewis O/40	Eryri	36.03
10. G. Williams	Cybi	37.53
VETERANS O/50		
1. (12) J. Williams	Eryri	38.11
2. (14) J. Bennell	Eryri	38.51
3. (19) I. Rothery	Cybi	44.05
LADIES		
1. (7) J. Lee	Eryri	34.15
2. (21) A. Thomas O/40	Eryri	45.25
3. (24) K. Broatch O/40	Eryri	48.21
4. (26) S. Bennell O/50	Eryri	56.15
5. (27) J. Williamson	Eryri	59.12

28 finishers

KINDER TROG
Derbyshire
BL/16m/3490ft 17.06.07

The Kinder Trog originated in 1977 as a "Lads and Dads" challenge walk around the Kinder area, organised by Hayfield Scouts. From 1985, this developed into the Kinder Trog, a fell race with around 1,070 metres of ascent and some of the finest views around the Kinder plateau.

The 2007 Trog had a record of 234 entries with 231 finishing the race. The weather was very fine on the day of the race but some previous days of rain had made some sections of the race a little slippery. Phillip Winskill and Helen Winskill of Dark Peak won the men's and ladies' trophies respectively with times of 1.52.05 and 2.22.00. The last two home were Malcolm Booker in 3.46.40 and Janet Booker in 3.46.43, both of Stockport Harriers, coming into the finishing tape absolutely on cue as the prize-giving commenced.

Fourteen teams were represented and Dark Peak won the team prize with its first three runners being placed 1st, 9th and 14th.

The effort put in by the flaggers, marshals, timekeepers, water station providers, results compilers, sandwich makers, mountain rescue teams and all others made the day a resounding success. Due to a new computerised database, the results for the 234 entries were compiled and printed with great ease and immediately ready for publication. A special thanks is due to the volunteers who entered the data in such a professional way.

On behalf of Hayfield Scouts, who continue to organise the race, I should like to thank all runners and volunteers who took part in this memorable Trog.

Jonathan Butterworth

1. P. Winskill	DkPk	1.52.05
2. A. Breaks	CaldV	1.52.06
3. M. Whyatt O/40	Bowl	1.54.09
4. A. Wrench O/40	Tod	1.54.20
5. B. Mounsey	Unatt	1.55.08
6. A. Kirk O/45	Penn	1.55.19
7. T. Brunt	Holmf	1.56.01
8. A. Read O/40	Goyt	1.56.40
9. A. Ward O/40	DkPk	1.58.26
10. R. Graham	Horw	1.58.53
VETERANS O/50		
1. (23) C. Davies	Saddle	2.7.39
2. (30) R. Fawcett	DkPk	2.10.44
3. (31) D. Collins	Tod	2.12.12
VETERANS O/60		
1. (67) D. Tait	DkPk	2.21.48
2. (120) W. Halliwell	Unatt	2.35.11
3. (149) N. Griffiths	Spect	2.43.46
LADIES		
1. (70) H. Winskill	DkPk	2.22.00
2. (101) M. Edgerton O/45	Penn	2.29.51
3. (105) J. Mellor O/40	Penn	2.30.01
4. (111) A. Heath	Tod	2.32.12
5. (126) L. Bowler	Unatt	2.36.57
(204) B. Buckley O/50	Glossop	2.59.57
(206) B. Haigh	P'stone	3.00.05

231 finishers

BEACON BATCH FELL RACE
Somerset
BS/5m/1000ft 19.06.07

We marked the course in the morning as usual with conditions being really good under foot, forecast for the evening was rain sometimes heavy. One and a half before the start this "sometimes heavy" became a reality transforming the route completely. Lightening appeared to be striking the Batch at regular intervals. The storm lasted for about 50 minutes with roads becoming nearly impassable. This led to a drop in numbers as the runners stayed at home or were unable to make it to the start. It was only 20 minutes before start time that I decided it was safe to go ahead with the race.

All competitors were instructed to abandon the race should such a storm appear whilst they were on the exposed Beacon Batch as this is the highest point of the Mendips and they would be obvious targets. Competitors had to cope with mini waterfalls and inches deep of water along the ridge of the batch. This made the runners unsure of the pathway underfoot.

The race was won by Pete Darwood, who completed it in 33.55, only 14seconds slower than last year. Quite remarkable as most other competitors were down by several minutes.

We hope for better conditions in 2008.

Roger Hart.

1. P. Darwood	Unatt	33.55
2. M. Beale O/40	Stroud	36.09
3. M. Saunders O/40	Islwyn	36.33
4. D. Nettlefield	Nails	36.40
5. M. Thomson	Westb	36.51
6. M. Bird O/40	Nails	38.10
7. R. Everson	Bitton	38.36
8. P. Kennedy	T&C	38.47
9. G. King O/40	Weston	38.49
10. C. Kelsey	Wells	38.55
VETERANS O/50		
1. (10) C. Kelsey	Wells	38.55
2. (13) B. Porter	GtWest	39.20
3. (17) C. Daniel	Unatt	40.42
VETERANS O/60		
1. (32) M. Adams	Unatt	47.32
LADIES		
1. (12) T. King	Weston	39.12
2. (21) F. Bird	Weston	41.51
3. (33) N. Trubridge	Nails	45.59
4. (37) C. Nicholls O/40	Chedd	47.43
5. (38) R. White	Weston	47.53
(44) J. Hallitt O/50	Brist	49.44
(45) E. Green O/60	Weston	49.58
(50) L. Cowell O/40	Weston	51.47
(54) H. Kelsey O/50	Wells	64.54

57 finishers

THE DRUID
Denbighshire
AS/5m/1320ft 20.06.07

The second running of this mystical midsummer meandering up and down the mountain saw an extraordinary performance from Anna Frost. The New Zealand international came in 5th overall taking a big chunk off the ladies' record. Ian Houston, now racing for Mercia Fellrunners, was just outside his record and Ian Greenwood, a promising newcomer, was not far behind. This was the first of the Clwydian Summer Trots which are becoming increasingly popular especially with clubs on either side of the North East Wales border.

A modest investment in 'beery clocks' produced some of the more interesting prizes that you'll find at races and these were spread out over the series together with the rare Summer Trots T-shirts awarded to those who've run or marshalled at seven events over the years.

John Linley

1. I. Houston	Mercia	34.55
2. R. Greenwood	Eryri	35.29
3. J. Montgomery O/40	Clwyd	36.41
4. N. Ashcroft	Amble	36.44
5. A. Frost	Wrex	37.21
6. P. Taylor	Tatten	38.35
7. S. Edwards	Buck	38.44
8. N. Shepherd O/40	Bowl	38.49
9. S. Bellis O/50	Buck	39.18
10. G. McAra O/50	Chesh	39.24
VETERANS O/50		
1. (9) S. Bellis	Buck	39.18
2. (10) G. McAra	Chesh	39.24
3. (15) M. Cortvriend	Macc	41.32
VETERANS O/60		
1. (24) P. Roberts	Buck	44.09
2. (34) J. Morris	Buck	46.02
3. (42) N. Griffiths	Spect	47.11
LADIES		
1. (5) A. Frost	Wrex	37.21
2. (22) J. Lee	Eryri	43.16
3. (35) M. Gillie	Clwyd	46.13
4. (37) D. Urquhart	Buck	46.46
5. (44) A. Smith	Tatten	47.29
(51) E. Salisbury O/40	Eryri	49.19
(52) T. Williams O/40	Denb	49.34

73 finishers

LANGSTRATH FELL RACE
Cumbria
AS/4.5m/1400ft 20.06.07

1. B. Bardsley	Borr	37.41
2. R. Lightfoot	Ellenb	37.56
3. N. Sharp	Ambl	38.47
4. S.Booth	Borr	39.01
5. N. Fish	Amble	40.31

6. C. Steele	Borr	41.51
7. B. Abdelnoor	Amble	41.57
8. D. Troman	Kesw	42.03
9. P. Cornforth O/40	Borr	42.11
10. C. Robinson	HelmH	42.27
VETERANS O/50		
1. (13) P. Barron	Borr	46.44
2. (14) R. Unwin	Kesw	47.22
3. (26) D. Owens	Kesw	49.18
VETERANS O/60		
1. (54) T. Bowie	Fife	55.03
2. (74) D. Morgan	CFR	67.50
3. (78) S. Watson	CFR	74.45
VETERANS O/70		
1. (72) J. Rutter	Kesw	66.55
2. (79) I. Addison	Kesw	74.54
LADIES		
1. (34) A. Brand-Barker O/40	Kesw	51.29
2. (41) S. Hodgson O/40	Kesw	52.48
3. (43) R. Gash	Borr	53.16
4. (46) L. Cowell O/40	Borr	53.32
5. (48) J. Carter O/40	CFR	53.55
(73) M. Bridge O/50	Kesw	67.47

79 finishers

COITY RACE
Gwent
BS/5m/1000ft 20.06.07

I had managed to double book myself on the day of the race and a trip to Austria won the day but fortunately John Sweety and Byri jumped into the breach and saved the day. I gather it wasn't the best of nights but at least the rain had stopped for the race. Some remarkable times though, the first two making the record for this course Matthew Collins by a full minute. More remarkable was Helen Fines who knocked a full 5 minutes off the ladies' record of 45.37 which was Angela Jones' record as a vet, and Angela herself bettered this by nearly 3 minutes for a new FV record.

Also our best turnout for many years, which is very encouraging, including double our usual number of non-veteran and above competitors.

For next year I hope to incorporate the race with B Festival weekend on a Sunday when there is a country fair so you can bring the family and have a day out. Incidentally I plan to retire both from work and from race organising after next year so any volunteers out there to take the race and Llanbedr-Blaenavon in March on? After 28 years organising both myself and my marshals are getting too slow I fear.

Gareth Buffett

1. M. Collins	MDC	35.58
2. H. Matthews	MynDu	36.43
3. S. Charles	Unatt	36.58
4. A. Jones	MynDu	38.05
5. N. Cornock	MynDu	38.22
6. C. Flower	MynDu	39.31
7. A. Woods O/40	MynDu	40.38
8. H. Fines	BristW	40.40
9. T. Robson	Penn	40.59
10. G. Lewis	Fair	41.31
VETERANS O/50		
1. (12) C. Taylor	Mercia	41.46
2. (20) S. Herington	Heref	45.00
3. (22) S. Littlewood	Heref	46.12
VETERANS O/601.		
(27) G. Gunner	CroftA	48.42
2. (36) L. Pugh	MDC	67.20
LADIES		
1. (8) H. Fines	BristW	40.40
2. (15) A. Jones O/40	Brec	42.57
3. (31) S. Woods O/40	MynDu	53.31
4. (32) J. Davies	Griffith	55.02
5. (34) J. Burchell	Griffith	56.28

WALSH TWO LADS FELL RACE
Lancashire
BS/5.25m/900ft 21.06.07

The attendance for the race grows year on year, and this year was no exception, 226 runners turned up on the night. Fortunately the weather was kind to them and also to the marshals.

Nick Leigh led the race from the start and was not really threatened at any point, though that was of no discredit to the chasing runners. Katie Ingram was first lady home.

A big thanks to all who ran. The marshals, Bridge Inn, Bolton Mountain Rescue, the tenant farmers, Bolton MBC, United Utilities and the race sponsor Walsh Sports

Colin Jones

1. N. Leigh	P&B	31.42
2. R. Maddams	Horw	32.27
3. J. Kevan	Horw	32.55
4. B. Cole	RoyMar	33.28
5. D. Massey O/45	Horw	33.54
6. S. Diaz	Horw	34.12
7. A. Ashton	L'pool	34.17
8. C. Pass	Wesh	34.20
9. G. Groves	L'pool	34.23
10. A. Valentine	Bolt	34.44
VETERANS O/50		
1. (17) K. Thomas	Lost	35.42
2. (28) B. Walton	Horw	37.16
3. (56) C. Laidlaw	Lyth	39.47
VETERANS O/60		
1. (75) A. Appleby	Prest	41.12
2. (105) B. Hargreaves	L'pool	44.11
3. (129) W. Helliwell	FRA	45.35
VETERANS O/70		
1. (198) G. Arnold	Prest	53.35
2. (218) P. Duffy	NVet	57.40
LADIES		
1. (23) K. Ingram	Horw	36.53
2. (34) P. Jackson	Horw	37.40
3. (63) J. Clague	L'pool	40.21
4. (67) D. Allen	Horw	40.41
5. (74) L. Clough	Chorl	41.09
(88) J. Rashleigh O/45	HOrw	42.31
(97) A. Smith O/40	B'pool	43.45
(160) M. White O/55	Horw	48.38
(179) J. Atkins O/60	Chorl	50.32
(193) J. O'Doherty O/50	Lyth	53.07
(226) D. Lock O/60	Lyth	77.03

226 finishers

CRAIG Y RHIW HILL RUN
Shropshire
BS/4.5m/1000ft 22.06.07

We were fortunate to have a fine evening bearing in mind the terrible weather around. All who took part had a very enjoyable evening with everyone going home with a prize.

Doug Morris

1. P. Ball	Shrews	23.54
2. C. Davies O/45	Buck	24.41
3. P. Jones	OO	25.06
4. S. Bellis O/50	Buck	25.39
5. S. Roberts O/50	OO	26.23
6. G. Fletcher O/45	Maldwyn	26.37
7. T. Blake	OO	27.00
8. T. Yeomans	Shrop	28.05
9. S. Jones O/50	Eryri	28.17
10. M. James O/45	Unatt	29.00
VETERANS O/60		
1. (17) C. Williamson	Shrop	30.27
2. (20) B. Hastings	OO	30.55
3. (27) J. Hart	Lought	32.54
LADIES		
1. (13) A. Tickner	OO	29.51
2. (19) Y. Hill O/40	Ranel	30.46
3. (26) S. Greaves O/50	OO	32.32
4. (28) E. Ashton	OO	33.29

Photo courtesy of Norman Matthews

Katie Ingram (Horwich) winner of the Two Lads Fell race at Horwich

5. (29) D. Bellis O/40	Buck	36.52
(33) S. Richards O/50	Shrews	45.48

33 finishers

MIDSUMMER MADNESS
3-day series 2007
West Yorkshire
22/23/24.06.07

OVERALL

This year's weekend of fell running was as enjoyable as ever. The races present different challenges: a steep up-and-down on Friday, longer with route-choices on Saturday and fast but challenging on Sunday. We were well looked after by the pub staff in the Shoulder of Mutton and Hare & Hounds as well!

There has been a different winner of the series every year, and this year it was Halifax's Andy Thorpe who consistently headed the series table at each race. Behind Andy, the two Jasons, Williams and Stevens, battled for second place with the Leicester Owl finally sealing second place in the series at the deciding Tom Tittiman race.

After losing out to a stealthy late entry last year, Dick Ballantine sealed victory as first vet with ease this year. It was harder to separate the V50s, with Gary Rayner and Dave Beels inseparable on points – Dave making use of his local knowledge to post a fine result on the Reservoir Bogs race but losing out to Gary on the other two races. It was tempting to make them race off to High Brown Knoll and back as a decider but taking pity on the supervets they got a category prize each instead.

Anna Verges set the marker amongst the ladies with an excellent result on Friday, but slipped back on Saturday's race and allowed Jackie Scarf and Sarah Colbert to get ahead. Anna returned to form on Sunday and moved ahead of Sarah, but could not catch Jackie who took the ladies' prize.

There was also a category prize for the runner who improved most from last year to this – Andrew Mason of the Springfield Striders. Everyone who completed all three races got a memento, and there were even prizes for the marshals, so everyone went home rewarded!

Hope to see you all next year.

Bill Johnson

1. A. Thorpe	Hfx	12pts
2. J. Williams	Owls	17pts
3. J. Stevens	CaldV	19pts
4. D. Ballantyne O/40	Kghly	40pts
5. G. Bailey	Kghly	42pts
6. P. Rawlinson	Stain	43pts
7. N. Walker	Altrinch	48pts
8. B. Crowther	Tod	50pts
9. D. Beels O/50	CaldV	57pts
9. G. Rayner O/50	SprStr	57pts
(13) M. Smith O/50	Bing	94pts
(41) P. Ehrhardt O/60	Tod	214pts
LADIES		

1. (15) J. Scarf O/40	CaldV	103pts
2. (20) A. Verges	Traff	124pts
3. (22) S. Colbert	SprStr	128pts
4. (28) C. Hanson	CaldV	155pts
5. (31) L. Murgatroyd O/40	Stain	164pts
(44) C. Priestley O/50	Owls	246pts

45 finishers

WICKEN HILL WHIZZ
West Yorkshire
AS/3m/1000ft 22.06.07

RACE 1

So, the start of this year's Midsummer Madness weekend of fell racing in the Calder Valley. We were blessed with a fine, dry evening – though the moor was very wet underfoot from all the rain that had fallen in the previous couple of weeks.

As always it was good to see the travelling contingents from Leicester (the Owls) and Essex (the Springfield Striders). In fact the Bingley lads who cycled over, raced and cycled back were put in the shade this year by Neil Bradley who cycled all the way from Essex in 3 days, competed in all 3 races over the weekend and then presumably cycled back home. Perhaps if the rain had continued and he'd had to swim part of the way back it could have been a new triathlon variation?

Back on dry-ish land, the runners headed up the short, steep 1000' climb to Sheepstones trig point. Jason Williams of Leicester Owls reached the summit first, closely followed by the ever-youthful Steve Oldfield and the definitely-youthful Ryan Gould, with Alex Whittem and Andy Thorpe separating them.

Rounding the trig point and starting on the descent to the valley bottom, Jason could not hold off the fast descenders, and it was Alex Whittem who sped through to reach the finish line first. Steve Oldfield and Andy Thorpe also overtook the Owl, for our neighbouring clubs Todmorden, Bradford and Halifax to post a 1-2-3.

Ryan Gould held on to 5th place on the descent for a superb result by the under16. His brother Niall (under 18) picked up two places to finish 8th overall. Talented youngsters!

A junior girl, Halifax's Holly Page, also ran superbly. Anna Verges had climbed strongly and had a good lead amongst the ladies by the summit, but Holly is a quick descender. Turning at the trig point, she pulled away from Donna Cartwright, who had been on her shoulder, and gained 8 places overall on the way down including those of Anna and fellow under-18 Tom Arrandale.

Sheila McNulty had an excellent race. As first LV60 she was ahead of any LV50 and male V60, and along with Donna Cartwright and Naomi Page she helped Radcliffe to the ladies' team prize, while local team Calder Valley (Jason Stevens, Rob Rawlinson and Dave Beels) won the men's team prize.

The new finish in the woods was a lot more fun for those spectating, being able to watch the final descent as runners approached and providing entertainment at the sharp turn to be taken at pace at the bottom of the descent. Fortunately no-one ended up toppling over the low wall there, despite the banks of cameras ready for such a comedic event.

Bill Johnson

1. A. Whittam	Tod	21.32
2. S. Oldfield O/50	BfdAire	21.56
3. A. Thorpe	Hfx	22.08
4. J. Williams	Owls	22.36
5. R. Gould U/16	EChesh	22.55
6. C. Moses O/40	Bing	23.07
7. J. Stevens	CaldV	23.15
8. N. Gould U/18	EChesh	23.59
9. S. Daws O/50	Telf	24.16
10. M. Jagger	Unatt	24.31
(19) G. Rayner O/50	SprStr	26.22
VETERANS O/60		
1. (66) S. McNulty	Radc	32.59
2. (70) P. Ehrhardt	Tod	34.13
LADIES		
1. (26) H. Page U/18	Hfx	27.13
2. (31) A. Verges	Traff	28.00
3. (38) D. Cartwright	Radc	28.35
4. (44) J. Scarg O/40	CaldV	29.24
5. (47) S. Colbert	SprStr	29.58
(62) L. Murgatroyd O/40	Stain	31.53

83 finishers

RESERVOIR BOGS
West Yorkshire
BM/7m/1100ft 23.06.07

RACE 2

The challenge of taking the best route between checkpoints, on a course that is only revealed on the morning of the race, was no less interesting this year. In fact many of the runners came up to me afterwards and said it was probably the best Reservoir Bogs route ever. More than one even reckoned that the combination of terrain over the 7 or 8 mile route made the perfect fell race, which was great to hear and makes all the hard work for the weekend worthwhile.

White Hill, the third checkpoint, can be indistinct and is mostly trackless so I was a bit worried about losing runners if the clag came down, but it stayed fine for us all day. The route from there down to the Castle Carr reservoirs emerges onto one of my favourite areas, with glorious colour, untracked moorsides and peaceful waters all year round.

After consideration, we'd made the decision to have cut-off times this year. Safety is of prime importance, especially on an unmarked course with navigational requirements. Rather than disqualifying runners who are outside the cut-off, though, I felt it was better to rank them based on their position and time at the cut-off checkpoint. Effectively those who missed the cut-off time would have a shorter race. But as always with timeouts this caused bad-will with some of the seven runners who missed the cut. At the suggestion of the Springfield Striders I intend to have an early start time next year for those who think they may miss the cut-off, to give those who choose it more time to get through.

James Logue, the winner last year, led from start to finish this year too, with Andy Wrench racing him round. I had underestimated the time that all the runners would take in the ferns and rough ground, and James took 10 minutes longer than I expected, finishing in just over an hour with Andy a mere 3 seconds behind.

After a 7-minute gap, Andy Thorpe led the rest of the field, his second third place of the weekend putting him at the top of the table of runners doing the series. At the penultimate control he'd been wading through bracken while watching helplessly as Jason Stevens and Clive Davis ran comfortably past on a path 50 yards below. But Andy got back past them on the final route across the moor.

Jason Williams had been in 4th place as far as High Brown Knoll, but slipped behind Jason S and Clive on the run down to checkpoint 6. He is now just 1 point ahead of Jason S in the series. Phil Scarf also had a fine run in 7th place. Phil normally finishes further down the field in fell races, but he is a top navigator and he'd moved up from 21st to 8th place on the section down to the Castle Carr reservoir, and picked up another place heading over the moor towards the end.

Gayle Benson was dominant amongst the ladies, being ahead of all her rivals from the start and finishing 3 minutes clear of Jackie Scarf, another fine orienteer, who gained places on men all the way round but couldn't catch Gayle. Still, Jackie moved ahead of Anna Verges into the lead in the ladies' series.

By White Hill, Springfield Striders held the next two ladies places, through Sarah Colbert and Zoe Woodward, but Zoe must have had a problem in the trackless section to the reservoir and lost over 30 places there. Sarah held on to third place, while Claire Hanson, Joanna Porter and Linda Murgatroyd battled and changed position most of the way round before finishing in that order behind Sarah.

Reportedly, Dave Collins again took a tour of the moor, though I don't know whether he had as many followers trailing behind him again as he did last year.

Bill Johnson

1. J. Logue	Horw	1.00.25
2. A. Wrench O/40	Tod	1.00.28
3. A. Thorpe	Hfx	1.07.49
4. J. Stevens	CaldV	1.08.49
5. C. DavisO/40	Bowl	1.09.31
6. J. Williams	Owls	1.10.04
7. P. Scarf O/40	CaldV	1.12.58
8. I. Rowbotham O/40	Ilk	1.14.01
9. D. Ballantyne O/40	Kghly	1.14.31
10. P. Rawlinson	Stain	1.16.26
VETERANS O/50		
1. (11) D. Beels	CaldV	1.16.30
2. (17) G. Rayner	SprStr	1.17.36
3. (20) D. Collins	Tod	1.19.57
VETERANS O/60		
1. (48) M. Savage	SprStr	1.35.08
2. (49) G. Large	NVets	1.35.26
3. (55) M. Coles	Skyrac	1.37.32
LADIES		
1. (16) G. Benson	Stain	1.17.19
2. (23) J. Scarf O/40	CaldV	1.20.46
3. (39) S. Colbert	SprStr	1.27.37
4. (43) C. Hanson	CaldV	1.33.16
5. (44) J. Porter	CaldV	1.33.52
(45) L. Murgatroyd O/40	Stain	1.33.56

81 finishers

TIMOTHY TAYLORS TOM TITTIMAN
West Yorkshire
BS/4m/700ft 24.06.07

RACE 3

As usual, Timothy Taylors sponsored our final race of the Midsummer Madness weekend, supplying beer, beer-related T-shirts and trophies.

Despite the British championship race on the same day, there were some fast runners lining up at the start. Leeds City's Adam Osborne, an accomplished marathon runner on the roads, sped over Tom Tittiman and reached the halfway point - High Brown Knoll - in the lead, closely followed by Jonathan Hare, Karl Gray, James Logue and Jason Williams.

Then back over Tom Tittiman again, and a mix of fast running, descents and some tricky tussocks back to the pub. Jonathan and Karl overtook Adam and the pair resumed a battle that they have often had in local races over the last year. Halifax's speedy 18 year old, the aptly named Jonathan Hare, was victorious, leading Karl Gray at the finish by 13 seconds, with Adam Osborne coming in for third place.

James Logue, his course record intact, held on to 4th place, while Jason Williams again lost a couple of places on the descents, this time to Andy Wrench and Andy Thorpe, the latter sealing his victory in the series.

Another Halifax junior, Steven Bayton, also had a fine run, coming in 9th place, and deservedly claiming the team prize for Halifax with Jonathan Hare and Andy Thorpe.

The ladies' race was close, with Donna Cartwright having a slender lead on the chasing ladies Anna Verges, Holly Page and Jackie Scarf at the turning point. Holly used her descending pace to surge away

from Anna and Jackie on the way back, but Donna held fast to win the ladies' trophy.
Sheila McNulty, as she did on Friday, was not only the fastest LV60 but also beat the LV50s and MV60. The ladies' team prize went to Calder Valley: Jackie Scarf, Claire Hanson and Jo Porter.
A group of several runners mistakenly took a shortcut on the way back. It seems that several of the flags, despite being put out only a couple of hours before the race, may have been flattened or moved. The fairest thing was to work out roughly what time they gained (2 minutes) and add that to those runners' times.
Jonathan Hare had been chosen to represent GB juniors at the European Uphill Championships a couple of weeks after this race. Congratulations to Jonathan for 8th place and first British junior male in those championships.
Bill Johnson

1. J. Hare U/18	Hfx	27.53
2. K. Gray	CaldV	28.06
3. A. Osborne	Leeds	28.39
4. J. Logue	Horw	29.07
5. A. Wrench O/40	Tod	29.34
6. A. Thorpe	Hfx	30.08
7. J. Williams	Owls	30.46
8. J. Stevens	CaldV	31.05
9. S. Bayton U/16	Hfx	31.17
10. G. Oldfield O/40	CaldV	31.47
VETERANS O/50		
1. (14) S. Daws	Telf	34.01
2. (21) G. Rayner	SprStr	35.13
3. (25) D. Beels	CaldV	35.34
VETERANS O/60		
1. (73) P. Ehrhardt	Tod	46.16
LADIES		
1. (36) J. Scarf O/40	CaldV	38.09
2. (48) K. Brierley O/40	Tod	39.34
3. (55) Z. Woodward O/40	SprStr	39.55
(69) S. McNulty O/60	Radc	44.33
(77) S. Exon O/50	Traff	48.21
(83) A. Shipp O/50	SprStr	51.04

88 finishers

JAMES BLAKELEY FELL RACE
HARDEN MOSS
CM/3.5m/600ft 23.06.07

1. B. Mounsey	CaldV	20.37
2. R. Jackson O/40	Horw	21.49
3. T. Brunt	Holmf	22.07
4. B. Stewart	Holmf	22.23
5. G. Graham O/40	Holmf	23.19
6. D. Stewart	Spenb	23.41
7. G. Baxter	Holmf	24.08
8. P. Hinchliffe	Barns	24.21
9. C. Beadle	Holmf	24.36
10. J. Patterson O/45	Holmf	24.55
VETERANS O/50		
1. (14) I. Mitchell	Longwd	25.47
2. (19) B. Hinchliffe	Holmf	28.54
3. (24) R. Whale	Holmf	31.25
VETERANS O/60		
1. (25) T. Cock	Holmf	32.07
LADIES		
1. (19) B. Hinchliffe O/50	Holmf	28.54
2. (23) K. Sinkinson O/45	Holmf	30.54
3. (26) K. Dickenson O/40	Holmf	33.57

29 finishers

GIBSON GRIND TRAIL RACE
Cumbria
BM/8.5m/1200ft 23.06.07

Craig Roberts made it a hat trick this year with another win the Gibson Grind Trail race.
The race attracted a field of 81 runners from all over the country. Craig played cat and mouse with Paul Dugdale for most of the 14K course until the final big climb when Craig put in a lung bursting push which Paul could not respond to. He went on to win by a margin of 1.18 with a finishing time of 55.30 just falling short of his own course record set last year.
1st Lady home was Louise Roberts in 66.24. There was a surprise team this year from Dean Gibson School itself with a teacher, Governor and Sectary all completing in a respectable time considering they had never competed before.
Alec McDaid

1. C. Roberts O/40	Kend	55.30
2. P. Dugdale O/40	Kend	56.48
3. G. Jackson	Ross	58.51
4. A. Hodgkinson	Dallam	59.32
5. M. Beresford	Kend	60.14
6. B. Norman	Wesham	61.46
7. P. Tagett O/40	Clay	62.38
8. P. Whiting O/45	Kend	64.13
9. I. Wilkinson	Barrow	64.19
10. S. Butler O/40	Kend	64.46
VETERANS O/50		
1. (13) M. McKenna	Dallam	65.20
2. (14) R. Graves	Kend	65.24
3. (17) B. Davey	Sthport	65.59
VETERANS O/60		
1. (12) D. Waywell	Wesham	65.19
2. (49) R. Bell	Amble	78.25
3. (51) P. Taylor	CFR	78.43
LADIES		
1. (18) L. Roberts	Kesw	66.24
2. (31) R. Metcalfe	Unatt	71.48
3. (37) M. Clarke	Telf	73.08
4. (41) J. Turner O/45	Telf	75.01
5. (45) J. Taylor O/40	Bowl	76.30
(48) M. Smith O/50	Kend	78.20
(56) S. Haywood O/55	Saddle	80.11

79 finishers

CHROME HILL
Derbyshire
BS/4m/700ft 23.06.07

The rainy weather this year had the potential to turn parts of this race into a quagmire. However, at the start time the sun came up, to shine for the duration on the larger turn out. This beautiful run attracted a record field to compete over a course that offers everything. Farm, field and a true cliff top fell. Where else but in the centre of England could you run over a coral reef!
Although slippery in places, it was a super run. No records this year, but good times for the conditions. The field was tightly packed all the way, making it a real race for places, and resulting in some sprint finishes.
All those who finish this course deserve congratulations and I am grateful for the turnout despite the weather. However, the sun shines on the righteous. Thank you to all the helpers and I look forward to seeing you all again next year.
Amanda Dennim

1. R. Houghton O/40	BAD	33.28
2. J. Batt O/40	DkPk	33.37
3. R. Foley	Wirks	33.40
4. N. Winfield	Penn	34.01
5. M. Webster	DkPk	34.04
6. M. Thompson	Buxt	34.16
7. R. Snowden	Totley	34.25
8. A. Rollitt	Ashb	34.29
9. R. Fawcett O/50	DkPk	34.35
10. J. Pearce	Congle	34.43
VETERANS O/50		
1. (9) R. Fawcett	DkPk	34.35
2. (16) M/ Moorhouse	Mat	36.56
3. (22) R. Cooper	Unatt	39.50
VETERANS O/60		
1. (27) W. Helliwell	FRA	41.53
2. (42) R. Campbell	StaffsM	45.56
3. (50) R. Wignall	Altrinch	46.36
LADIES		
1. (34) D. Hill O/40	Congle	43.31
2. (37) S. Jackson O/40	Congle	43.59
3. (40) S. Curtis	FatBoy	44.31
4. (44) J. Newham	Congle	45.48
5. (46) H. Armstrong O/40	Ashb	46.07

59 finishers

LAKESIDE GUMMERS HOWE
Cumbria
AS/3m/900ft 23.06.07

1. I. Holmes	24.48
2. A. Dunn	25.39
3. S. Stainer	25.39
4. D. Kay	26.37
5. C. Doyle	26.38
6. C. Speight	29.06
7. D. Golding	29.09
8. J. Deegan	29.30
9. M. Hargreaves	31.40
10. M. Addison	32.25

ARNISON DASH FELL RACE
Cumbria
AS/2m/1000ft 24.06.07

An indifferent forecast and heavy rain in the morning meant that the RAF Falcons didn't make it to Ullswater Country for their parachute display, but 28 runners did make it to the start line for the fell race. Sunderland Strollers were out in force and hoping for the team prize (there wasn't one!) and there were 11 unattached runners. Is this a trend?
First home was Grant Cunliffein 15.23. He didn't break Phil Davies' record of 13.38 which was set in 2003, but he did set a new Junior record. Yep, first home and he was also first junior. Is this another trend? In second place was Peter Brittleton in exactly the same time as last year (15.48). First lady was Jane Reedy. Jane was last seen biking in the direction of Kirkstone Pass to get back to Ambleside. Hope you got back before the rain, Jane.
Thank you to everyone who took part in the fell race and to everyone who gave such vocal support. Hope that you all enjoyed your run and the Country Fair.
Finally, thank you to Catstycam Outdoor Shop in Glenridding who kindly sponsored the prizes.
Hope to see you all next year.
Christine Kenyon

1. G. Cunliffe	Ross	15.23
2. P. Brittleton	HelmH	15.48
3. C. Edis	Unatt	16.20
4. P. Wilkin O/40	ThirskS	16.31
5. K. Maynard O/40	Sunder	16.43
5. B. Harrison O/40	Unatt	16.43
7. D. Atkinson O/40	Unatt	17.03
8. T. Hunter	Unatt	17.04
9. N. Ray	Ellenb	17.14
10. J. Tighe	Ross	17.49
VETERANS O/50		
1. (20) S. Howe	Unatt	20.00
2. (22) G. Newsam	Clay	20.39
3. (28) M. Cox	Sunder	26.31
LADIES		
1. (12) J. Reedy	Amble	17.57
2. (23) R. Law	Unatt	21.39
3. (25) L. Buck O/40	CFR	22.22
4. (26) E. Fairmaner O/40	Unatt	23.05

28 finishers

CARNEDDAU
Gwynedd
AM/10.5m/4200ft 24.06.07

1. R. Hope	P&B	1.38.24
2. R. Jebb	Bing	1.38.39
3. R. Lightfoot	Ellenb	1.37.47
4. L. Taggart	DkPk	1.38.50
5. T. Owens	Mercia	1.38.54

6. B. Bardsley	Borr	1.39.12
7. J. Heneghan	P&B	1.39.28
8. P. Vale	Mercia	1.39.57
9. N. Sharp	Amble	1.40.37
10. J. Davies O/40	Borr	1.41.44
11. D. Hope	P&B	1.43.10
12. S. Booth	Borr	1.43.43
13. M. Fanning	Borr	1.45.11
14. A. Schofield	Borr	1.45.36
15. N. Leigh	P&B	1.46.28
16. M. Roberts O/40	Borr	1.46.35
17. D. Taylor O/40	DkPk	1.46.59
18. D. Milliken O/40	Horw	1.47.11
19. P. Haworth	Horw	1.47.25
20. I. Wellock	HBT	1.48.30
21. J. Morgan	DkPk	1.51.57
22. T. Werrett	Mercia	1.53.37
23. C. Fray O/40	Chesh	1.53.52
24. R. Stafford	Mercia	1.54.00
25. G. Wilkinson O/40	Clay	1.54.42
26. J. McQueen	Eryri	1.54.43
27. B. Stevenson O/40	P&B	1.54.53
28. A. Kirk O/40	Penn	1.55.14
29. R. Little	DkPk	1.55.48
30. J. Blackett O/40	DkPk	1.55.57
VETERANS O/50		
1. (31) M. Egner	DkPk	1.56.18
2. (48) T. McGaff	Chesh	2.01.27
3. (61) S. Storey	DkPk	2.07.13
4. (65) P. Booth	Clay	2.07.58
5. (71) G. McAra	Chesh	2.09.14
VETERANS O/60		
1. (70) D. Tait	DkPk	2.08.33
2. (73) D. Spedding	Kesw	2.10.08
3. (74) B. Blyth	Macc	2.10.12
4. (84) D. Williams	Eryri	2.11.34
5. (85) J. Patterson	Mourne	2.11.40
MU/23		
1. (3) R. Lightfoot	Ellenb	1.38.47
2. (19) P. Haworth	Horw	1.47.25
3. (29) R. Little	DkPk	1.55.48
4. (97) T. Edwards	DkPk	2.15.10
LADIES		
1. (39) J. McIver	DkPk	1.57.37
2. (59) S. Taylor	Bing	2.06.53
3. (60) A. Bartlett	Shrews	2.06.54
4. (64) H. Fines	BristWest	2.07.51
5. (66) F. Maxwell O/40	Mourne	2.07.59
6. (67) J. Waites	CaldV	2.08.03
7. (78) A. Raw O/40	Bing	2.11.11
8. (82) J. Buckley	CaldV	2.11.27
9. (87) A. Roberts	Eryri	2.11.51
10. (94) K. Davison	DkPk	2.14.38
(129) W. Dodds O/50	Clay	2.32.16
(168) M. Oliver O/50	Eryri	3.02.40

176 finishers

HARROCK HILL RACE 2
Lancashire
BS/5m/900ft 27.06.07

1. R. Maddams	Horw	32.11
2. P. Roby	Unatt	32.40
3. B. Bolland	Horw	32.44
4. S.Wilkinson	Sthport	33.09
5. C. Pass	Wesh	33.41
6. S. Bolland	Bowl	34.14
7. A. Rowe O/50	Wesh	34.17
8. J. Sprackland O/45	Sthport	35.08
9. R. Ashworth O/40	Sthport	35.16
10. G. Pendlebury O/50	Wesh	35.16
(17) S. Morran O/50	NVet	36.34
VETERANS O/60		
1. (39) D. Waywell	Wesh	39.41
2. (72) G. Large	NVet	44.13
3. (84) P. Gillham	Chorl	45.33
VETERANS O/70		
1. (111) M. Walsh	Bl'pool	51.49
2. (112) R. Bray	Bl'pool	52.31
LADIES		
1. (21) P. Jackson	Horw	36.42
2. (32) S. Parkinson	Chorl	38.32
3. (38) D. Allen U/18	Horw	39.36
4. (51) J. Goorney	Wesh	41.33
5. (53) J. Wilson O/40	Sthport	41.39
(58) A. Crabtree O/40	Chorl	42.33
(104) J. Atkins O/60	Chorl	50.12
(105) M. Bowker O/50	Sthport	50.16

123 finishers

SHELF MOOR UPHILL ONLY FELL RACE
Derbyshire
AS/2.5m/1610ft 27.06.07

1. L. Taggart	DkPk	23.30
2. B. Hussain O/40	Stockpt	24.20
3. D. Taylor O/40	DkPk	25.02
4. S. Coldrick	Penn	25.29
5. T. Brunt	Holmf	26.17
6. J. Tighe	Ross	26.28
7. M. Kieras	Glossop	26.29
8. M. Webster	DkPk	27.03
9. J. Chambers	Stockpt	27.30
10. S. McLean	Stockpt	27.39
VETERANS O/50		
1. (23) A. Howie	Penn	30.42
2. (24) A. Wilkins	Glossop	31.03
3. (33) J. Stephenson	Glossop	36.56
VETERANS O/60		
1. (35) T. Faulkner	Wilms	38.59
VETERANS O/70		
1. (37) P. Duffy	NVet	42.53
LADIES		
1. (19) J. Lee	Eryri	29.50
2. (28) S. Cooper O/40	Glossop	32.15
3. (29) L. Worthington	Unatt	32.30
4. (34) C. Marshall O/40	Wilms	38.45

37 finishers

AGGIE'S STAIRCASE
Lancashire
AS/4.1m/1150ft 28.06.07

The new start was generally well received, with some runners preferring it to the less steep old route, now fenced in to enclose ostrich. The moors above Darwen resemble the Great Karoo in so many ways, but rainfall isn't one of them, and the sodden conditions gave our humble little race the feel of a proper fell classic, which was great. Beer and free chocolate in the White Lion rounded off the evening, and our fine example of the Taiwanese trophy makers' craft was retained by Darren Kay.

Julian Donnelly

1. D. Kay	Horw	26.50
2. P. Thompson	Clay	27.40
3. S. Bolland	Bowl	28.26
4. D. Raby	Chorl	28.42
5. M. Shakeshaft	Bury	28.49
6. L. Pasco	Bowl	28.49
7. A. Buttery	Ross	29.34
8. K. Gaskell O/40	Horw	29.37
9. S. Edmondson	Horw	29.39
10. M. Lee O/40	Ross	30.00
VETERANS O/50		
1. (31) F. Lynch	RedR	33.03
LADIES		
1. (34) L. Clough	Chorl	33.15
2. (62) A. Crabtree O/40	Chorl	38.14
3. (73) D. Cambell	SKEM	39.17

88 finishers

BLACKAMOOR CHASE
Derbyshire
BM/6m/1450ft 28.06.07

What a contract weatherwise to last year's event after torrential rain and extensive flooding in South Yorkshire earlier in the week. The rain was still troubling us on the night of the race. A few runners even telephoned to ask if the race was still on.

We had a slightly lower turnout than last year due to the aforementioned but still managed a field of about 140 runners.

There was some anxiety before the start as there didn't seem to be many athletes warming up for the race but with just a few minutes to go before the start, they all seemed to appear as if from nowhere! After a lap of the cricket field, the runners set off up the lane to start the steep climb onto Totley Moor. A special mention for one Totley AC stalwart – Russell Ashmore, who has run in every Blackamoor Chase since the event's inauguration some 19 years ago.

It was a damp evening and slippery underfoot and congratulations go to eventual winner, Dave Taylor, who had a cracking race and came storming round the sports field into the finish line.

First lady back was Judith Jepson – well done to her – she was a good four minutes in front of the next lady, Pippa Weir.

Dark Peak Fell Runners again dominated the men's team event but Totley ladies took first and second places in the ladies' team event. Great efforts on the part of the first Totley male, Richard Snowden, and first Totley lady, Pippa Weir. Thank goodness for the shelter of the Cricket Inn for the prize giving after the race.

A huge thanks to all the marshals, without whom it wouldn't happen; our race series sponsors, Autocraft Services and Keep on Running and, of course, you the runners for supporting the event. Hope to see you all again next year.

Peter Matthews

1. D. Taylor O/40	DkPk	42.41
2. S. Maycock	Hallam	43.57
3. S. Patton	DkPk	44.08
4. S. Marsden	DkPk	45.02
5. S. Bell O/40	DkPk	45.39
6. R. Snowden	Totley	46.57
7. I. Lewis	DkPk	47.25
8. A. Sneddon	Unatt	48.02
9. J. Slate	Hallam	48.10
10. P. Grogan O/40	S'well	48.16
VETERANS O/50		
1. (15) R. Fawcett	DkPk	48.48
2. (23) K. Holmes	DkPk	50.09
3. (29) M. Moorhouse	Mat	52.33
VETERANS O/60		
1. (37) M. Cochrane	DkPk	52.13
2. (50) D. Tait	DkPk	54.08
3. (99) C. Radcliffe	DkPk	61.30
LADIES		
1. (41) J. Jepson O/40	FatBoys	52.25
2. (61) P. Weir O/40	Totley	56.07
3. (63) H. Tant	SheffUni	56.29
4. (72) J. Nolan	DkPk	57.58
5. (77) H. Brown	Totley	58.25
6. (78) P. Goodall O/50	Totley	58.40

140 finishers

TIDESWELL FELL RACE
Derbyshire
BS/4.4m/850ft 29.06.07

Our annual Fellrace was run at the end of the wettest June for ages and was expected to be very messy affair but someone in the organisation was obviously owed a favour and we were granted the one clear night of the week. Those hardy souls who turned out were greeted with warm evening sunshine, a very pleasant temperature and decent conditions underfoot.

Ninety one entrants ran our usual route of 4.4 miles through Tideswell Dale, across the River Wye and up the Rake with 850 feet of ascent before plunging down through the woods at at Priestcliff Lees, over the Monsall Trail then back over the river and up through the Dale.

The conditions proved good for our winners as Andrew Thake took the overall win in a new record time of 25.40 and Jackie Lee also established a new female record of 30.54.
The event is run by volunteers as a benefit for the local Tideswell Sports Association. which encourages sports of all types in the village. Everyone seemed to enjoy the race and the usual chaotic prizegiving ceremony and will hopefully be back next year in force.

Keith Houghton

1. A. Thake	Hallam	25.40
2. S.Bond	TFS	26.50
3. A. Lamont	Macc	27.47
4. A. Stuart	DkPk	29.58
5. M. Stenton O/40	DkPk	30.08
6. P. Light O/40	Staffs	30.13
7. J. Wilson	Unatt	30.24
8. R. Wilkinson O/40	LongE	30.29
9. D. Soles O/40	Penn	30.33
10. A. Seamer O/40	LongE	30.48
VETERANS O/50		
1. (23) A. Butler	GoytV	32.05
2. (26) S. Brister	Mat	33.01
3. (32) D. Tait	DkPk	34.06
LADIES		
1. (11) J. Lee	Eryri	30.54
2. (28) J. Fielder	Unatt	33.29
3. (37) E. McGuire	Stockp	35.05
4. (39) K. Bryan-Jones	DkPk	35.53
5. (48) J. Featherstone	Tot	36.29
(54) P. Goodall O/50	Tot	36.59
(61) K. Hoult O/40	Unatt	38.31
(65) B. Nixon O/50	P'stone	39.52
(78) P. Collier O/40	Unatt	43.06

91 finishers

SKIDDAW FELL RACE
Cumbria
AM/9m/2700ft 01.07.07

Before the prize giving presentation was made to Kenny Stuart, who has held the record for this race (1.02.18) since 1984.
Kenny was presented with a hunting horn, which was donated many years ago by Harry Griffin, the eminent Cumbrian journalist, to be presented to the runner who competed the race in under an hour. We decided that, instead of the trophy continuing to gather dust, it should be presented to Kenny for safekeeping until someone manages that feat. Given that Kenny's record has stood for nearly a quarter of a century, it seems likely that the hunting horn will be on the wall of the Stuart household for many years.
As a result of the fact that this year we were not competing with the Saunders, we had a higher than usual turnout, 125 runners and a high quality field. The conditions, although wet and blustery and uncomfortable for the marshals on the hill, were better than had been expected for running.
The winner, Andy Greenleaf, is a newcomer to fell running. However, his achievement in narrowly beating Simon Booth did not rob Borrowdale of the team prize, with the club taking second, third and sixth men's places.
In the veteran categories there were impressive runs from Mike Whyatt, who was the first man over 40 and 4th overall, The first two ladies home, Sue Becconsall and Jackie Casey were both the first two ladies over 40.
Although 2 of the first men over 50 were local, with Jackie Winn first man over 50 coming an impressive fourteenth overall, two men from north of the border, Tom Bowie and Jim Buchanan, finished first and second in the over 60 category.
Finally, congratulations to Keswick Ladies for taking the ladies' team prize.
Thanks to: everyone who ran or came along to provide support; everyone who provided help, particularly Elaine Ritchie, for results, and Jane and Gary for volunteering for summit duty; Pat, Carolyn and friends for the refreshments; and our sponsors, Pete Bland Sports.
Allan Buckley

1. A. Greenleaf	14AC	1.10.07
2. S. Booth	Borr	1.10.15
3. M. Fanning	Borr	1.12.02
4. M. Whyatt O/40	Bowl	1.12.31
5. D. Birch	Kesw	1.13.16
6. C. Steele	Borr	1.14.30
7. B. Abdelnoor	Amble	1.15.01
8. M. Gaunt	14AC	1.15.51
9. M. Whitelaw	Annan	1.15.52
10. M. Bouldstridge	Mercia	1.16.34
VETERANS O/50		
1. (14) J. Winn	CFR	1.17.40
2. (26) G. Owens	NFR	1.23.53
3. (27) R. Unwin	Kesw	1.24.00
VETERANS O/60		
1. (68) T. Bowie	Fife	1.33.34
2. (85) J. Buchanan	Annan	1.38.36
3. (100) M. Walsh	Lytham	1.44.30
VETERANS O/70		
1. (120) S. Rutter	Kesw	1.59.41
LADIES		
1. (40) S. Becconsall O/40	Bing	1.26.57
2. (50) J. Casey O/40	Barrow	1.29.35
3. (82) J. Carter O/40	CFR	1.37.20
4. (86) J. Moore	Kesw	1.38.50
5. (96) N. Raby	Chorl	1.42.55
(113) G. Walkington O/50	Horw	1.54.03
(118) M. Bridge O/50	Kesw	1.57.54

124 finishers

MOEL-Y-GAMELIN
North Wales
AM/9.5m/2380ft 01.07.07

Cool and slightly damp weather, compared to last year's very hot conditions, meant that the existing course record holder, Richard Roberts, knocked nine minutes off the course record, to finish in 1.10.45, two minutes ahead of Karl Gray. The very good runner, Anna Frost, not only finished 10th overall, but knocked seven minutes off the ladies' record, to finish in a time of 1.22.07, some five minutes ahead of the existing ladies' record holder, Anna Bartlett of Shrewsbury.
Outstanding runs from M45 runners Stephen Gillard and John Montgommery saw them finish 5th and 6th respectively, only one minute apart. Graham McAra finished 13th to win the M50, whilst the outstanding Don Williams, the M60 winner, finished 20th, two minutes and six places ahead of the next M60, the running legend, Jeff Norman.
73 runners completed the course, and most expressed how tough it was, mainly because the climb at the start and finish were just runnable, and the middle section grass undulating tracks fast. The venue's Ponderosa Café with its large eating area, attached public toilets and ample car parking make it very popular with the runners.
A D Norman

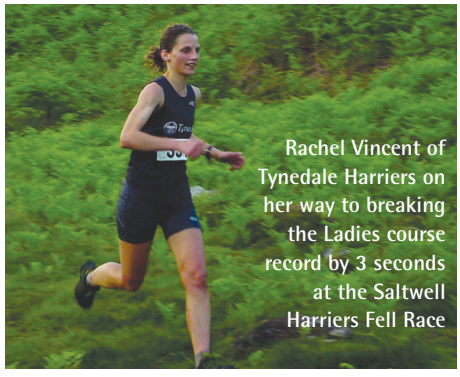
1. R. Roberts	Eryri	1.10.45
2. K. Gray	CaldV	1.12.50
3. H. Mathews	MynDu	1.14.05
4. R. Stafford	Mercia	1.15.22
5. S. Gillard O/45	BroDys	1.17.51
6. J. Montgommery O/45	CRR	1.18.45
7. A. Smith	Amble	1.19.55
8. T. Jones O/45	Mercia	1.21.27
9. P. Stinton	CRR	1.21.40
10. A. Frost	Wrex	1.22.07
VETERANS O/50		
1. (13) G. McAra	Chesh	1.23.52
2. (15) C. Davies	Sadd	1.25.06
3. (27) M. Cortvriend	Macc	1.29.09
VETERANS O/60		
1. (20) D. Williams	Eryri	1.26.30
2. (26) J. Norman	Altrinch	1.28.53
3. (32) P. Roberts	Buck	1.32.26
LADIES		
1. (10) A. Frost	Wrex	1.22.07
2. (19) A. Bartlett	Shrews	1.26.25
3. (25) A. Roberts	Eryri	1.28.02
4. (39) J. Ewels	CRR	1.35.50
5. (41) M. Gillie	CRR	1.35.58
(61) S. Rowlands O/40	CRR	1.46.00
(63) J. Edwards O/45	Murion	1.47.18
(68) M. Oliver O/55	Eryri	1.56.24

72 finishers

SALTWELL HARRIERS FELL RACE
County Durham
BS/5.5m/1000ft 03.07.07

It was a night of records at the 12th Saltwell Harriers Fell Race. Record entry of 77 runners, Record prize list, the anticipated breaking of the mens' course record by our friends from Borrowdale Fell Runners. Unfortunately the latter didn't materialise though this can't be said of the ladies' course record which did fall, thanks to an excellent run by Tynedale's Rachel Vincent who knocked 3 seconds of Karen Robertson's 1999 record. This was a great run by Rachel who mixed it with the regions cream of fell running finishing 15th overall and only just behind her husband Phil who will obviously need to train harder if he his to maintain top dog status in the Vincent household. Bingley's new recruit, Alison Raw finished second in a creditable time despite recent injury.
It was very good to see the Borrowdale lads. Andrew Schofield and Jim Davies make the effort to travel over the Pennines to sample this excellent race and their efforts were duly rewarded with 1st and 2nd place. Andrew decided to lead from the start and was still setting the pace after 3 miles. However Jim took advantage as they both retrieved themselves from the depths of the stream where the control punch is strategically located, and built up a lead that increased on the steep climb to the finish.
The mens' minor placings were fought out between Will Horsley, Phil Vincent and NFR's ageing Dave Armstrong and Saltwell's own spring chicken Fred Smith. Will comfortably beat Phil for third but didn't hang around to pick up his prize (shame on you Will) and Fred had to give way to his younger rival but still picked up his first V50 award.
Back at the Moorcock pub the best, most entertaining presentation of any sporting event in the whole wide world provided the post race fun where much merriment appeared to be in abundance. Jim Davies was presented with a tasteful blue porcelain horse following his emotional winning acceptance speech and his team-mate, Andrew, gratefully accepted a pair of work gloves plus the obligatory brown envelope. Even Ray Dawson in 55th position picked up a prize. Another successful night of Fell Running on the one day in July that didn't see any rain!

Keith Wood



Rachel Vincent of Tynedale Harriers on her way to breaking the Ladies course record by 3 seconds at the Saltwell Harriers Fell Race

Photo courtesy of Keith Wood

1 J. Davies O/40	Borr	41.23
2. A. Schofield	Borr	41.46
3. W. Horsley	NFR	44.49
4. P. Vincent	Tyne	45.18
5. D. Armstrong O/45	NFR	45.32
6. F. Smith O/50	Salt	46.16
7. S. Lumb O/45	DFR	46.31
8. P. Leigh O/40	Walls	46.37
9. G. Burns O/40	DFR	46.46
10. N. Hitchcock	DFR	46.49
VETERANS O/50		
1. (6) F. Smith	Salt	46.16
2. (14) P. Kelly	DFR	47.38
3. (16) M. Broadhurst	Tyne	48.39
VETERANS O/60		
1. (77) R. Moore	Tyne	73.25
VETERANS O/70		
1. (69) J. Prudham	Jarrow	64.40
2. (71) J. Garbarino	NFR	65.51
LADIES		
1. (15) R. Vincent	Tyne	47.42
2. (19) A. Raw	Bing	49.43
3. (44) L. Wilkinson	NFR	54.35
4. (61) L. Warren	Tyne	61.36
5. (64) S. Davies O/45	NFR	62.08
(73) L. Edmundson O/45	Wrekin	66.48

77 finishers

DANEFIELD RELAY
West Yorkshire
BS/3m/450ft 04.07.07

A damp summer evening with very wet conditions for the last couple of weeks meant a winning time about 3 minutes slower than last year. Congratulations to the winners, and also to Graham Pearce for achieving the fastest time of the night at 18.39. The ladies' award went to Ilkley Harriers who also took the veterans team by finishing in 5th place. Thanks to all who supported this event.

1. The 3 Amigos	59.46
2. Ilkley Harriers	60.01
3. P & B U/16	60.23
4. Crowish Cruisers	63.00
5. Ilkley Harriers Vets A	64.06
6. Pool Panthers	65.03
7. Ilkley Harriers	65.19
8. Horsforth Harriers	66.00
9. Skyrac	67.12
10. Kirkstall A	68.35
LADIES	
1. Ilkley Blondes	70.17

CRAGG VALE FELL RACE
West Yorkshire
BS/4m/720ft 04.07.07

Whilst the Americans were celebrating Independence Day, the residents of the little village of Cragg Vale were celebrating the annual arrival of dozens of sweaty and muddy fell runners. Villagers put on welcome refreshments in the [midge free] church hall, offering a free cup of tea to runners and bacon butties at bargain prices. Lots of locals turned out to marshal or support both the Junior and Adult races, including my 3 children, Ben 16, Annie 14 and Joey 12, plus Beth Emberton, whose help proved invaluable. They flagged the route, registered runners, ran, marshalled, shouted numbers and collated results/prizes. Fantastic!

We ran the 44 junior runners off first, along an undulating, wooded path by Cragg Brook. None seemed to mind the unremitting rain and Max Wharton, winner of the U12 race, was chosen to start the adult race.

It's a very attractive but narrow track through the woods at the start and the 87 runners were warned to be considerate for the first 0.5 mile, for there was plenty of space to overtake on the steep track up to the moor. Turning off 'Dick's Lane' into the plantation runners had the swamps of Sunderland pasture to contend with [snorkels optional]. Then it was a fast decent across fields/track to the old Gatehouse in Cragg.

Close to last year's record, the young Rob Shaw won in 28.14, with Andrew Wrench M40 11 seconds behind. Top lady, Holly Williams, beat Cerys Davies to finish in a time of 36.34.

Prize giving was in the village hall soon afterwards. Team prizes went to Keighley and Craven [Rob Shaw, Willy Smith and Stephen Brook] and Calder Valley ladies [Cerys Davies, Clare Kenny and Claire Hanson]. The first Cragg residents prizes went to Jonathan Emberton [who also marshalled the Juniors] and Mary Hytch [who also flagged the first section of the course].

Thanks to everyone who turned out in the pouring rain and made it such a memorable evening.

Jackie Scarf

1. R. Shaw	Kghly	28.14
2. A. Wrench O/40	Tod	28.25
3. W. Smith	Kghly	30.00
4. R. Barrett O/40	Skipt	30.24
5. J. Stevens	CaldV	30.33
6. S. Brook	Kghly	30.47
7. M. Gavero	Kghly	30.48
8. C. Moses O/40	Bing	31.05
9. S. Booth O/40	Unatt	31.51
10. R. Green	Saddle	31.55
VETERANS O/50		
1. (22) B. Waterhouse	Saddle	33.54
2. (25) C.Marshall	Kghly	34.04
3. (26) D. Fretwell	Kghly	34.10
VETERANS O/60		
1. (36) G. Breeze	Skyrac	35.51
2. (47) D. Spendlove	CaldV	37.39
3. (62) T. Minikin	Kghly	39.57
VETERANS O/70		
1. (86) P. Duffy	NVet	50.28
2. (87) J. Smith	Tod	67.20
LADIES		
1. (39) H. Williams	Kghly	36.34
2. (48) C. Davies	CaldV	37.42
3. (50) J. Hogg	Saddle	37.56
4. (58) C. Kenny O/40	CaldV	39.20
5. (61) C. Hanson	CaldV	39.52
(66) J. Rawlinson O/50	Clay	40.06
(67) N. Spinks O/40	P'stone	40.51

87 finishers

HOTFOOT UP FAMAU
Denbighshire
AS/4.2m/1300ft 04.07.07

After 3 years I got a chance to have a go myself – as a race organiser I highly recommend it (if you can get the back-up and support to allow it, which I realise is difficult for a lot of organisers.) The thing is you see things that might not normally occur to you when marking out the course. And so it was at this race, scrambling down to the stream at the foot of the first valley, runners were going down like ninepins! Clearly I need to vary that one slightly. On the next downhill after Moel Gaer I was getting ready to charge down one of my favourite training slopes when I realised everyone was drifting off to the left – our marshal had followed instructions and opened the gate at the bottom but he'd found a gate that I didn't know existed. However I was right to wear long shorts - up the next valley the bracken was thick and high as a consequence of the constant rain of this glorious high summer and this lush bracken hid a mass of nettles. I did explain at the finish that after the tingling wears off you can relax benefiting from the anti-arthritic properties of nettle stings!

This year's Hotfoot race featured another fine run from 'King of the Clwydians' Ian Houston who was just a few seconds behind his record for this race. However, he was chased hard by young Jason McGonigle. And another amazing run came from Anna Frost who smashed the ladies' record finishing 5th overall.

The race was well attended by Tattenhall Runners many of whom had been supporting Mark Smith at the weekend in his successful Bob Graham round. It didn't seem to do them any harm several of them posting excellent times – and there was Mark at the top of the stony gully cheering us all on and even attempting to jog back to the finish. Many thanks to all those eager assistants who enabled me to race!

Martin Cortvriend

1. I. Houston	Mercia	35.20
2. J. McGonigle	Warring	35.42
3. E. Loffil	Kesw	37.00
4. N. Ashcroft	Amble	37.13
5. A. Frost	Wrex	38.12
6. J. Montgomery O/40	Clywd	39.47
7. S. Edwards	Buck	40.28
8. I. Lancaster O/40	Tatten	40.52
9. P. Taylor	Tatten	41.19
10. S. Bellis O/50	Buck	41.33
VETERANS O/50		
1. (10) S. Bellis	Buck	41.33
2. (23) M. Cortvriend	Macc	45.29
3. (30) P. Miller	Tatten	47.25
VETERANS O/60		
1. (24) J. Morris	Buck	45.47
2. (45) N. Pratten	Wirral	52.02
3. (48) A. Todd	Helsby	53.05
LADIES		
1. (19) S. Hammond O/40	Tatten	43.35
2. (28) M. Gillie	Clwyd	47.06
3. (36) D. Urquhart	Buck	49.54
4. (43) E. Salisbury O/40	Eryri	51.10
5. (44) S. Ellis O/40	Tatten	52.08

61 finishers

FLAN FELL RACE
Cumbria
BS/1.75m/340ft 05.07.07

It rained hard all day and even heavier during the race itself, making for a very slippery fell-side. It takes more than that to stop dedicated fell runners doing their stuff though and a small field braved the elements in this short but challenging race.

Starting out of Ulverston along the steady incline of Gill banks, athletes are soon met by the steep but runnable 300 foot climb up Flan Fell followed by the very fast thigh bursting descent back to the Gill. Winner was Jeff Chadwick from the organising club GSK Hoad Hill Harriers, followed by club mate Christopher Howie and young Tom Doyle. 14 year old Melanie Hyder took the ladies' race, with Penny Moreton in second. The veterans' prizes went to Graham Pinder and Gary Dover.

The shorter childrens race came down to a sprint finish with Ross Campbell winning by the thickness of a vest from Thomas Taylor, both in 9.45. Lorna Nunwick won the girls' race.

Damian Jones

1. J. Chadwick	HoadH	11.16
2. C. Howie	HoadH	11.27
3. T. Doyle	HelmH	11.33
4. M. Vogler	Amble	11.41
5. N. Pate	Skipt	12.07
6. O. Fielden	HelmH	12.18
7. M. Hyder	HelmH	12.39
8. L. Procter	HelmH	12.45
9. G. Pinder O/45	HoadH	12.48
10. G. Dover O/40	HoadH	12.51
LADIES		
1. (7) M. Hyder	HelmH	12.39
2. (17) P. Moreton O/45	HoadH	20.29

17 finishers

CHILDRENS RACE

1. R. Campbell	9.45
2. T. Taylor	9.45
3. L. Nunwick	10.52

WHITETOPS HILL RACE
Dundee
6m 06.07.07

We are fortunate here in Dundee to have the Sidlaws easily accessible on our doorstep and the views are remarkable on a clear day.
Since the race was first organized a number of years ago now, the route, although essentially unaltered, has become much more overgrown due to the growth of the vegetation and therefore some of the paths are now more difficult to find.
Friday began as most other days this "Summer" have, grey clouds and rain. However, undaunted by the weather, Harry and Ged donned waterproofs at 9.30 am and set off to mark out the route for the evening event returning three hours later completely saturated and soaked to the skin but mission accomplished! This rain cannot continue forever, surely? Fortunately, the rain did subside and the event took place with only a little drizzle on and off.
Unknown to us as race organizers, between then and the time of the race start at 7.30pm, person or persons unknown saw fit to remove some of the marking tape and stakes used to guide the runners up the hill and reposition it on a different path! We were unaware of this fact, of course, until some of the runners who knew the route, finished.
44 runners took part and all finished intact! This was a little down on numbers from last year so perhaps the sodden conditions had put a few people off!
The run is not a difficult climb in terms of hill running and the whole event is to encourage runners to come and take part and enjoy the terrain and a different type of running.
Over the years we have had many top runners taking part. Last year, 2006, Angela Mudge ran a new course record for the women, 34.36, but Alan Milligan's record of 31.41 still stands.
This year's event was won in 33.50 by Andrew Liston and the lady's winner was Lisa Gamble, 17th overall, in a time of 41.38.
Dundee Roadrunners hope that anyone who reads this short report on our hill race will be encouraged to come next July and try it out for themselves. As usual, entry will be on the night at Auchterhouse village hall.

Gill Hanlon

1. C. Liston	Fife	33.50
2. C. Russell	Fife	34.38
3. A. Jones	Fife	35.22
4. D. Crowe O/40	Dund	36.16
5. ? Hubbard O/40	Unatt	36.34
6. T. Scott O/40	Fife	37.52
7. I. Anderson O/40	SPSAAC	37.56
8. M. Laing O/40	Fife	38.42
9. C. Ross O/40	Dund	39.07
10. G. Watson O/40	Dund	39.57
LADIES		
1. (17) L. Gamble	Fife	41.38
2. (26) J. Higginbottom O/40	Carn	43.56
3. (28) K. Fitzpatrick	Fife	44.23
4. (35) J. Scott O/40	Fife	48.40
5. (38) L. Nicoll O/40	Forfar	52.16

44 finishers

WHARFEDALE TTT
North Yorkshire
6/7/8.07.07

Given the prolonged deluge which preceded this year's event, a last minute change of name from TTT (Tarmac, Trail & Tussock) to FBS (Flood, Bog & Swamp) was under consideration but despite the threats of the weather forecasters, attendees were blessed with reasonably dry conditions and more sunshine than had been seen in the whole of the previous month.
Friday night's uphill road race was dominated by Leeds City with Chris Birchall and Greg Hull taking 1st and 2nd spots in the men's race and Emily Klee the first lady home followed by Melanie Hyder.
Friday's athletic endeavours didn't finish there though. Cambridge Harriers from Kent are regular visitors to the TTT and whilst they didn't manage to get to Yorkshire in time to compete in the Friday night race, they did break their own personal best for erecting their club tent. When questioned about their vastly improved performance over the previous year's effort, their spokesman cited a new motivational technique, namely "we arrived at 9.45 and wanted to be in the pub for 10." Sports psychologists take note.
Saturday morning brought a mixture of sunshine and showers to accompany runners on their 12.5(ish) mile challenge. Greg Hull and Martin Peace were never far apart throughout and only eight seconds separated them at the finish, with Greg taking the victory this time. Owen Graham maintained Leeds City's excellent weekend with 3rd place. Heather Dawe had a slightly more comfortable time as 1st lady followed by team mate, Alison Eagle.
Sunday's 1.5 mile dash up and down the hill behind the event field saw 33 participants and one ironing board line up at the start. A shade under fourteen minutes later and Richard Barrett and Harry Croft had just managed to squeeze their way past Martin Peace to make up the men's 1-2-3 respectively. Melanie Hyder returned to be 1st lady home followed by another consistent finish from Alison Eagle.
The ironing board and it's chaperone, Tom Walker, finished a creditable 14th.
Calculation of the Grand Prix placings saw overall victory in the men's event awarded to Martin Peace by a single point from Richard Barrett who did, however, have the consolation of taking the O/40 prize. Geoff Howard took the men's O/50 honours. For the ladies, Alison Eagle triumphed ahead of Becky Weight and Gail Tombs. Ikley also took the team event ahead of Bingley.
Thanks to all landowners, marshals, timekeepers and those manning the griddle and tea urn for their help at this year's event. If you've never sampled the TTT before come and join us in Kettlewell on 4th, 5th & 6th July 2008.

Kerry Gilchrist

Overall

1. M. Peace	Bing	9pts
2. R. Barrett O/40	Skip	10pts
3. I. Rowbotham O/40	Ilk	18pts
4. C. Urmston O/40	Clay	25pts
5. G. Howard O/50	Ilk	35pts
6. D. Fretwell O/50	Kghly	38pts
7. M. Thorpe O/50	Kghly	52pts
8. M. Williams O/40	Ilk	53pts
9. P. Jacobs O/50	Easingw	56pts
10. D. Fox O/50	Otley	79pts
LADIES		
1. A. Eagle O/45	Ilk	52pts
2. B. Weight O/45	Bing	62pts
3. G. Tombs O/45	CaldV	88pts

Race 1

1. C. Birchall	LeedsC	17.10
2. G. Hull O/40	LeedsC	17.27
3. G. Devine O/40	P&B	18.43
4. M. Peace	Bing	18.45
5. R. Barrett O/40	Skip	19.34
VETERANS O/50		
1. (10) D. Fretwell	Kghly	21.49
2. (12) G. Howard	Ilk	22.00
3. (14) M. Thorpe	Kghly	23.04
LADIES		
1. (9) E. Klee	LeedsC	21.09
2. (11) M. Hyder	HelmH	21.53
3. (15) A. Eagle O/45	Ilk	23.13

28 finishers

Race 2

1. G. Hull O/40	LeedsC	1.29.28
2. M. Peace	Bing	1.29.36
3. O. Graham	LeedsC	1.32.17
4. R. Barratt O/40	Skip	1.34.09
5. I. Rowbotham O/40	Ilk	1.34.14
VETERANS O/50		
1. (11) G. Howard	Ilk	1.39.53
2. (12) D. Tait	DkPk	1.45.34
3. (14) P. Jackson	Whrfe	1.50.54
LADIES		
1. (17) H. Dawe	Ilk	1.52.27
2. (20) A. Eagle O/45	Ilk	1.54.19
3. (24) B. Weight O/45	Bing	1.56.32

46 finishers

Race 3

1. R. Barratt O/40	Skip	13.50
2. H. Croft	Skip	13.58
3. M. Peace	Bing	14.03
4. M. Winn-Smith	Camb	14.07
5. C. Moses O/40	Bing	14.28
VETERANS O/50		
1. (12) G. Howard	Ilk	15.41
2. (13) D. Fretwell	Kghly	16.09
3. (18) P. Jacobs	Easingw	17.17
LADIES		
1. (9) M. Hyder	HelmH	15.23
2. (17) A. Eagle O/45	Ilk	17.08
3. (19) B. Weight O/45	Bing	17.25

33 finishers

THE 51st CHEVY CHASE
Northumberland
BL/20m/4000ft 07.0707

The day before this year's Chevy was pretty bleak with torrential rain and poor visibility and we were preparing for an extremely damp day. Fortunately, race day dawned dry and breezy.No chance of drying up those bogs, but at least the hilltops could be seen and everyone could go through their pre-race preparation outside. 136 runners started the race. This year there was a single start time instead of two packs of runners, this simplified the organisation and it was great to see such a large field of runners heading off into the hills.
It was certainly cooler than last year, but underfoot conditions were the wettest experienced for some time and made it tough going as well as the hail showers on the higher hills. Many were glad of the extra water bottles supplied by Montane at the summit of Hedgehope, this was airlifted in by RAF Boulmer. Water levels in the burns were exceptionally high this year, but all survived the river crossing. The beauty of the falls along the Carey Burn proved a good excuse to stop and admire the view.
Feedback on the inspirational signs on Hell's Path, "the sting in the tail" of the Chevy, was positive!
Fortunately the weather at the hostel was fine in the afternoon and finishers could relax on the grass with their tea and cakes, and contemplate their bog-splattered legs. Sportident electronic timing was used for the event, runners enjoyed comparing their split times in the post race discussions.
David Kirkland skimmed across the bogs to take first place, retaining the cup he won last year. Gary Jones came in second and third placed Alastair Horsefield was delighted to move up the rankings from last year to take third place. Once again the veterans ran extremely well with Garry Owens V50 taking fourth place and David Atkinson V40 in fifth. Raymond Gray won the V60 trophy again this year. It was no surprise that the team trophy went to NFR, to the two Gary's and David, with 11 points. Novice runner Rob Shepherd won first local prize in 4:13:07.
Louise Wilkinson had a strong run and was first lady (and possibly muddiest), Steph Scott took second place and Katherine Land was third. Susan Davies took the V40 trophy and Kris Thompson of Wooler was the first V50 and first local lady.

Many thanks to all the volunteers on the hills and at the hostel who help make the Chevy such a special event. Thanks also to the landowners for supporting the event. We are grateful to Northumberland National Parks Search and Rescue Team, who were kept busy on the day assisting those with injuries or navigational difficulties, to Raynet for providing communications and to The Red Cross for first aid at the hostel. Thanks to our sponsors Montane, Start Fitness, Gear For Girls and The Good Life Shop, Wooler.

Claire Bagness and Mary Logan

1. D. Kirkland	Alnwick	3.13.46
2. G. Jones	NFR	3.18.09
3. A. Horsefield	Gosf	3.22.38
4. G. Owens O/50	NFR	3.30.25
5. D. Atkinson O/40	NFR	3.31.36
6. J. Duff	NFR	3.34.03
7. G. Scott O/40	Unatt	3.35.28
8. A. Fletcher O/40	Berw	3.36.43
9. D. Steel O/40	NFR	3.38.48
10. T. Mullen O/50	Unatt	3.39.06
(13) J. Dallinson O/50	NFR	3.41.08
VETERANS O/60		
1. (48) R. Gray	NFR	4.26.49
2. (51) J. Keeble	Unatt	4.29.46
3. (97) P. Braney	Billing	5.29.08
LADIES		
1. L. Wilkinson	NFR	3.49.40
2. S. Scott	NFR	4.06.45
3. K. Land	Unatt	4.17.10
4. S. Davies O/40	NFR	4.23.58
5. J. Pena	Gosf	4.34.54
S. Welsh O/40	NFR	4.49.36
K. Thompson O/50	Wooler	4.52.51

131 finishers

THURLSTONE CHASE
Derbyshire
CS/4m/400ft 07.07.07

The chase was run in near perfect conditions, this after three weeks of continuous rain and flooding in South Yorkshire. The course was wet in places, but the previous week some of the fields were flooded and the start and finish had to be moved due to the event centre having deep grass and a boggy parking area.

This did not hamper S. Dimelow who finished nearly a minute up on second placed G. Turner. K. MacKenzie was not put off by the wet fields either as she finished in 18th place overall and first lady.

Thanks to all runners who ran with the sun on their backs for once, and the marshals who as usual made for another smooth running event.

Bob Innes

1. S. Dimelow	P'stone	22.49
2. G. Turner	DkPk	23.39
3. J. Mason O/40	Woodkirk	23.49
4. D. Thompson	Livingwell	24.15
5. M. Stenton O/40	DkPk	24.52
6. S. Roebuck	P'stone	25.10
7. D. Unwin	DkPk	25.43
8. M. Law O/40	P'stone	25.53
9. S. Walker O/40	Barns	26.21
10. K. Mahon	Unatt	26.42
VETERANS O/50		
1. (16) Moorhouse	Matlock	28.04
2. (24) J. Davies	Linc	29.23
3. (25) J. Spencer	Hallam	29.52
VETERANS O/60		
1. (19) M. Cochrane	DkPk	28.49
2. (30) J. Hewitt	Barns	30.28
3. (32) M. Cartwright	P'stone	30.36
LADIES		
1. (18) K. MacKenzie	Barns	28.17
2. (44) L. Hinchliffe	Barns	34.45
3. (47) S. Higham O/50	P'stone	35.38
4. (48) K. Davis	P'stone	35.43
5. (49) N. Law	P'stone	35.48
(53) S. Bird O/40	P'stone	37.54
(56) D. Pozorski O/40	P'stone	45.44

57 finishers

CHARMOUTH CHALLENGE
Dorset
BM/7.8m/1895ft 07.07.07

1. I. Habgood	Egdon	54.42
2. J. Rowley	Cleved	54.51
3. T. Caulton O/40	Hatton	55.38
4. K. Barlow	Poole	56.28
5. M. Hoey	Bournmth	56.47
6. P. Rose O/40	Yeovil	57.03
7. D. Caddy	Egdon	57.33
8. C. Easthaugh O/40	Stannary	57.36
9. G. Hill O/40	Sidmth	57.41
10. R. Schofield O/40	Chippen	57.45
VETERANS O/50		
1. (11) M. Bayer	Sidmth	58.10
2. (22) B. Pentland	Portsmth	61.39
3. (23) M. Gammon	West	61.43
LADIES		
1. (50) J. Wilson	Dev/Som	66.44
2. (59) N. Garrick	Sidmth	68.18
3. (61) C. Davies	Egdon	68.54
4. (71) E. Wood O/50	AxeV	70.28
5. (78) M. Thorpe	Chippen	71.13
(89) F. Anderson O/50	Egdon	72.45
(96) D. Puzey O/40	Sidmth	73.20
(104) D. Marriott	Sidmth	74.28

228 finishers

TOCKHOLES FELL RACE
Lancashire
BS/5.8m/1100ft 07.07.07

Pre-race organiser's nerves that 'no-one may turn up'; were emphatically quelled with 81 runners undaunted by the dampest conditions we've seen for this 'summer' race. And despite overnight tree-falls posing a minor nuisance in Sunnyhurst Woods, they were rewarded with dry reasonable weather during the race itself.

Chris Smale held off a late surge from Phil Nicholl to finish just 4 seconds ahead; both lads MV40 and fuelling the debate on improving vets versus deteriorating overall quality.

Matt Nuttall was first 'youngster' home in 3 rd overall with clubmate Melanie Taylor first lady home. Brian Walton ran a good time of 42:11 to take M50, David Waywell similarly in 27th overall taking MV60 and George Arnold as always impressing, running well despite being over 70.

Apologies to Jan Atkins for not initially realising she was fist lady over 60 – the writing on the print out was akin to the 5th line of the eye test – and obviously she doesn't look over 60!!!. Well done to Geraldine Walkington F50 and Kath Hoyer F40.

Commiserations to Andy Quickfall who pulled up after 200 yards with a muscle problem – hope you are running again soon.

Hope you all enjoyed it and thanks to the marshals and the Rock for their hospitality. See you all next SUMMER – don't forget your pack–a–mac!!

Nigel Barnes

1. C. Smale O/40	Tod	39.23
2. P. Nichol O/40	Altrinch	39.27
3. M. Nuttall	Bl'burn	39.33
4. T. Bush	Altrin	40.31
5. S. Edmonson	Horw	41.08
6. K. Gaskell O/40	Horw	41.12
7. B. Walton O/50	Horw	42.11
8. S. Heaton	EChesh	43.00
9. S. Williams O/40	Bl'pool	43.19
10. A. McWade	Bl'burn	43.26
VETERANS O/50		
1. (7) B. Walton	Horw	42.11
2. (23) T. Hesketh	Horw	45.00
3. (26) J. Singleton	Clay	45.41
VETERANS O/60		
1. (27) D. Waywell	Wesh	45.50
2. (45) R. Paul	Salf	50.24
3. (57) P. Gillman	Chorl	53.15
VETERANS O/70		
1. (78) G. Arnold	Prest	62.47
LADIES		
1. (60) M. Taylor	Bl'burn	53.30
2. (66) J. Brown	Darwen	55.11
3. (68) J. Atkins O/60	Chorl	57.29
4. (70) G. Walkington O/50	Horw	58.02
5. (71) K. Hoyer O/40	Wesh	58.12
(74) M. Dewhurst O/40	Chorl	60.52

80 finishers

CHARLESWORTH & CHISWORTH CHALLENGE FELL RACE
Cheshire
BS/3m/500ft 07.07.07

It had rained for at least a biblical 40 days and nights and, by the Wednesday before the carnival and race day, was showing no sign of a let up. A gloomy and sodden carnival committee assembled on the recreation ground to consider cancellation. However, encouraged by the remarkable water absorption properties of Derbyshire soil, and a glimmer of hope in the long-range weather forecast, the decision was made to press on regardless.

Race day dawned wet and threatening, but optimism was rewarded by breezy and drying conditions by the start, and even bursts of sunshine for the junior race. None of this deterred the competitors, who turned up in near-record numbers to support the race. These included many of the usual suspects, and a few new faces, including a first appearance in the race by John Brown.

All 86 competitors in the senior race completed the course successfully. John Brown duly led the field home to record a comfortable win, one and a half minutes ahead of the rest of the field. Any hopes of breaking Andy Trigg's long-standing record were undermined by the conditions, though a time of 21:20 was very respectable on the day. Matthew Kieras came home in second, one place ahead of last-year's finish (2008 should be his year!), hotly perused by Tom Priestley (also moving up a place on last year), who won the under 18 category. David Ardern was first Male Vet 40.

The ladies' event saw a clean sweep by the Pennine Fell Runners, filling all top four places, with Katherine Harvey winning, followed by Rachael Chatwin and Jane Mellor.

This year also saw the inaugural presentation of the Lorna France Memorial Trophy, presented by members of Lorna's family to Lucy Harris - the first 14 to 18 year-old female. Lorna was a carnival queen in 2002, and her loss earlier in the year was very deeply felt by the whole village.

The under 14 fell race was also very well supported, with 43 finishers demonstrating a real depth of interest and talent in the sport. Three races over different distances saw honours shared between locals Patrick Magner, Charlotte Kelly, Emily Dow and Lauren Alford, and club runners Thomas Craig (Pennine) and Samual Hambridge (Nuneaton). Most importantly, all 43 entrants had a great time, and will hopefully be back next year.

A big thank you also to everyone who helped out – Registration & Marshalling: Jenny, Andy, Jim, Nick & Yvonne; the recording team: Barbara; Sarah & Marilyn and the computer wizards (witches?) Helen and Clare, who had the results posted for the first 80 places before number 86 finished!

Thanks to everyone who took part, and made it such a great day. Book the date in your diaries for next year – 12th July 2008.

Dominic Oughton

SENIOR RACE

1. J. Brown	Salf	21.20
2. M. Kieras	Glossop	22.50
3. T. Priestley	Stockp	22.53
4. D. Ardem O/40	GoytV	22.56
5. J. Jackson O/40	Salf	22.57
6. P. Birkett O/40	Salf	23.07
7. M. Crosby	Altrinch	23.46
8. C. Moriarty O/40	Penn	23.50
9. J. Minshell O/40	Glossop	24.02
10. I. Warhurst O/40	Penn	24.03

VETERANSO/60

1. (19) J. Norman	Unatt	25.59
2. (41) N. McGraw	Glossop	29.38
3. (64) B. Robinson	Unatt	33.03

VETERANS O/70

1. (76) B. Thackery	DkPk	36.46

LADIES

1. (29) K. Harvey	Penn	27.24
2. (32) R. Chatwin	Penn	27.52
3. (33) J. Mellor O/40	Penn	29.05
4. (35) G. O'Grady-Thomas	Penn	29.21
5. (37) S. Craig	Unatt	29.23
(58) L. Palmer O/40	Glossop	31.56

86 finishers

JUNIORS UNDER 14

Boys 6 – 8

1. P. Magner		2.31
2. M. Thomas	Penn	2.38
3. I. Grubb		2.46

Girls 6 – 8

1. (3) C. Kelly		2.42
2. (6) J. Brown		3.05
3. (7) J. Brook		3.07

Boys 9 – 10

1. C. Thomas	Penn	5.52
2. G. Moran		6.26.
3. A. Minshull		6.27

Girls 9 – 10

1. (31) E. Dow		7.56
2. (34) S. Best	Stockp	8.12

Boys 11 – 13

1. S. Hambridge	Nun	11.19
2. N. Budgen		12.37

Girls 11 – 13

1. (37) L. Alford		12.14
2. (39) S. Moran		14.28
3. (40) S. Betts		14.34

HAWKSHAW GALA FELL RACE
Lancashire
BS/2.5m/500ft 07.07.07

Thanks to all athletes and officials, it is easier to find sober athletes than officials, but we scraped by! Martin Lee won the men's race like last year. Ditto Holly Page in the ladies' race. Hope everyone enjoyed.

Christopher Caldwell

1. M. Lee	Ross	12.49
2. R. Solman	Ross	13.56
3. A. Kirkham		14.39
4. C. Standish		14.40
5. H. Page		14.44
6. L. Coles		15.28
7. E. Sandford		16.17
8. J. Phillips		18.37
9. F. Wood		19.28
10. D. Dixon		21.09

17 finishers

JUNIORS

1. E. Spence		4.36
2. S. Johnson		4.43
3. D. Waddington		5.26

GLARAMARA FELL RACE
Cumbria
AS/5m/2100ft 08.07.07

1. L. Taggart	DkPk	44.17
2. S. Booth	Borr	47.16
3. R. Lightfoot	Ellenb	47.21
4. J. Bland	Borr	48.05
5. D. Taylor O/40	DkPk	48.41
6. A. Schofield	Borr	48.44
7. A. Breaks	CaldV	49.12
8. P. Cornforth O/40	Borr	51.15
9. M. Robinson	DkPk	51.32
10. L. Amor U20	CFR	52.15

VETERANS O/50

1. (12) P. Crompton	CFR	53.26
2. (17) J. Winn	CFR	55.35
3. (18) P. Barron	Borr	55.46

VETERANS O/60

1. (28) D. Spedding	Kesw	59.38
2. (68) J. Somerville	Holmf	78.17
3. (73) A. Buckley	Kesw	83.17

VETERANS O/70

1. (74) D. Rigg	CFR	86.02
2. (78) J. Escritt	CFR	96.48
3. (79) I. Addison	Kesw	103.15

LADIES

1. (20) J. Lee	Eryri	56.14
2. (25) J. Waites	CaldV	57.23
3. (38) K. Hewitson	CFR	62.35
4. (39) K. Beaty O/40	CFR	62.38
5. (40) N. Davies O/40	Borr	63.09
(64) J. Rawlinson O/50	Clay	75.39
(71) G. Walkington O/50	Horw	80.01

81 finishers

BROOMHEAD CHASE
South Yorks
BS/3.5m/800ft 08.07.07

Broomhead Show became another victim of the floods. The show field was deemed too wet to cope with the predicted vehicular traffic and so, reluctantly, the show was cancelled. However, by kind permission of Ben Rimmington-Wilson, owner of Broomhead Estate, the Chase was to go ahead. Whilst clearing bracken on the Wednesday evening by the side of Ewden Beck thoughts of cancelling came to mind as the "Beck" was a raging torrent. Other crossing points were investigated and one possibility, with the inclusion of a couple of safety ropes, was found. Finishing cutting on the Friday evening saw the Beck manageable with a single rope at the new crossing point so all thoughts of cancelling were gone. Sunday morning, marking the course, the river level was down to normal so no change of crossing point and no ropes.

By the time the tent and water was set up at the start/finish and I had returned to the registration area with an hour to go before the start the car parking area was already getting to bursting point, considering the show was cancelled this was a brilliant sight.

With the underfoot conditions, thanks to a herd of cows on the muddy decent section, the race record was never in danger.

Together with the Thurlstone Chase on Saturday 7th and the Trunce on Monday 9th the Broomhead was part of a "three races in three days "challenge" where a tot glass for everyone plus a prize draw were the rewards for three short sharp races of which 24 people took part.

My thanks to all helpers, bracken cutters, marshals, registration officials, Broomhead Estate and to all runners for making the day a success for Deepcar Junior Brass Band Broomhead Chase.

Andy Plummer

1. N. Swift	DkPk	28.19
2. D. Thompson	LivingBarns	28.44
3. D. Unwin	DkPk	29.33
4. J. McIver	DkPk	29.45
5. M. Law O/40	P'stone	30.10
6. J. Slate	Hallam	30.19
7. M. Hulley	DkPk	30.40
8. D. Birkenshaw	Kimber	31.05
9. M. McIver O/40	DkPk	31.16
10. K. Holmes O/50	DkPk	31.28

VETERANS O/50

1. (10) K. Holmes	DkPk	31.28
2. (11) M. Moorhouse	Matlock	31.56
3. (24) N. Whittingham	P'stone	35.15

VETERANS O/60

1. (14) M. Cochrane	DkPk	32.21
2. (30) M. Cartwright	P'stone	37.20
3. (39) B. Needle	DkPk	39.39

LADIES

1. (4) J. McIver	DkPk	29.45
2. (25) D. Smith	DkPk	36.42
3. (28) J. Yates O/40	DenbyD	37.05
4. (37) J. Cockerton O/40	P'stone	38.39
5. (40) B. Haigh O/60	P'stone	39.46

55 finishers

BOLLINGTON NOSTALGIA HILL RACE
Cheshire
BM/7m/1200ft 08.07.07

The Bollington Nostalgia Hill Race was held for the third year and is so called because it follows the route of Bollington Drop-In Centre's 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 again this year. All proceeds from the event will go the Centre, which is an Independent Registered Charity.

The original race in 2005 had been run on one of the hottest days of the year. The runners had to cope with gruelling temperatures reaching 34 deg C and no water stations! Since then we have learned by our mistakes and supply three water stations, complete with wet sponges.

This year, in the midst of weeks of horrendously wet and stormy weather, we were extremely lucky. Not a drop of rain fell throughout the race and the heavens only opened after all presentations had been given.

54 runners completed the 7.11 mile route, which covers an interesting variety of terrains, including four strenuous sections and a 1200 foot ascent.

The overall winner was Mike Salt, with an amazing time of 44.41. What an incredible improvement for Mike, who had come 5th the previous year. Apparently, to practice hill racing, he has been running up and down the same hill over and over, as it is the only one in his area!

Simon Harding was second in 44.49 and in third place was Rob Downs, the first 40+ veterans, with a time of 45.03.

Not far behind, the first lady to cross the finishing line was Liz Batt with a time of 52.55.

Coming in 20th place was the 50+ veteran, Alan Bocking, and the leader in the 60+ category was Dave Gosling, completing the course in 41st place.

Bollington Drop-In Centre held and 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 is now 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. M. Salt	Camb	44.41
2. S. Harding	Congle	44.49
3. R. Downs O/40	Unatt	45.03
4. J. Chapman	Macc	46.52

5. J. Pendrill	Chesh	47.05
6. P. Light O/40	Staffs	47.29
7. B. Heaton O/40	Wilms	47.44
8. N. Walker	Altrinch	48.02
9. T. Stock O/40	Macc	48.20
10. J. Batt O/40	DkPk	49.49
VETERANS O/50		
1. (20) A. Bocking	Chesh	54.42
2. (22) C. Harding	Unatt	55.03
3. (33) J. Leary	Unatt	59.53
VETERANS O/60		
1. (42) D. Gosling	Stockp	62.54
2. (45) T. Faulkner	Wilms	64.22
LADIES		
1. (15) L. Batt	DkPk	52.55
2. (18) H. Jeanes	Unatt	53.26
3. (19) S. Campbell	Macc	53.55
4. (25) S. Murray	Macc	56.20
5. (34) B. Murray O/40	Macc	59.55
(36) H. Stockman O/40	Macc	60.53

54 finishers

CALLOW
Shropshire
AS/5m/2500ft 08.07.07

1. T. Werrett	Mercia	59.49
2. A. Ward O/40	Carn	60.33
3. A. Mudge Lady	Carn	61.02
4. M. Bollom	Mercia	61.23
5. T. Jones O/40	Mercia	63.28
6. P. Ball	Shrews	64.13
7. A. Mouncey O/40	Unatt	64.15
8. P. Harlowe O/50	Wharfe	64.27
9. S. Daws O/50	Telf	64.36
10. P. Beeson O/40	Maldwyn	65.14
(11) G. McAra O/50	Chesh	65.46
VETERANS O/60		
1. (42) C. Williamson	ShropShuff	82.45
2. (60) M. Edwards	Wrex	100.35
LADIES		
1. (3) A. Mudge	Carn	61.02
2. (20) M. Price	Mercia	73.31
3. (37) J. Jeffreys O/40	Oswest	81.28
4. (49) L. Garside O/40	Telf	87.03
5. (51) D. Campbell	Skelm	89.32

54 finishers

PEAK FOREST FELL RACE
Derbyshire
CM/6m/650ft 08.07.07

It was a fine day, a fine turnout and a fine race. Once again, Stewart Gregory and Ged Cudahy came second and third respectively as they did last year but this year it was Andrew Lamont who passed the post in under 40 minutes.

It was evident from some of the times that there was keen competition for friends, husbands, wives, partners and clubs to get home first. There were at least four dead heat finishes and several split by only a second or two!

Congratulations to Bryan Rogers who, at 74 years young, was the oldest finisher as 66th out of 82 runners. Well done!

Thank you to everyone who played a part in making the event such an enjoyable one. It was also gratifying to receive praise from visitors and competitors alike on the organisation and facilities.

Harry Trent

1. A. Lamont	Macc	36.54
2. S. Gregory O/40	HolmeP	40.39
3. G. Cudahy	Stockp	40.50
4. N. Bassett O/40	Staffs	42.51
5. D. Garner O/40	Manch	43.33
6. D. Kilpin	P'stone	44.14
7. I. Warhurst O/40	Penn	44.28
8. J. Robinson	GoytV	44.44
9. R. Gibson O/40	DkPk	44.47
10. A. Oliver	Manch	45.49
LADIES		
1. (14) W. Higginbotham O/40	Buxt	46.54
2. (21) K. Harvey O/40	Penn	49.29
3. (24) R. Chatwin O/40	Penn	49.54
4. (25) H. Mort	Chestfld	50.48
5. (27) R. Avanessian	Manch	50.57

81 finishers

ELLAN VANNIN
Isle of Man
AL/12m/3000ft 08.07.07

The weather for this year's Ellan Vannin Fell Race was in stark contrast to the misty, showery and chilly conditions experienced over the hills in recent weeks. With warm sunshine and clear visibility the event attracted a record entry in recent times for this eighth round encounter of the Manx Fell League. Unperturbed by the enhanced competition, Simon Skillicorn finished over five minutes ahead of his nearest rival Tom Cringle in second, with Ian Gale running strongly to clinch third and first veteran athlete over 40. In the veteran over 50 class, Doc Young continues to dominate with a resounding win. There was intense competition in the ladies' race, with visiting athlete Karen Robertson from Northumberland Fell Runners gaining the upper hand over talented local Cal Partington for the honours. Bridget Kaneen was pleased with her run in third.

It was a recording breaking day in more ways than one, with Skillicorn smashing the course record established in 2006 by Okell, by six minutes. Karen Robertson added the course record to her fine win, improving on Rose Hooton's 2006 record by almost 55 minutes.

Christine Barwell

1. S. Skillicorn	Manx	2.05.57
2. T. Cringle	Manx	2.11.37
3. I. Gale O/40	Manx	2.12.50
VETERANS O/50		
1. D. Young	Manx	2.29.14
2. R. Moughtin	Western	2.48.42
3. I. Callister	Manx	2.57.40
LADIES		
1. K. Robertson	Nthumber	2.29.25
2. C. Partington	Manx	2.30.14
3. B. Kaneen	Manx	3.25.21

HATHERSAGE GALA FELL RACE
Derbyshire
BS/4.5m/1050ft 09.07.07

1. J. Heneghan	P&B	29.38
2. M. Crane	Unatt	30.03
3. S. Bond	TomFell	30.34
4. N. Northrop	DkPk	31.19
5. D. Taylor O/40	DkPk	31.54
6. S. Ledger	Unatt	32.59
7. L. Banton	Clowne	33.08
8. J. Wilson	Unatt	33.38
9. T. Priestley	Stockp	33.56
10. T. Heron	DkPk	34.04
VETERANS O/50		
1. (30) R. Fawcett	DkPk	36.38
2. (37) D. Appleton	FatBoy	37.07
3. (39) R. Rees	Penn	37.50
VETERANS O/60		
1. (91) M. West	DkPk	43.35
2. (92) A. Yates	DkPk	43.38
3. (95) C. Lowe	Mansf	43.54
LADIES		
1. (44) J. Jepson O/40	FatBoy	38.09
2. (68) L. Bland O/40	DkPk	41.11
3. (74) A. Higgins	FatBoy	41.48
4. (83) J. Gascoine O/40	Unatt	42.48
5. (85) P. Goodall O/50	Totley	42.53
(128) B. Nixon O/50	P'stone	47.22

183 finishers

JUNIORS		
1. J. Arundale		17.35
2. D. Jervis		17.52
3. K. Hewitson		18.06
4. S. Clough		20.38
5. J. Gould		20.42

15 finishers

OAKWORTH HAUL
West Yorkshire
BM/5m/650ft 10.07.07

1. M. Fryer O/40	Hfax	37.53
2. D. Ballentine O/40	Kghly	38.42
3. P. Hindle O/40	Kghly	38.43
4. D. Collins O/50	Tod	39.06
5. M. Barnes O/40	Unatt	39.13
6. H. Isley	Ilk	40.05
7. C. Greatorex O/40	Valley	40.44
8. M. Ford	Bing	40.51
9. J. Fortescue O/40	Abbey	41.42
10. E. Barclay O/40	Ilk	41.43
VETERANS O/50		
1. (4) D. Collins	Tod	39.06
2. (13) G. Newsham	Clay	43.54
3. (14) M. Smith	Bing	44.35
LADIES		
1. (6) H. Isley	Ilk	40.05
2. (10) E. Barclay O/40	Ilk	41.43
3. (20) K. Ballentine	Kghly	48.58
4. (22) L. Abdy O/45	Tod	55.25
5. (23) E. Watson	Unatt	60.16

24 finishers

STOODLEY PIKE FELL RACE
Lancashire
BS/3.7/700ft 10.07.07

It was a tale of youth versus experience as Todmorden Harriers hosted their longest established race, the 3.7 mile Stoodley Pike Fell Race.

The experience was provided by race winner and veteran fell running legend, 40 year old Ian Holmes, who once again proved the truth in the old adage that 'class is permanent' as he sailed down the treacherous descent off the front of the Pike to win the race in 18.10.

However in pursuit of Holmes was the youthful Jonathan Hare. The 18 year old pushed the old master all the way to cross the line in second place, just 15 seconds adrift.

In the ladies' race it was Calder Valley's star Jo Waites, who established an unassailable lead on the first climb up Langfield Common and won the race in a time of 22.28, 4 minutes ahead of her nearest challengers, who were her club mates Jackie Scarf and Clare Kenny. These three easily taking the ladies' team prize for Calder Valley.

With a huge turn out of 37 Calder runners, Todmorden's neighbours from 'down the valley' also took the men's prize with Karl Grey, Jason Stevens and Andy Clarke making up the victorious team.

First Todmorden Harrier to finish was the improving Mark Goldie who finished in 10th. First Tod lady was Kath Brierley who placed 4th in the female rankings, continuing her return to form.

Rachel. Skinner

1. I. Holmes O/40	Bing	18.10
2. J. Hare U/21	Hfax	18.25
3. K. Gray	CaldV	19.19
4. R. Graham	Horw	19.24
5. J. Logue	Horw	19.45
6. O. Belby	Wharf	20.11
7. S. Oldfield O/50	BfdAire	20.26
8. G. Jackson	Ross	21.20
9. A. McWade U/21	Bl'burn	21.28
10. M. Goldie	Tod	21.30
VETERANS O/50		
1. (7) S. Oldfield	BfdAire	20.26
2. (27) P. Pyrah	Bing	22.58

3. (53) N. Hindle	Unatt	24.39
VETERANS O/60		
1. (55) G. Breeze	Skyrac	24.47
2. (80) D. Spendlove	CaldV	25.59
3. (109) P. Heneghan	Horw	27.31
VETERANS O/70		
1. (158) G. Arnold	Prest	32.24
2. (171) D. Clutterbuck	Tod	35.08
LADIES		
1. (19) J. Waites	CaldV	22.28
2. (84) J. Scarf O/40	CaldV	26.10
3. (86) C. Kenny O/40	CaldV	26.13
4. (88) K. Brierley O/40	Tod	26.18
5. (89) G. Myers O/40	Unatt	26.28
(125) J. Rawlinson O/50	Clay	28.11
(149) J. Atkins O/60	Chorl	31.03
(165) A. Baldwin O/50	Stain	33.19

177 finishers

LORDS SEAT
Cumbria
AS/5m/1400ft 11.07.07

This year saw the race run in an anit-clockwise direction i.e. the reverse of previous years. This cut out the road section at the start and gave runners a choice of routes to the finish. It was certainly less stressful for marshals who, in 2006, had to contend with a speeding Transit heading towards 100 runners and most comments received were favourable. We may have to tweak the finish in 2008 but the race route will visit Barf then Lords Seat.

An altered course meant two new records for Lloyd and Sarah. Lloyd's time equalled Keith Anderson's record set in 1990 and Sarah's time was 50 seconds faster than Helen Diamantides' record (also 1990). The 2007 course is slightly shorter but these times certainly show that standards are not dropping.

A very special thanks to our team of marshals who undertook their checkpoint duties, thankfully without incident.

Watch the FRA calendar for 2008 dates.

Angela & Tony Brand-Barker

1. L. Taggart	DkPk	31.18
2. B. Bardsley	Borr	32.02
3. S. Booth	Borr	32.55
4. C. Steele	Borr	33.32
5. L. Amor U/18	CFR	35.38
6. C.Knowles O/40	CFR	35.39
7. C. Robinson	HelmH	36.58
8. S. Hebblethwaite	Kesw	37.12
9. S. Tunstall	YorkA	37.26
10. S. Bennett O/40	Eden	37.44
VETERANS O/50		
1. (12) D. Ownes	Kesw	39.22
2. (16) K. Loan	Kesw	39.56
3. (17) R. Unwin	Kesw	40.19
VETERANS O/60		
1. (35) S. Harwood	Kesw	44.07
2. (38) M. Pearson	Kesw	44.38
3. (41) C. Kershaw	CFR	45.48
VETERANS O/70		
1. (70) J. Rutter	Kesw	54.26
LADIES		
1. (9) S. Tunstall	York	37.26
2. (27) K. Beaty O/40	CFR	42.25
3. (36) J. Moore	Kesw	44.25
4. (39) T. Smith	Kesw	44.43
5. (43) L. Dunn	Kesw	46.24
(53) A. Goldsworthy O/40	Lakes	48.45
(67) M. Grant O/50	CFR	53.00
(69) M. Bridge O/50	Kesw	54.08

73 finishers

BULL HILL FELL RACE
Lancashire
BS/5.5m/1200ft 12.07.07

On a cold and overcast evening a record turnout of 125 runners completed this challenging and scenic 5 ½ mile fell race around Bull Hill and Holcombe Moor, Lancashire.

With an excellent performance the winner of the race, John Brown led all the way unchallenged and was almost 3 minutes clear of second placed Josh Tighe.

Another clear winner, this time in the ladies' section was Lynne Clough who cruised in 2 minutes clear of Heather Corbishley.

A tasty chip buttie and a drink awaited the runners in the pub after the race followed by the prizegiving. It's not hard to see why this race is growing in popularity and we anticipate an even bigger turnout next year!

Many thanks to the marshals and all the helpers that made this race such a success.

Mark Cartwright

1. J. Brown	Salf	37.12
2. J. Tighe	Ross	40.03
3. D. Safranauskas O/40	Traff	40.55
4. M. Shakeshaft	Bury	41.04
5. A. Buttey	Ross	41.13
6. G. Cunliffe	Ross	41.16
7. A. Rowe O/50	Wesh	41.56
8. P. Birkett O/40	Salf	42.01
9. K. Gaskell O/45	Horw	42.12
10. M. France O/45	Darwen	42.22
VETERANS O/50		
1. (7) A. Rowe	Wesh	41.56
2. (15) G. Pendlebury	Wesh	43.08
3. (26) S. Murran	NVets	45.06
VETERANS O/60		
1. (86) P. Gillham	Chorl	54.15
2. (89) G. Large	NVets	54.37
3. (94) R. Bradley	Sadd	55.32
LADIES		
1. (35) L. Clough	Chorl	47.11
2. (43) H. Corbishley	Ross	48.58
3. (45) N. Fellowes	Chorl	49.07
4. (48) C. Kenny	CaldV	49.51
5. (57) J. Hogg	Sadd	50.44

125 finishers

WASDALE HORSESHOE RACE
Cumbria
AL/21m/9000ft 14.07.07

The day started with bad weather, but improve it did. 132 started, 105 finished. Thanks to Brian Martin & Graham Breeze (www.lakelandclassicstrophy.com) which has boosted long fell races.

Ricky Lightfoot and Pete Vale led the race home only three seconds apart. The ladies' winner was Helen Garrett

The gents team prize was won by Dark Peak with only 23 points for their 4 counters. There was no ladies' team as 3 counters were required.

Thanks to all of our helpers on the fell and start /finish teams: my stepdaughter, Hannah, (wrestling with the tent!), , Gerry and Karen Murphy for the food catering, Brian Martin and Joss for the prizes and Joss for flagging the valley/Greendale. Also to the National Trust for the use of the campsite and to St John's Ambulance for their safety cover.

Lastly to all of you who turned up and ran, some of you have sent me some very kind e-mails, it's a pleasure for me to be able to put this classic race on for you.

Richard J Eastman

1. R. Lightfoot	Ellenb	3.45.20
2. P. Vale	Mercia	3.45.23
3. J. Hunt O/40	DkPk	4.07.41
4. J. Blackett O/40	DkPk	4.10.07
5. B. Abdelnoor	Amble	4.10.45
6. M. Robinson	DkPk	4.21.20
7. B. Bolland	Horw	4.21.39
8. T. Brunt	Holm	4.28.15
9. M. Johnson O/40	Bowland	4.29.15
10. M. Hulley	DkPk	4.29.52
VETERANS O/50		
1. (22) J. Winn	CFR	5.02.07
2. (30) M. Wynne	Settle	5.14.37
3. (34) I. Block	CFR	5.15.02
VETERANS O/60		
1. (103) A. Dixon	FRA	6.58.32
LADIES		
1. (28) H. Garrett	Unatt	5.05.31
2. (40) R. Vincent	Tyne	5.17.33
3. (44) J. Meeks O/45	Kesw	5.21.42
4. (48) J. Carter O/40	CFR	5.34.05
5. (57) W. Dodds O/55	Clay	5.41.04

105 finishers

TAL Y FAN
Conwy
AM/8m/2400ft 14.07.07

After a week of atrocious weather, Saturday 14 July was sunny with a light breeze, perfect conditions for the 8 mile Tal y Fan race, held as part of the Rowen Carnival.

51 runners started and completed the course, including the added obstacle of a lorry of sheep shearers and a flock of sheep blocking the course at one point!

Phil Davies was first home in 70.39, just three minutes outside of the course record of 67.00, with Gary Rees Williams (V40) a close second in 71.00 and Shaun Godsman third in 72.17. The ladies were led home by Nicola Davies (V40) in 89.09.

Helen & Doug Blair

1. P. Davies	Borr	70.39
2. G. Williams O/40	Menai	71.00
3. S. Godsman	Tod	72.17
4. D. Jones	Eryri	73.48
5. E. Loffill	Kesw	74.46
6. M. Roberts	Eryri	75.13
7. T. Jones O/40	Mercia	75.30
8. S. Jones	Wrex	81.19
9. T. Court O/40	Newb	81.41
10. J. Willac O/40	Unatt	81.55
VETERANS O/50		
1. (11) B. Davey	Sthport	82.03
2. (12) M. Cortvriend	Maccle	82.12
3. (33) T. Mackey	DkPk	97.27
VETERANS O/60		
1. (13) D. Williams	Eryri	82.33
2. (14) M. Cochrane	DkPk	84.21
3. (30) Y. A. Tridimo	Bowl	96.14
LADIES		
1. (22) N. Davies O/40	Borr	89.09
2. (25) J. Ewels	Clwyd	90.18
3. (28) S. Godsman	Tod	94.50
4. (34) E. Salisbury O/40	Eryri	98.16
5. (41) W. Trimbel	Eryri	107.10

51 finishers

TABLE MOUNTAIN CRICKHOWELL
Powys
AS/4.2m/1210ft 15.07.07

Originally a winter league race, the Table Mountain race was moved to a summer fixture to try and avoid the almost washout conditions experienced in the first race. Result, two weeks of persistent rain meant conditions were almost as bad, dancing through the nettles where the hedges almost met between the two fields, slipping on the mud in the woods, wading up the stream by the sheepfold. At least the fallen trees that we had to jump over and duck were gone this time!

To the race and 21 hardy souls (total nutters) set off from the White Hart Inn up the road and on to the Cwmbeth footpath that leads all the way to the mountain top fort. Matthew, Harry and Crispin soon forged ahead, and, rounding the fort, were heading back down as I struggled on with 0.5 m still to climb! Harry caught and passed Matthew in an exciting sprint finish, with Crispin following shortly

afterwards in 3rd place. Simon Bleeze held off Richard Wall in the Vet40 category, and in the battle of the Hereford Steves, Mr Littlewood won a rare tussle with Mr Herrington. Only one V60 and lady were brave enough to tackle the conditions, well done Les and Daniela.

Many thanks to all the runners, to John Sweeting and family for recording times, to Eric Meredith for marshalling, and to Kathy (my partner) and Jane Littlewood for entry taking and sorting the results. A big thank you to the Duke of Beaumont's estate and to the Commoners Association for the use of their land. Hopefully the Gods will be kind to us next year and we can enjoy a dry run!

Neil Lewis

1. H. Matthews	MynDu	31.52
2. M. Collins	MDC	31.53
3. C. Flower	MynDu	34.56
4. S. Bleeze O/40	CRB	37.05
5. R. Wall O/40	Heref	37.54
6. J. Williams	Unatt	38.12
7. S. Littlewood O/50	Heref	38.20
8. K. Betts O/40	Fairwater	38.52
9. M. Keddie	Unatt	39.57
10. S. Herrington O/50	Heref	40.00
(13) J. Darby O/50	MDC	42.52
VETERANS O/60		
1. (21) L. Pugh	MDC	64.13
LADIES		
1. (20) D. Woodbridge O/40		
Fairwater	48.40	

21 finishers

KENTMERE HORSESHOE
Cumbria
AM/11.9m/3300ft 15.07.07

1. B. Bardsley	Borr	1.30.29
2. M. Donnelly	Borr	1.30.32
3. C. Roberts O/40	Kend	1.33.55
4. D. Milliken O/40	Horw	1.34.02
5. G. Devine O/40	P&B	1.35.59
6. M. Palmer O/40	MDC	1.39.42
7. S. Swarbrick	Bowl	1.40.42
8. A. Breaks	CaldV	1.40.50
9. B. Mounsey	CaldV	1.41.05
10. D. Nuttall O/40	Clay	1.41.13
VETERANS O/50		
1. (22) B. Grant	H'gate	1.47.07
2. (26) B. Goodison	Abbey	1.48.51
3. (28) G. Owens	Unatt	1.49.08
VETERANS O/60		
1. (58) K. Carr	Clay	1.54.44
2. (160) T. Peacock	Clay	2.15.40
3. (174) C. Wilson	Unatt	2.18.09
VETERANS O/70		
1. (244) T. Breakwell	Borr	3.20.18
L A D I E S		
1. (21) N. White	Bing	1.46.57
2. (46) J. Waites	CaldV	1.52.17
3. (54) J. Reedy	Amble	1.54.08
4. (79) A. Richards	Tod	2.00.01
5. (87) L. Clough	Chorl	2.00.58
(114) S. Hammond O/40	Tatten	2.07.37
(116) A. Weston O/40	Ilk	2.07.56
(177) J. Rawlinson O/50	Ross	2.18.42
(199) K. Thompson O/50	Clay	2.26.22
(226) J. Richards O/60	Chorl	2.38.58

245 finishers

HOLME MOSS FELL RACE
Holmfirth
AL/16m/4000ft 15.07.07

The 20th Holme Moss Fell Race proved to be yet another victim of our dreadful summer weather. Over 100 runners from across the North of England completed the gruelling 16 mile course in appalling conditions. The eventual winner, Chris Birchall, returned in a credible 2.26.20. Naomi Sharratt was

Photo courtesy of Chris Humphries

the first lady home in 3.04.38.

The best performance in depth by the Holmfirth Harriers for many years saw the Club take the first and third team prizes with Andy Shaw 3rd, 1st V O/45 (2.38.29), Bill Stewart 4th (2.38.40), Dave Watson 6th (2.47.20) and Gavin Baxter 10th (2.48.05) all among the top ten finishers.

An excellent V 0/50 performance by John Ewart 1st V 0/50 (2.48.36) took him to 12th position and the only Holmfirth lady in the rankings was Barbara Hinchliffe, who finished 70th overall 1st LV O/50 (3.36.35).

Russell Bangham, the race organiser, praised the marshals, catering team and other helpers who provided support for the runners during the race and served refreshments to each athlete at the finish.

The event was generously sponsored by Brooklands Nurseries and access was kindly given by both Yorkshire Water and United Utilities.

Russell Bangham

1. C. Birchall	Leeds	2.26.20
2. D. Taylor O/40	DkPk	2.30.50
3. A. Shaw O/45	Holmf	2.38.29
4. B. Stewart	Holmf	2.38.40
5. G. Williams O/45	DkPk	2.43.10
6. D. Watson	Holmf	2.47.20
7. C. Leigh	Traff	2.47.40
8. J. Stevens O/40	CaldV	2.47.47
9. A. Nicholl	Bing	2.47.53
10. G. Baxter	Holmf	2.48.05
VETERANS O/50		
1. (12) J. Ewart	Holmf	2.48.36
2. (28) K. Holmes	DkPk	2.58.26
3. (32) A. Duncan	Bowl	3.00.24
VETERANSO/60		
1. (1. (30) B. Blyth	Maccle	2.58.39
2. (62) R. Futrell	Holmf	3.26.27
3. (78) M. Coles	Skyrac	3.42.02
LADIES		
1. (39) N. Sharratt	Stain	3.04.38
2. (53) C. Kenny O/45	CaldV	3.18.37
3. (55) M. Edgerton O/45	Penn	3.19.04
4. (56) N. Jaquiery O/40	Ilk	3.19.27
5. (61) J. Mellor O40	Penn	3.24.36
(70) B. Hinchliffe O/50	Holmf	3.36.35

102 finishers

BAMPTON VILLAGE FELL RACE
Cumbria
BS/5.5m/800ft 15.07.07

The second running of the Bampton Annual Sports Day Fell Race was a great success, with good reports of the course from competitors and a much improved turnout on last year's first running.

The weather (whilst thankfully not the 28C from last year) was o.k., with a brief rain shower cooling the fell race runners down at the start line. 34 entered and all finished.

The junior race had its first outing and drew a field of 9, all of whom finished well, fording the river as the senior race. Thankfully river levels had dropped from previous days for those of shorter stature!

The Under 11s cross-country and all toddlers upwards enjoyed their races and benefited from the good turnout and support of spectators. Also new this year was the Cumberland and Westmorland wrestling.

We all look forward to next year's sports day with hopefully even more events planned.

Keith Hill

1. M. Addison	HelmH	39.59
2. P. Britterton	HelmH	40.35
3. B. Thompson O/40	CFR	41.07
4. W. Davies O/40	Sedb	41.57
5. K. Hill	Kesw	42.00
6. S. Addison O/45	HelmH	42.31
7. O. Fielden	HelmH	42.58
8. S. Murdoch O/45	Eden	43.41
9. D. Owens O/50	Kesw	43.45
10. P. Targett O/40	Clay	43.55
VETERANSO/50		
1. (9) D. Owens	Kesw	43.45
2. (15) R. Unwin	Kesw	45.15
3. (21) John Robson	AO&C	49.06
VETERANSO/60		
1. (33) D. Wood	Borr	68.59
2. (34) H. Blenkinsop	Kesw	82.49
VETERANSO/70		
1. (30) R. Bray	Bl'pool	61.36
LADIES		
1. (18) J. Casey O/45	Borr	47.46
2. (22) K. Heaviside	Eden	49.18
3. (28) J. Milton O/45	Unatt	55.04
4. (31) A. Shutttleworth O/45	Howgill	62.32
5. (32) Jean Robson O/50	ADDC	63.24

34 finishers

JUNIORS

1. S.Thwaites	HelmH	12.51
2. L. Savage	Eden	13.14
3. J. Addison	HelmH	13.24
4. R. Addison	HelmH	14.07
5. M. Hyder Girl	HelmH	14.26

OLDFIELD FELL RACE
West Yorkshire
CS/5.5m/550ft 15.07.07

The race venue was the Grouse Inn ,Harehills Lane , Oldfield , Near Keighley, West Yorkshire. Both the senior race and the junior races were on the same courses as last year. Conditions were dry for the duration of the races but very wet under foot.

The winner of the senior race was Alan Buckley of

Gateshead Harriers. The first lady was Joe Buckley, also of Gateshead Harriers, in a new course record of 37.59. Joe's time is a very good achievement cutting the time by 3.30 minutes. The first male veteran was A Carruthers of Crawley AC. The first lady veteran was Sue Fulton of Bingley Harriers.

In the junior races the turn out was very disappointing with only eight runners in the three races. Come on juniors you can do much better than this; let's have a bumper turn out next year !

Under 12 Race

The first boy was Ben Johnson of Wharfedale in a time of 10.12. The first girl was Nicole Narey of Bingley Harriers in a time of 11.43 .

Under 14 Race

The first boy was Ben Marriott in a time of 13.51. There were no girl runners in this race.

Under 16 Race

The first boy was Jordon Beard in a time of 17.06. The first girl was Annika Jarman in a time of 17.53.

A big thanks goes out to all the runners, the marshals, all the other helpers and the Grouse Inn for the venue.

Next year the races will be again based at the Grouse Inn and over the same courses. The senior race will start at 11.30 and the junior race at 11.35.

John Collinson

1. A. Buckley	Gates	35.15
2. A. Thorpe	Hfax	35.17
3. N. Armitage	Unatt	35.57
4. J. Senior	Bing	36.03
5. P. Davidson	Ilk	37.34
6. A. Carruthers O/40	Crawl	38.20
7. J. Buckley Lady	Gates	37.59
8. R. Stow	Wharf	38.45
9. A. Life O/40	Clay	39.01
10. L. Lacon Lady	Holmf	39.24
VETERANS O/50		
1. (13) J. Adair	Holmf	40.02
2. (23) K. Rogan	Wharf	42.10
3. (30) B. Duncan	Bing	44.57
VETERANS O/60		
1. (35) P. Ehrhardt	Tod	49.54
2. (37) C. Boothman	Baild	54.24
LADIES		
1. (7) J. Buckley	Gates	37.59
2. (10) L. Lacon	Holmf	39.24
3. (15) H. Ilsley	Ilk	40.40
4. (29) A. Fulton	Bing	44.54
5. (32) K. Rogan	Wharf	45.16
(33) S. Fulton O/40	Bing	47.00
(39) L. Boothman O/50	Baild	58.12
(40) J. Hart O/40	StBed	58.49

45 finishers

GREAT HUCKLOW FELL RACE
Derbyshire
BM/6m/1000ft 15.07.07

For the first time we had a cool rainy day for the race. Although the grass and weeds were a lot higher all of the first four in beat the previous course record. Lloyd Taggart was well in front of James Walsh, seemingly through a better downhill technique. Olivia Walwyn came in an amazing 13th. Both course records smashed. There was a super turnout from Dark Peak and Durham University Old Boys and Girls. All 40-odd marshals also had a splendid time getting very wet, but not as muddy as the runners!

Pete Tapping

1. L. Taggart	DkPk	43.38
2. J. Walsh	DurUniOB	45.09
3. R. Baker	DkPk	45.27
4. P. Winskill	DkPk	45.35
5. S. Patton	DkPk	46.42
6. P. Critchlow	Beaum	46.50
7. M. Crane	DkPk	47.07
8. T. Bush	DurUniOB	47.26
9. S. Ledger	Unatt	48.02
10. D. Connor O/40	Ripley	48.09
VETERANS O/50		
1. (20) R. Fawcett	DkPk	51.55
2. (42) C. Kelsey	Wells	56.37
3. (48) A. Bocking	Chesh	57.42
VETERANS O/60		
1. (39) P. Gorvett	DkPk	55.18
2. (43) J. Norman	Altrin	56.42
3. (76) C. Lowe	Mansf	63.34
VETERANS O/70		
1. (100) F. Makin	HolmeP	67.50
2. (131) B. Thackery	DkPk	84.44
LADIES		
1. (36) J. Jepson O/40	FatBoys	54.33
2. (74) D. Claridge O/40	Unatt	63.05
3. (90) A. Higgins O/40	Holmf	65.34
4. (97) S. Steade O/40	Unatt	67.13
(67) P. Goodall O/50	Totley	62.11
(122) H. Kelsey O/50	Wells	74.49

WIDDOP FELL RACE
West Yorkshire
BM/7m/1200ft 18.07.07

Another record turnout of 109 runners, with the fantastic runners' achievement of all completing what was a very gruelling, muddy course including a superb run by ever improving Karl Gray in the most commendable time, given the conditions underfoot. A great run also by Jo Waites, to be less than 2 minutes outside Vanessa Peacock's 10 year old record.

Notable runs also by Dave Collins (V50), dipping under the hour mark, Graham Breeze (V60), only 4.5 minutes further back, and the youthful George Arnold (V70), in the commendable time of 81 minutes.

Thank you to the many Calder Valley club members who helped out on the night. See you all again next year.

Andy Clarke

1. K. Gray	CaldV	49.26
2. A. Whittem	Tod	52.09
3. A. Thorpe	H'fax	53.23
4. M. Rae	Wharf	54.42
5. K. Livesey	Wharf	55.24
6. C. Moses O/40	Bing	56.54
7. G. Shaw	Clay	57.09
8. N. Cardiman	Clay	57.24
9. P. Ward	Dewsb	58.33
10. G. Pemberton	CaldV	58.51
VETERANS O/50		
1. (16) D. Collins	Tod	59.52
2. (34) N. Murphy	CaldV	64.06
3. (39) M. Ford	Bing	65.56
VETERANS O/60		
1. (36) G. Breeze	Skyrac	64.45
2. (53) D. McCallum	Clay	68.24
VETERANS O/70		
1. (100) G. Arnold	Prest	81.41
LADIES		
1. (13) J. Waites	CaldV	59.05
2. (28) J. Buckley	CaldV	62.22
3. (35) H. Page	H'fax	64.25
4. (40) N. Fellowes	Chorl	53.00
5. (46) A. Kelly	Clay	66.41
(47) J. Scarf O/40	CaldV	66.50

109 finishers

BLISCO DASH
Cumbria
AS/5m/2000ft 18.07.07

With usual organiser, Selwyn Wright, on holiday, Ian Barnes and Martin Bagness from Lakes Runner stood in to organise.

After registering entrants Ian Barnes raced up Blisco to man the summit checkpoint – race leader Rob Jebb hot on his heels, making it with a minute to spare. Ian then descended barefoot, having lent his shoes to M70 winner Derek Fisher, whose own shoes fell apart at the summit!

M. Bagness

1. R. Jebb	Bing	38.29
2. P. Davis	Borr	40.05
3. N. Fish	Amble	40.43
4. B. Abdelnour	Amble	41.45
5. A. Schofield	Borr	41.49
6. S. Swarbrick	Bowl	42.23
7. G. Devine O/40	P&B	42.35
8. S. Bottomley	P&B	42.46
9. C. Steck	Borr	43.05
10. P. Cornforth O/40	Borr	43.45
VETERANS O/50		
1. (18) R. Unwin	Kesw	50.09
2. (40) A. Heaton	Bowl	58.53
3. (44) S. Furness	Bl'burn	60.28
VETERANS O/60		
1. (32) D. Fell	CFR	55.44
2. (58) P. Dowker	Kend	65.49
VETERANS O/70		
1. (67) D. Fisher	Unatt	95.00
LADIES		
1. (17) S. Taylor	Bing	49.50
2. (35) S. Hodgkinson	BlckCmb	57.10
3. (38) J. Taylor O/40	Unatt	58.20
4. (46) J. Lavarack O/40	Amble	62.13
5. (52) S. Clough O/40	Amble	63.07
(55) G. Walkington O/50	Horw	64.48

67 finishers

SPAR SHELDON FELL RACE
Derbyshire
BS/4m/527ft 19.07.07

The race seems to attract the rain and we had our usual downpour just before the start but it didn't deter the runners and 88 started after a slight delay while the Buffalo were moved off the course!

The winner for the second year running was Lloyd Taggart.

John Ralph Lord

1. L. Taggart	DkPk	23.39
2. A. Thake	Hallam	24.10
3. M. Crane	DkPk	24.36
4. K. Webster	Matlock	26.23
5. G. Moffat	HolmeP	27.07
6. M. Webster	Unatt	27.17
7. M. Stenson O/40	DkPk	27.42
8. N. Bassett O/40	StaffsM	27.57
9. J. Boyle O/40	DkPk	28.11
10. M. Salkild O/40	DkPk	28.22
VETERANS O/50		
1. (25) D. O'Brien	Bux	30.15
2. (23) M. Moorhouse	Matlock	30.27
3. (27) A. Howie	Penn	31.12
VETERANS O/60		
1. (25) D. Tait	DkPk	30.45
2. (42) C. Russell	Unatt	33.32
3. (53) R. Allsop	Bux	36.03
VETERANS O/70		
1. (77) T. Platts	Clowne	40.20
2. (87) G. Richardson	Clowne	52.07
LADIES		
1. (20) J. Wilson	DkPk	30.13
2. (36) J. Fielder	Hallam	32.03
3. (38) H. Mort	Chesterf	32.26
4. G. O'Grady-Thomas	Penn	33.22
5. (43) H. Mellor O/40	Penn	33.47

86 finishers

PHILIP GREGORY JUNIOR FELL RACE
Derbyshire
BS/3m/420ft 21.07.07

This race did not take place due to the wet conditions.

John Ralph Lord

INGLEBOROUGH FELL RACE
Lancashire
AM/7m/2000ft 21.07.07

1. L. Taggart	DkPk	46.26
2. G. Pearce	Ilk	49.34
3. G. Devine O/40	P&B	50.03
4. O. Gahan	LeedsC	50.05
5. S. Littler	Wesh	50.39
6. S. Bolland	Bowl	51.12
7. A. Breaks	CaldV	51.17
8. D. Eiser	Knave	52.09
9. M. Chippendale	Bowl	52.37
10. C. Waters	Amble	52.46
VETERANS O/50		
1. (19) B. Grant	H'gate	55.37
2. (20) A. Rowe	Wesh	55.43
3. (29) M. Walsh	Kend	57.03
VETERANS O/60		
1. (54) D. Tait	DkPk	59.53
2. (72) G. Howard	Ilk	60.47
3. (80) D. Waywell	Wesh	63.31
LADIES		
1. (23) N. White	Bing	56.24
2. (43) J. Waites	CaldV	58.12
3. (63) E. Barclay	Ilk	60.30
4. (65) J. Buckley	CaldV	60.54
5. (101) A. Austin	Knave	66.07

189 finishers

LINGMELL DASH
Cumbria
AS/4.5m/2500ft 21.07.07

Despite a lower turnout than last year - 23 runners compared with 47 in 2006 – Lingmell Dash proved yet again to be a successful event.

Winner, Rob Jebb, set a new course record of 45.36 finally battering Tim Austin's 4 year old record by 26 seconds, bringing him home a good 3 minutes ahead of 2nd placed Nick Fish. Third position went to Rob Friend a member of Wasdale Mountain Rescue Team putting in a very respectable 53.35 in his first ever fell race. Interestingly the first 3 runners home achieved the summit of Lingmell, via one of the steepest and most direct ascents in the Lakes, in the same order.

Local lass, Lindsay Buck, won the ladies' race in 70.03 with Judy Howells not far behind in 71.30. Another newcomer to the sport, Tracey Malham, was 3rd lady home in 73.21

Long Eaton once again enjoyed the race, their 5 strong party taking the team prize led by Andrei Vhis in 65.51.

Conditions were favourable, high cloud and little wind although the summit did clag in for a while bringing poor visibility for some of the runners and the summit marshal.

Lingmell Dash, now in its 6th year, has become an annual fund raising event in support of Wasdale Mountain Rescue Team. All are invited along to 2008's race.

Tim Brooks

1. R. Jebb	Bing	45.36
2. N. Fish	Amble	48.27
3. R. Friend	Unatt	53.35
4. R. Wilkinson O/45	LongEat	57.11
5. P. Craker	Amble	57.36
6. I. Block O/50	CFR	59.07
7. I. Davies	Kesw	62.17
8. B. Crowther	Tod	64.10
9. A. Vhis	LongEat	65.51
10. P. Walters O/40	DkPk	69.30
VETERANS O/50		
1. (6) I. Block	CFR	59.07
2. (19) P. Jebb	Bing	79.37
3. (20) C. Bostock	LongEat	79.49
LADIES		
1. (11) L. Buck O/45	CFR	70.03
2. (14) J. Howells	Wharf	71.30
3. (16) T. Malham O/40	Unatt	73.21
4. (18) J. Fish	Unatt	76.03

22 finishers

CONISTON COUNTRY FAIR FELL RACE
Cumbria
AM/6m/2400ft 22.07.07

With much of the rest of the country flooded, amazingly, runners enjoyed warm sunny conditions for Coniston Country Fair's Open fell race with over 80 runners competing in the senior race.

It is a classic up and down fell race from the show field, in a glorious setting at Coniston Hall, on the shores of Coniston Lake, not far from Donald Campbell's fateful crash site.

A crowd of over 2,000 visitors to the 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 winner Peter Howorth won a time of 56.29 (4 mins slower than last year), with Peter Brittleton second. First lady home in 11th place overall was Jackie Lee in a time of 62.16, with the second lady Jane Reedy. Helm Hill won the team**.**

The vets' classes were very also well represented. The junior race**,** run over the first part of the senior course, was won by Ben Bennet in a time of 19.15 with first female Heather Parker in 21.10

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 Estates(who presented the prizes), Pete Bland 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 and Ambleside AC.

David Robinson

1. P. Holworth	Horw	56.29
2. Peter Brittleton	HelmH	57.18
3. D. Tullie	Ed'burgh	58.04
4. J. Hare	Hfax	58.42
5. C. Moses O/40	Bing	59.30
6. Paul Brittleton O/40	Helm	60.37
7. G. Jackson	Ross	60.48
8. S. Hicks O/40	Borr	61.20
9. D. Armstrong O/40	NFR	61.46
10. P. Taylor O/40	BlckCom	62.06
VETERANS O/50		
1. (13) J. Tullie	Teviot	66.21
2. (18) R. Unwin	Kesw	69.18
3. (19) P. Metcalfe	Unatt	69.34
VETERANS O/60		
1. (26) D. Helm	CFR	70.58
2. (17) D. Wood	Borr	110.23
LADIES		
1. (22) N. Davies O/40	Borr	69.55
JUNIORS – Boys		
1. B. Bennet U/16	Barnst	19.15
2. N. Bennett U/14	Barnst	19.16
3. C. Stott	Unatt	20.07
JUNIORS - Girls		
1. H. Parker U/16	Bacup	21.10
2. L. Bennett U/14	Barnst	22.21

FAN Y BIG
Brecon Beacons
BM/10.7m/2200ft 22.07.07

Whilst our neighbours in the English counties suffered severe flooding we got off lightly and my reputation for good weather remained intact as 30 mins before the race the rain stopped, mountain mist lifted and the sky cleared. A fast start through fields to the bottom of the Fan y Big ridge soon strung the field out. A long but runnable climb up to Fan y Big summit followed by a stony/rocky around the top of the horseshoe before a long fast descent down The Bryn ridge. I thought some might lose the line off the ridge but everyone found the tape as they negotiated the slippery and boggy conditions. An excellent run by Stan Charles beating off second placed Mark Palmer who had won Pen y Fan the day before. Helen Fines repeated her win from Pen y Fan with Zoe Tucker second in a good time.

This was a good finish to the Brecon Fans Weekend with Mark and Helen taking the overall winners prizes for both days. Everyone was very positive about the race route and location so don't miss out next year, as I'm sure the weekend will grow in popularity. Many thanks to Roger Finn for marshalling, Maxine and her mum for the tea/cakes and Pat at registration/finish.

Adrian Orringe

1. S. Charles	Bridgend	1.14.49
2. M. Palmer O/40	MynDu	1.16.28
3. H. Matthews	MynDu	1.16.35
4. S. Wheelan O/40	Lond	1.17.59
5. C. Flower	MynDu	1.20.31
6. C. Beecham	Highgte	1.21.31
7. D. Finn	MynDu	1.23.19
8. A. Sheffield	Bitton	1.23.25
9. M. Shaw	MynDu	1.23.44
10. G. Levy	Lond	1.26.38
VETERANS O/50		
1. S. Herington	Heref	1.32.04
2. P. Miles	Club69	1.33.45
3. G. Guariento	Venezia	1.35.22
VETERANS O/70		
1. T. Harrison	Lond	2.46.08
LADIES		
1. H. Fines	BristWest	1.26.54
2. Z. Tucker	Bitton	1.29.29
3. A. Bedwell O/40	MDC	1.46.05
4. S. Ashton O/50	Chep	1.49.16
5. C. Donald O/40	Maiden	1.55.44
S. Law O/60	Unatt	1.57.05

RATCH-SLIEAU VARROOL TWOAIE
Isle of Man
AS/3.5m/1750ft 24.07.07

Starting from Ramsey Hairpin on the TT course this classic short fell race ascends the Island's second highest peak North Barrule. Simon Skillicorn's current form suggested a new course record was potentially on the cards, particularly taking into account the superb visibility and calm conditions which blessed the Island for the evening event. Despite Skillicorn's tremendous efforts, Steve Partington's 18 year old record of 33.39 remains intact. Skillicorn nonetheless produced another outstanding performance to dominate the event and take the win by almost two minutes.

Rose Hooton established an advantage over Bridget Kaneen on the climb, a lead she maintained to the finish. Both ladies significantly improved on their times from last year. Coincidentally, veteran 50 athlete Dave Young, who finished a superb seventh overall, matched his own course record established in 2005.

Christine Barwell

1. S. Skillicorn	Manx	34.44
2. T. Cringle	Manx	36.32
3. P. Sheard O/40	Manx	37.00

VETERANS O/50

1. D. Young	Manx	40.22
2. R. Moughtin	West	45.07
3. I. Callister	Manx	47.10

VETERANS O/60

1. S. Sille	IOM	53.56

LADIES

1. R. Hooton	Manx	47.49
2. B. Kaneen	Manx	50.12

THE VERY GREEN GRASS OF HOME
Denbighshire
AS/5.2m/1550ft 25.07.07

The dusty brown of last year was a distant memory, the incessant rain providing us with a lush emerald sward to gallop over - wasn't our weather so much more predictable before global warming. The Brown Green Grass of Home had become The Very Green Grass of Home!

I had thought that numbers would be down significantly with Snowdon coming up on Saturday but we had 68 standing at the start line including an astonishing 23 entries from Tattenhall Runners resplendent in their yellow and blue – much easier to see from a distance against the bracken than the green and red of Eryri. Youth was to the fore on the night with Adam Peers and Jason McGonigle streets ahead of the usual suspects. Sarah Hammond repeated her win of last year and there was an excellent run from Scots visitor 70 year old Jim Buchanan of Annan and District AC. However times were noticeably down, the reason being that this was the third course variation in three years – the thing about a 2 lap 2 loop course is that there are plenty of options that we can explore over the next 20 years or so without any repetition – variety is the spice of life!. Big vote of thanks to the marshals - Ian Houston, Yiannis Tridimas, Freddy Aird and John Morris and to Max Taylor whom I press ganged to help at the finish – great atmosphere in the Golden Lion afterwards. I was looking forward to a pint of Facer's Avalanche after the prize giving but an avalanche of thirsty runners had drunk the barrel dry – I had to settle for Joey Holts!

Martin Cortvriend

1. A. Peers	L'pool	41.52
2. J. McGonigle	Warring	42.54
3. N. Ashcroft	Amble	45.29
4. C. Davies O/40	Buck	46.06
5. A. Smith	Amble	46.48
6. S. Ellis O/40	Tatten	47.37
7. I. Ridgway	Eryri	47.52
8. J. McIlveen	Aberg	48.11
9. S. Bellis O/50	Buck	48.27
10. I. Lancaster O/40	Tatten	48.31

VETERANS O/50

1. (9) S. Bellis	Buck	48.27
2. (32) P. Jacobs	Easing	55.38
3. (34) D. Oldfield	Tatten	56.43

VETERANS O/60

1. (36) N. Griffiths	Spect	56.56
2. (40) M. Williams	Eryri	57.45
3. (50) N. Pratten	Wirral	60.43

VETERANS O/70

1. (42) J. Buchanan	Annan	58.22

LADIES

1. (25) S. Hammond O/40	Tatten	53.14
2. (41) A. Smith	Tatten	57.48
3. (44) S. Rowlands O/40	Clwyd	58.50
4. (46) E. Salisbury O/40	Eryri	59.14
5. (54) S. Ellis O/40	Tatten	62.54

66 finishers

HARROCK HILL – RACE 3
Lancashire
BS/5m/900ft 25.07.07

1. N.Leigh	P&B	31.46
2. R. Maddams	Horw	31.56
3. S. Bolland	Bowl	33.06
4. S. Wilkinson	S'portWloo	33.09
5. B. Bolland	Horw	33.35
6. P. Muller O/50	Horw	33.59
7. D. Safranauskas O/40	Traff	34.44
8. D. Massey O/40	Horw	34.53
9. P. Bolton U/18	Ross	35.19
10. J. Sprackland O/40	S'portWloo	35.23

VETERANS O/50

1. (6) P. Muller	Horw	33.59
2. (12) G. Pendlebury	Wesh	35.33
3. (28) S. Morran	NthnV	38.34

VETERANS O/60

1. (60) P. Murray	Horw	42.45
2. (63) C. Slavin	L'pool	43.28
2. (71) P. Gillham	Chorl	44.50

VETERANS O/70

1. (109) G. Arnold	Prest	50.42
2. (119) R. Bray	B'pool	55.18
3. (129) B. Hughes	L'poolPem	69.10

LADIES

1. (14) K. Ingram	Horw	36.06
2. (27) P. Jackson	Horw	38.07
3. (38) Y. Wyke	WiganP	39.42
4. (45) S. Parkinson	Chorl	40.29
(62) A. Crabtree	Chorl	43.16
(74) C. Kenny O/45	CaldV	45.08
(103) N. Kirkham O/50	Horw	48.45
(104) J. Atkins O/60	Chorl	48.53

130 finishers

BEN RINNES FIVE TOPS HILL RACE
Grampian
AL/14m/4900ft 28.07.07

Although the race was always going to take place, due to the wet summer this year the actual highland games was in doubt until Thursday morning, when, after an emergency committee meeting and pitch inspection, it was decided to go ahead based on a reasonably good forecast for Saturday. However, after a bright morning the day deteriorated rapidly to incessant lashing rain and gusty winds, turning the games field into a waterlogged mud bath. Conditions were without doubt by far the worst the race has ever seen. None the less, 60 took part and most finished with some doing a bit of unplanned orienteering along the way.

On a more serious note, we had a collapsed runner on the farm track a mile out from home but thankfully after some medical assistance, he recovered although the rescue vehicle bottomed out on the track and had to be rescued itself.

Also, following complaints from marshals and runners I felt obliged to disqualify a certain individual due to his blatant disregard of the safety kit requirements, by dumping his kit at the water station on the way out and continuing in only a thin vest.

Apologies go to Elaine Stewart for missing her off the prize list and I can't thank the marshals enough for enduring the weather. And, lastly, if anyone knows the identity of the professional flash photographer who was taking extreme weather sports shots on Ben Rinnes summit I'd be interested to know.

Graeme Bartlett

1. B. Marshall	HELP	2.07.20
2. D. Cummins O/40	Shettle	2.10.36
3. S. Simpson	Ochil	2.12.12
4. M. Gorman	Westies	2.13.05
5. J. Williamson	Cosmic	2.16.43
6. M. Sullivan	Shettle	2.17.56
7. J. Kennedy O/40	Clyde	2.19.02
8. J. Musgrave O/40	Dees	2.20.34
9. S. Bennet O/40	Carneg	2.24.06
10. D. MacDonald O/40	Cosmic	2.25.10

VETERANS O/50

1. (18) D. Duncan	Ochil	2.37.16
2. (27) J. Hall	Highlnd	2.47.24
3. (32) R. Coles	Cosmic	2.50.09

LADIES

1. (29) H. Holding	Carn	2.48.42
2. (31) R. Mackenzie O/40	Dees	2.50.05
3. (43) J. Higginbottom O/40	Carn	2.58.48
4. (45) L. Noble O/40	Cosmic	3.03.34
5. (46) S. Evans	Unatt	3.12.54
(51) E. Stewart O/50	Cosmic	3.16.47

57 finishers

PENDLE ENGLISH JUNIOR CHAMPIONSHIP RACES
Lancashire
4m/1400ft 28.07.07

Hopefully, by the time you read this we'll have had at least some kind of summer. Rain had been constantly falling nearly every day in the weeks up to the race, and we considered changing the start/finish area due to the possibility of a water logged field.

On the day, however, the weather turned and was just about right with sun, a warmish temperature in the field with a cool wind on the top of Pendle. Even with the school holidays, just over 120 runners of varying ages took part enjoying the many chocolate prizes, goody bags, drinks and hot dogs.

This year we slightly changed the route with a loop on the out section up to Buttock at the base of the hill. Most runners found the courses taxing in distance with the wet fields but "alright" overall.

In the U12s race Kristan Edward who was 2nd at Lothersdale beat James Knox who had been 1st, with George Tighe third. In the U12 girls race Hannah Bethwaite leader in the championship beat Shannon Johnson 2nd in the championship, with Megan Stuart 3rd.

In the 14s category Jane Crompton was 1st with Joseph Johnson 2nd and Paul Richardson 3rd, Laura Riches 2nd at Lothersdale beat Melanie Hyder who had been 1st at Lothersdale with Rebecca Taylor 3rd. Josh Moody from Rossendale won the U16s boys race, Joe Gratton 2nd and Ryan Gould 3rd. In the girls race Laura Park beat Hannah Bateson into 2nd place with Rosie Stuart 3rd.

Tom Addison leader of the championship continued his winning ways in the U18s boys race with Rob Shaw 2nd and Grant Cunliffe was 3rd. Anna Anderson local girl won the girls race with Clare Lilley 2nd, Dionne Allen 3rd. The U23 also had a championship race with James Kevan 1st, Mark Addison 2nd. Sarah Tunstall was 1st lady with Emma Clayton 2nd and Jenny ? 3rd.

Many thanks to all the marshals and helpers, and to Mrs Wetherall and her helpers at the village hall for providing the food and drink. Also to Rossendale and Pendle Mountain Rescue for their help and assistance.

David Bailey

1. R. Little	DkPk	32.48
2. J. Winn	CFR	37.51
3. J. Briscoe	Unatt	39.44
4. M. Walsh	Kend	40.12
5. S. Whitaker	Clay	40.39
6. S. Addison	HelmH	40.49
7. P Clayton	FRA	40.58
8. M. Addison	HelmH	42.12
9. M. Coles	Skyrac	49.32
10. P. Jones	Unatt	56.19

UNDER 23

1. J. Kevan	Horw	34.55
2. M. Addison	HelmH	35.33
3. H. Coats	Skipt	36.05

UNDER 18

1. T. Addison	HelmH	33.29
2. R. Shaw	Kghly	35.12

3. G. Cunliffe	Unatt	36.12
UNDER 16		
1. J. Moody	Mat	28.16
2. J. Gratton	Hallam	29.10
3. R. Gould	EChesh	29.21
UNDER 14		
1. J. Crompton	Horw	24.53
2. J. Johnston	Ross	25.21
3. P. Richardson	Ellenb	25.28
UNDER 12		
1. K. Edwards	Tam	14.57
2. J. Knox	HelmH	15.05
3. G. Tighe	Mat	15.16
UNDER 10		
1. O. Spencer	Pendle	3.22
2. B. Tyrer	Ellenb	3.27
3. T. Kerr	Unatt	3.41
UNDER 8		
1. J. Garside	Unatt	2.08
2. B. Toman	Unatt	2.24
3. A. Robinson	NiddV	2.31

JAMES HERRIOT COUNTRY TRAIL RUN

CM/8.5m/1000ft 29.07.07

A new course record was set today when last year's winner Gary Dunn took 5 minutes off his winning time last year with a time of 53.24. It was closely contested with the second and third men, Terry Wall and Andy Hilton coming in less than 2 minutes behind him.

This year saw an increased runners field of 320 entries in total. There were 103 females and 217 males with 288 finishing the course.

It was good to see Erika Johnson (76.23) back on the course after being absent last year and taking the ladies' second place overall behind the winner Sarah Tunstall who achieved a tremendous time of 59.36. Sara Berry took third ladies with a time of 68.54

A new award was presented this year. This is a Club team shield presented to the Wensleydale Rotary Club who organise the event. It was donated by the York Acorn Running Club and was for the winning team of 2 males and 1 female across the finishing line. Ironically it was won this year by York Acorn themselves. It will be strenuously contested at next year's event.

In spite of all the recent rain, the course was quite firm, even on the lower levels although wet in parts. The weather was warm and very sunny but with a stiff westerly wind that was in the faces of the runners as they headed along the top ridge after the first hill. The water points were well used and the runners set a good time as they approached THE HILL half way round. One runner said afterwards that he had to walk some of this, and he won the 50+ category!

A steady run down to Peatmoor Lane and a left turn gave the runners a tail wind that may have helped to achieve the new record and a good grassy moor followed by firm farm tracks took them to the finish at Bolton Castle.

Our patron and friend, James Wight, who allows us the use of his father's pen name for the race started the race and he also presented the prizes. The White Rose Ambulance Service supplied first aid cover and Castle Bolton Tea rooms were open for all along with a BBQ in the Gardens. Another great race and day out. Thanks to all who run and support it.

Alan Davis

1. G. Dunn	53.24
2. T. Wall	54.26
3. A. Hilton	56.17
4. D. Taylor O/40	56.44
5. P. Muller O/50	56.59
6. A. Grant O/40	57.42
7. A. Normandale O/50	58.38
8. J. Rogers	58.44
9. P. Whalley	59.07
10. A. May	59.23
(14) B. Goodison O/50	60.29
VETERANS O/60	
1. (33) J. Shemilt	63.59
2. (40) C. Gill	65.07
3. (58) M. Hetherton	68.46
LADIES	
1. (11) S. Tunstall	59.36
2. (51) E. Johnson	67.23
3. (60) S. Berry	68.54
4. (69) K. Bell	69.58
5. (82) L. Noble	70.35
(137) J. Ackroyd O/45	77.19
(149) L. Wilson O/45	78.48
(183) S. Gibson O/55	82.50
(200) P. Kirby	85.25

THE ROUND HILL FELL RACE

North Yorkshire

CM/9m/1100ft 29.07.07

Richard Pattinson recorded his 3rd consecutive win. A combination of a recent knee injury and much wetter underfoot conditions led to his slowest wining time. Not far behind was Jamie Hutchinson, leading a big contingent of runners from Ilkley Harriers, he finished well clear of Nigel Armitage.

First lady to finish and breaking the V40's record was Emma Barclay, ahead of team mate Sarah Jarvis and Becky Weight.

Another Ilkley Harrier, Geoff Howard broke the V60s' record in finishing 13th ahead of Dave Tait who also finished inside the previous record.

A. Robertshaw

1. R. Pattinson O/40	P&B	57.14
2. J. Hutchinson	Ilk	57.57
3. N. Armitage	Pud	60.53
4. J. Ryder O/40	Ilk	62.09
5. I. Rowbotham O/40	Ilk	62.38
6. J. Hemsley	Wharf	62.52
7. A. Carruthers O/40	Hales	62.56
8. S. Turland	Ilk	63.13
9. P. Butterworth O/50	Clay	63.32
10. S Daws O/50	Telf	64.00
(20) J. Wheldon	Pud	67.35
VETERANS O/60		
1. (13) G. Howard	Ilk	64.56
2. (18) D. Tait	DkPk	67.11
3. (44) M. Coles	Skyrac	75.35
VETERANS O/70		
1. (86) G. Arnold	Prest	90.59
LADIES		
1. (21) E. Barclay O/40	Ilk	67.35
2. (33) S. Jarvis	Ilk	70.27
3. (41) B. Weight O/40	Bing	75.09
4. (52) T. Hird	Wharf	77.35
5. (54) L. Garside O/40	Telf	78.19

96 finishers

GRITSTONE TRYAL

Derbyshire

BL/13m/2200ft 29.07.07

At its third outing this fell orienteering race is gaining in popularity with double last year's entry, perhaps indicating a growing popularity in navigation-type events – maybe many of today's fellrunners are looking for that added challenge! Comments received after the race were certainly very encouraging, even from those who had, navigationally, and by their own admission, gone through a steep learning curve.

The warm, breezy day made for ideal running conditions and a fast pace was soon established – too fast for the leading group of runners who, with heads down, missed the first control completely (lesson no.1 - learned the hard way). This allowed the leaders of the following group to emerge victorious to their unexpected delight at the finish.

The course took in some little-trod areas around and beyond the Goyt Valley giving even the local runners a new perspective on the area. There were a number of route choices between the various controls and the recorded 'splits' make for interesting analysis – 'was the direct route across the heather worth it?'. Plenty of time for honing those navigational skills for next year's event.

Thanks for all the support from the marshals and helpers with contributions from South Cheshire Harriers, Staffordshire Moorlands AC and Macclesfield Harriers, a true joint effort in the best spirit of fell running

Ian Ankers

1. S. Temple O/45	KFR	2.16.32
2. D. Hindley	SthChesh	2.16.54
3. N. Gunn O/45	Macc	2.17.48
4. A. Fitzgerald	Buxt	2.22.25
5. S. Briggs O/45	FRA	2.24.11
5. M. Greenwood O/45	Macc	2.24.11
7. P. Matthews O/45	Tot	2.27.13
8. J. Cooke O/45	SMAC	2.31.20
9. D. Broom O/45	Chead	2.39.17
9. D. Colclough O/45	SMAC	2.39.17
VETERANS O/50		
1. (11) G. Moorhouse	Stone	2.39.17
2. (25) R. McCauley	SMAC	3.11.02
3. (27) D. Edge	SMAC	3.12.44
VETERANS O/60		
1. (17) R. Campbell	SMAC	2.55.12
2. (18) A. Farr	Congle	2.55.26
3. (35) P. Boulton	SMAC	3.34.04

43 finishers

James Herriot Country Trail Run

Photo courtesy of Chris Wheatley

THE CHEVIN FELL RACE
Derbyshire
BS/4.5m/879ft 02.08.07

A sunny and breezy evening welcomed runners to the first of the two annual races over the Derbyshire Chevin Hill in Milford.

Graham Moffatt drew away after the first part of the course when runners run along the spine of the Chevin, a white road.

He eventually took 50 seconds out of the field.

Runner up was Matthew Webster, an unattached runner. However, the run of the evening was that of the 20 year old Shaun Cooper who improved 20 places and 2.52 from his 2006 run to take third place.

Next year's events (4.5m. & 2.2ml) take place at 7.30 pm on Thursday 7 August 2008.

David Denton

1. G. Moffatt	HolmeP	29.36
2. M. Webster	Unatt	30.26
3. S. Coope	Shelt	31.01
4. B. Mills	Tipt	31.32
5. G. Collins	Unatt	31.34
6. P. Hands O/50	L'sterCor	31.38
7. R. Wilkinson O/40	LongE	31.46
8. C. Rowe O/40	Mat	31.57
9. J. Midgley	Erew	31.59
10. J. Kinder	RollsR	32.10
VETERANS O/50		
1. (6) P. Hands	L'sterCor	31.38
2. (24) P. Woodman	Ripley	35.30
3. (25) S. Wickham	Erew	35.32
VETERANS O/60		
1. (37) S. Whittaker	Erew	38.20
2. (62) F. Makin	HolmeP	41.36
3. (63) G. Young	Sinfin	41.47
LADIES		
1. (43) C. Waterhouse	LongE	38.49
2. (50) C. Lee O/40	Shelt	39.21
3. (53) E. Bridgen	Erew	40.13
4. (57) V. Yeomans	LongE	40.30
5. (67) C. Wickham O/40	Erew	46.13
(75) M. Kinder O/50	Chesa	50.38
(79) B. Bostock O/50	LongE	52.59

88 finishers

LLANTHONY SHOW HILL RACE
Monmouth
AS/3.5m/1100ft 04.08.07

The race was unfortunately cancelled following cancellation of Llanthony Show due to flooded field.

Dick Finch

MOEL HEBOG
Gwynedd
AS/4m/2400ft 04.08.07

Unfortunately, the race had to be cancelled this year due to severe weather (relentless driving rain, strong winds and poor visibility).

Apologies to anyone who was inconvenienced by this.

Ross Powell

BEETHAM SPORTS FELL RACE
Cumbria
BS/5.75m/927ft 04.08.07

Despite the appalling weather, Lee managed to knock a minute off the existing record and set a new time of 35.36. This is fantastic, especially when taking into consideration the wet conditions underfoot and the slippery limestone – congratulations Lee.

Thank you for supporting the event and we hope to see you again next year – the date will be in the FRA calendar.

Christopher Merckel

1. L. Siemasko	L'pool	35.36
2. N. Sharp	Amble	36.39
3. J. Deegan O/40	Amble	37.08
4. S. Swarbrick	Bowl	37.11
5. A. Hodgkinson	Dallam	38.29
6. P. Dugdale O/40	Kend	38.31
7. M. Aspinall O/40	Clay	39.31
8. P. Brittleton O/40	Helm	40.26
9. R. Ashworth O/40	Sthport	40.49
10. M. Gradwell O/40	Unatt	41.39
VETERANS O/50		
1. (18) G. Johnstone	BWFAC	44.16
2. (20) P. Cook	Unatt	44.36
3. (24) B. Davey	Sthport	45.18
VETERANS O/60		
1. (44) J. Hodgson	Dallam	50.02
2. (56) J. Atkins	Chorl	54.30
3. (58) P. Williams	Kend	58.38
VETERANS O/70		
1. (61) R. Bray	Bl'pool	59.24
LADIES		
1. (15) A. Raw O/40	Bing	43.24
2. (17) E. Dugdale O40	Unatt	43.56
3. (39) A. Kelly	Unatt	48.41

67 finishers

BORROWDALE FELL RACE
Cumbria
AL/17m/6500ft 04.08.07

1. B. Bardsley	Borr	2.18.29
2. R. Jebb	Bing	2.20.45
3. S. Booth	Borr	2.21.28
4. T. Owens	Mercia	2.23.46
5. P. Davies	Borr	2.23.58
6. R. Lightfoot	Ellenb	2.24.49
7. P. Vale	Mercia	2.25.21
8. J. Davies O/40	Borr	2.26.59
9. J. Bland	Borr	2.31.14
10. J. Blackett O/40	DkPk	2.41.05
VETERANS O/50		
1. (28) J. Winn	CFR	2.51.49
2. (40) D. Scott	Ochil	3.00.05
3. (51) G. Owens	NFR	3.02.57
VETERANS O/60		
1. (44) D. Spedding	Kesw	3.00.50
2. (50) K. Taylor	Ross	3.02.21
3. (156) J. Norman	Altrin	3.26.19
LADIES		
1. (52) S. Taylor	Bing	3.03.10
2. (114) R. Vincent	Tyne	3.15.36
3. (150) L. Cowell O/40	Borr	3.24.40
4. (171) L. Clough	Chorl	3.29.16
5. (180) S. Lammond O/40	Tatten	3.31.34
(216) W. Dodds O/50	Clay	3.37.06
(399) L. MacDermin O/50	H'land	5.09.32

410 finishers

MOURNE SEVEN SEVENS
Northern Ireland
AL/18.9m/8775ft 04.08.07

Anne bags the record

It turned out to be a good day for the running of the 7x7, as the ominous midweek forecasts didn't materialise, meaning the runners lined up in bright breezy conditions with a comfortable air temperature. As the race progressed the wind dropped off and it became warmer, but a breeze remained on the tops, and with relatively dry underfoot conditions most runners found it to their liking.

Don Travers certainly liked it as he led from start to finish, avoiding the blow up problems of last year, which cost him the victory then. He just missed out by 19 seconds from joining Gary Bailey and Brian Ervine in the exclusive sub four hours club but seemed satisfied with his efforts on the day. Behind him by nearly 15 minutes was current record holder Gary Bailey making a welcome comeback following his horrific work accident of earlier in the year. He had 5 minutes to spare on the regular third placeman, Richard Cowan. Richard set a new personal best time for the race, as did many others, including Gerry Kingston the first vet 40 home in a great sub 41.5 hour time. There were 15 runners under 5 hours for the course, which I am sure is a record.

Anne Sandford, a lady interested in records, took Hanna Shield's 2004 record and lowered it to a new mark of 5.44.49. Like Don, Anne seemed to have a very comfortable run, as did the second placed lady Norma Rea who stopped for chats along the way and managed an interesting detour over Ben Crom mountain (including gully descents) before strolling over the finish line, amazed that she was less than 10 minutes outside the old record.

Other runners deserving a mention in dispatches include Andrew Stevenson (Corky) the talking running machine all spoke out by the finish and being harangued by some bloke for not turning up at work that morning. Poor Corkey's voice box must have been lying beside his guts somewhere in the heart of the Mournes for he could manage no response, a rare thing indeed. Richie Cunningham had come from Scotland to test himself against the seven summits and did well coming home in 8th place. David Gamble has done the Seven Sevens many times as a walker, often being the fastest walker on the day, but now he is turning his skills to running, and as a result went sub 5 hours for the first time.

I remember Gareth Borland and his brother turning up for the walk as under age juniors many years ago and I had to refuse them entry, so its good to see him back finishing in a very respectable 25th place.

Finally Barbara Brown and Barry Rankin registered as runners and started early along with their friend who registered as a walker as she claimed to be unfit.

First home was the unfit walker, mountaineer Hanna Shields, making a bit of an Everest out of a fistful of mole hills but none the less all smiles despite loosing her record to a worthy new champ, Anne Sandford.

Jim Brown

1. D. Travers	Armagh	4.00.19
2. G. Bailey	Mourne	4.14.10
3. R. Cowan	Willow	4.19.14
4. A. Stevenson	Mourne	4.21.02
5. G. Kingston O/40	BARF	4.28.31
6. R. Ferguson	NBelf	4.30.32
7. C. Bailey	Mourne	4.36.21
8. R. Cunningham	Carneg	4.38.31
9. C. McGreevy O/40	TPurple	4.47.40
10. W. Marks	Mourne	4.48.11
VETERANS O/50		
1. (22) D. O'Hagan	Physio	5.26.08
2. (30) H. Teggarty	Mourne	5.39.37
3. (33) P. Bell	Pegas	5.44.49
LADIES		
1. (34) A. Sandford O/40	N'castle	5.44.49
2. (38) N. Rea	BARF	6.01.58
3. (49) S. Pruzina O/40	BARF	6.44.59
4. (50) H. McKeeman O/40	BARF	7.07.59
5. (52) C. Pollard O/45	BARF	7.46.20

56 finishers

PONDAROSA HILL RACE
Llangollan
BS/4m/951 ft 08.08.07

The fine sunny weather encouraged a record entry of 100 runners (one more than last year) to participate in this tough, always boggy in parts, 4 mile race, with its uphill finish.

Richard Roberts won in a time of 25.25, 17 seconds slower than the course record set by Paul Cadwallader in 1999. Junior Ricky Chalinor pushed Richard all the way and only slowed on the final climb to lose by 24 seconds. Third home was Matthew Roberts in 27.18.

One of the best performances of the night must have been by 14 year old James Ellis, who came 13th

overall in a time of 30.03 which was 3 seconds ahead of first lady Sarah Kleeman, whose time of 30.06 was a course record, beating Anna Bartlett's time of 30.33 set in 2005.
The other performance of the race was by local 15 stone Itonman triathlete, Chris Briffa, who fell face first into one of the deepest bogs, much to the delight of nearby fellow runners, and who finished covered in peat coloured brown slime, to be told by his wife he had to walk home.

Peter Norman

1. R. Roberts	Eryri	25.25
2. R. Challinor	Dees	25.49
3. M. Roberts	Eryri	27.18
4. C. Davies O/45	Buck	27.30
5. P. Jones	Oswest	27.39
6. A. Birch	Oswest	27.45
7. S. Ellis O/40	Tatten	27.53
8. J. Montgomery O/45	Clwyd	28.29
9. P. Taylor	Unatt	28.50
10. I. Lancaster O/45	Tatten	29.26
VETERANS O/50		
1. (24) M. Cortvriend	Macc	31.29
2. (29) K. Rowlands	Unatt	32.36
3. (43) D. Oldfield	Tatten	33.55
VETERANS O/60		
1. (38) P. Roberts	Buck	33.43
2. (46) J. Morris	Buck	34.35
3. (53) B. Hasting	Oswest	35.35
VETERANS O/70		
1. (96) J. Beswick	Helsby	45.57
LADIES		
1. (15) S. Kleeman	Unatt	30.06
2. (20) A. Roberts	Eryri	30.49
3. (35) C. Williams	Tatten	33.07
4. (50) A. Tickmer	Oswest	35.02
(70) S. Ellis O/45	Unatt	38.40
(80) J. Keasley O/45	Helsby	41.04
(84) H. Jaques O/50	Abergel	41.58
(93) S. Charman O/55	Helsby	42.42

99 finishers

CRACKEN EDGE FELL RACE
Derbyshire
BM/7m/1450ft 08.08.07

The 11th running of Hayfield's ever popular Cracken Edge Fell Race saw no less than 200 runners lining up at the start. A very arduous seven mile race, all on rough tracks and covering three major climbs, the route traverses Ollersett Moor before descending below Chinley Churn and climbing back over the steep Cracken Edge path and finishing down Foxholes Clough and through the fields to Hayfield. After the recent spate of very wet weather, the warm sunshine and fresh westerly winds had done much to harden the ground off - seriously hindering the flagman's efforts to mark the race route, and, by the time of the race, it was obvious that these near-perfect conditions were going to produce some excellent performances from the runners. And we were not disappointed.
First man home in 40'45" was international star Lloyd Taggart, winning the race outright for the third year in succession but he was, sadly, 15 seconds adrift of his last year's record time. Almost two minutes behind Taggart in 42'18" was second man Stuart Bond. Local runner, Chris Leigh, came in 3rd in 43'43".
The ladies' race saw a new record time with Welsh international Jackie Lee knocking 20 seconds off the record, set by New Zealander Sally Ward last year, to win in 49'05". A long way behind Lee was 2nd lady Wendy Ann McBride and third lady was local runner Katherine Harvey, who was also first lady veteran V40. First lady veteran V50 was Barbara Haigh. First male veteran V40 was Andy Pead who was also 5th in the race and first male veteran V50 was Andy Butler. First male veteran V60 was veteran Altrincham all-star runner and former international Jeff Norman, knocking over three and a quarter minutes off the old record to finish in 52'29".
The team prize went to Dark Peak Fell Runners (Taggart, Webb and Webster) and the prize for the first team from a rescue team went to Glossop Mountain Rescue Team (Minshull, Gregory and Hitchen).
This race is organised as a fund-raiser for the Kinder Mountain Rescue Team who provide rescue cover for many of the fell races in the area. The team would like to thank all the friends who helped to organise the race, and all the runners for their support.
See you next year!

Allison Brentnall

1. L. Taggart	DkPk	40.45
2. S. Bond	TFS	42.18
3. C. Leigh	Traff	43.43
4. A. Lamont	Macc	44.01
5. A. Pead O/40	GoytV	44.52
6. R. Houghton O/40	Buxt	46.23
7. N. Winfield	Penn	46.32
8. T. Webb	DkPk	47.14
9. E. Gamble O/40	Chesh	47.37
10. S. Ledger	Unatt	47.41
VETERANS O/50		
1. A. Butler	GoytV	50.49
2. M. Harvey	DkPk	51.35
3. R. Scottney	Penn	52.21
VETERANS O/60		
1. J. Norman	Altrinch	52.29
2. M. Cochrane	DkPk	53.33
3. J. Hewitt	Barns	59.52
LADIES		
1. J. Lee	Eryri	49.05
2. W. McBride	Barns	54.54
3. K. Harvey O/40	Penn	54.59
4. Z. Woodward O/40	EtonM	58.08
5. J. Mellor O/40	Penn	58.37
B. Haigh O/50	P'stone	66.10
B. Nixon O/50	P'stone	67.55

STEEL FELL RACE
Cumbria
AS/3m/1115ft 08.08.07

1. P. Davies	Borr	21.30
2. N. Fish	Amble	21.51
3. J. Davies O/40	Borr	22.03
4. S. Booth	Borr	22.16
5. P. James O/40	MDC	22.21
6. J. Bland	Borr	22.23
7. A. Schofield	Borr	22.25
8. G. Devine O/40	P&B	22.43
9. M. Mikkelsen-Barron	Borr	22.47
10. J. Deegan O/40	Amble	22.49
VETERANS O/50		
1. (28) D. Owens	Kesw	27.37
2. (36) K. Loan	Kesw	28.20
3. (46) L. Thompson	Kesw	29.36
VETERANS O/60		
1. (9) D. Fell	CFR	28.51
2. (56) B. Booth	Kesw	31.37
3. (63) D. Harrison	Kesw	33.38
LADIES		
1. (23) S. Taylor	Bing	26.31
2. (46) L. Thompson O/50	Kesw	29.36
3. (62) J. Fish	Unatt	33.34
4. (66) J. Trevaskis	CFR	34.50
5. (68) R. George	Eden	35.13
(73) M. Bridge O/50	Kesw	37.03

75 finishers

ARNCLIFFE GALA FELL RACE
North Yorkshire
AS/1.8m/443ft 11.08.07

Ted Mason won senior race for second year running and an unprecedented four wins at Arncliffe. Fantastic efforts from U17's who ran with seniors, notably Luke Maude who was 3rd overall and Melanie Hyder who was 2nd lady and 23rd overall.

SENIORS & U/17s

1. T. Mason	10.56
2. T. Austin	11.19
3. L. Maude U/17	11.40
4. M. Fanning	11.58
5. B. Elsworth	12.03
6. C. Moses O/40	12.25
7. J. Senior	12.28
8. T. Lambert	12.40
9. J. Holt O/40	12.45
10. M. Cardus U/17	12.49
LADIES	
1. (19) L. Lacon	13.45
2. (23) M. Hyder U/17	13.55
3. (31) D. Edmondson	15.10
4. (33) E. Johnson	15.24
5. (36) E. Thompson U/17	15.40
(44) L. Whittaker O/40	19.53

46 finishers

BOYS U/12

1. J. Hall	7.23
2. B. Johnstone	7.41
3. W. Smith	7.44
4. O. Whyte	7.46
GIRLS U/12	
1. G. Spencer	8.36
2. L. Otulakowski	9.21
3. A. Fortune	12.16
4. R. Horsfall	13.35
BOYS U/14	
1. B. Marriott	9.31
2. S. Westgott	9.46
3. S. Baistow	10.52
4. S. Hambridge	11.04
GIRLS U/14	
1. (5) F. Jordan	11.46

LEG END
Gwynedd
AM/9m/2890ft 12.08.07

It was a fabulous day with the weather being dry and sunny, especially considering the previous evenings downpour. We had 53 runners. The race and prize giving went well at the Glad Stone where we were all made to feel very welcome. I would like to thank everybody who helped with the race.

Dewi Sinclair

FOREST BURN FELL RACE
Northumberland
BS/3.5m/500ft 12.08.07

A record turn out of sixty-six runners, including some from Lincolnshire, Coventry, and Wiltshire, lined up on the edge of the showground for the 12th running of the Forest Burn Fell Race (29 were from local club Northumberland FR).
Several runners had duplicate numbers, and many more had last minute improvisations which, with the aid of race photos, just about did the job. Tom Green was plucked from the crowd to start the race. Jones set a fast pace with Horsley, P Vincent and Maynard in pursuit. Jones led over the first stream crossing but began to loose ground on the climb out of the stream. By the time the group had turned to ascend Wards Hill Jones was in their sights and had been overtaken by the summit. Horsley took the mantle and led down the other side of Wards Hill and around the fields with Vincent close behind. On the second ascent of Wards Hill Maynard came storming through at the summit to leave Horsley and Vincent stunned. Maynard then led during the second descent of Wards Hill, the run through the trees, and the second stream crossing with Horsley and Vincent close behind. However Maynard faltered on the steep ascent from the Forest Burn and Horsley seized the opportunity. By the time Maynard had got

his breath back Horsley was too far in front and won in 22m51s, still two minutes off the course record. Maynard and Vincent were less than 20 seconds behind. There were nine contenders In the women's race with R Vincent leading from start to finish in 25m36s, half a minute clear of her closest rival, Robertson. However Robertson can take satisfaction in knowing that her course record (set in 1999) is safe for another year with Vincent finishing over two minutes adrift.

All finishers received a prize except for Wasim who fell asleep near the stream and returned nearly two hours after the start. With neither course record being broken the whisky will have another year to age – but now the challenge is on to beat the race organiser!

Thanks to Jo, Frankie, Monica, Hilary, James, Greg, and the 2nd Rothbury Scouts.

Will Horsley

1. W. Horsley	N'berland	22.51
2. K. Maynard O/40	Durham	23.04
3. P. Vincent	Tyne	23.09
4. D. Steel O/40	N'berland	23.18
5. G. Jones	N'berland	23.40
6. M. Davis	DkPk	23.45
7. D. Armstrong O/40	N'berland	23.49
8. I. Rowbotham O/40	Ilk	23.52
9. J. Stephens O/40	LowFell	24.10
10. J. Woods	Morp	24.29
VETERANS O/50		
1. (13) G. Owens	N'berland	24.59
2. (15) M. Bennett	Elvet	25.47
3. (20) P. Graham	Tyne	26.58
VETERANS O/70		
1. J. Prudham	Jar&Heb	31.44
2. J. Garbarino	N'berland	32.42
LADIES		
1. R. Vincent	Tyne	25.36
2. K. Robertson	N'berland	26.06
3. L. Wilkinson	N'berland	28.08
4. R. Harrison	Louth	29.54
5. S. Welsh O/40	N'berland	30.20

66 finishers

WORSTHORNE MOOR RACE
Lancashire
BM/7m/900ft 12.08.07

This year's race was held in cool showery rain, conditions - normal for this summer! No doubt perfect conditions for the long run up Gordle Road! With a strong field of 127 starting runners.this was the last race in the Pendle & Burnley Grand Prix 2007. The first two in the men's hammered down through the field section to the finish with winner Sean Bolland just claiming the win by a mere one second! From Vet 50 Alex Rowe with Bill Stewart in third. The ladies' race was convincingly won by Amy Green with Jo Waites in second.

There was an excellent performance from Vet 50 Alex Rowe to come in second. With Dave Waywell winning the Vet 60. With the ever youthful George Arnold winning the Vet 70 category yet again. First local was Neil Worswick again!! With debate.

Big thank you goes to all who entered the race and helped us to raise in excess of £500 for the Pendleside Hospice, Burnley. Also, thanks to all the marshals, time keepers, landowners and the Bay Horse Pub for hosting us again.

Peter Thompson

1. S. Bolland	Bowl	42.11
2. A. Rowe O/50	Wesh	42.12
3. B. Stewart	Holmf	43.26
4. J. Tomlinson O/45	Clay	43.36
5. G. Shaw	Clay	43.46
6. P. Archer O/40	Clay	44.01
7. G. Jackson	Ross	44.40
8. T. Martyn U/20	Unatt	44.50
9. K. Horrigan O/45	Unatt	44.53
10. A. Green	Kghly	45.06
VETERANS O/50		
1. (2) A. Rowe	Wesh	42.12
2. (11) P. Hughes	Queensb	45.16
3. (14) S. Morran	NVets	45.57
VETERANS O/60		
1. (33) D. Waywell	Wesh	49.18
2. (36) G. Breeze	Skyrac	50.02
3. (64) G. Large	NVets	54.28
VETERANS O/70		
1. (103) G. Arnold	Prest	61.50
2. (104) M. Walsh	Bl'pool	62.02
LADIES		
1. (10) A. Green	Kghly	45.06
2. (17) J. Waites	CaldV	46.30
3. (28) L. Clough	Chorl	49.01
4. (40) T. Mitchell	Clay	51.01
5. (44) S. Burns O/45	Clay	51.12

127 finishers

HELLIFIELD GALA RACES INCORPORATING THE YORKSHIRE JUNIOR FELL CHAMPIONSHIPS
North Yorkshire
3.5m/800ft 12.08.07

The 12th Yorkshire Junior Fell Championships brought some sunshine into what otherwise was a very wet dismal day at the 38th annual Hellifield Gala. The pipe band led the parade down the Main Street to the marquee where all the stalls and children's entertainment took place. As the afternoon progressed, the weather deteriorated, the field got more slippery so the children's novelty races had to cancelled. All credit to the magnificent Gala committee, who never wavered of enthusiasm and kept the day going.

Nineteen year old World & European triathlon champion, Alistair Brownlee, won the top prize of £40, giving him his 7th Yorkshire title, having previously won 2 at U14 and U16 – 18 level. He also picked up £10 for breaking course record set by Steve Oldfield in 2002, slicing off nearly 1.5 minutes - despite heavy rain, this lad is just unstoppable! In fact earlier that morning he was even seen on the BBC competing at the Salford World Cup Triathlon. The first four athletes home all bettered the previous records. Yorkshire silver medallist last year, Jonathan Hare, took the U18 championship trophy, finishing only 8 seconds behind Alistair, while in 4th Rob Shaw took the U18 silver, with Luke Maude in bronze place.

In the ladies, £40 top prize was awarded to Mount Snowdon International winner for record 3rd time – Mary Wilkinson. She also took £10 prize for ladies' fastest finish, cutting Lisa Lacon's ladies' record down to 27.31 from 29.14. Mary also did the honours of starting the junior races and kindly signing the junior numbers as a memento. Skipton's county hockey player Claire Lilley finished 2nd but won the U18 championship trophy, now taking Skipton AC tally to 14 Yorkshire fells titles.

Congratulations to Sam Morphet, U20. James Hall and Emma Wilkinson U12s, Ben Marriott and Rosie Hellawell U14s. Tom Sessford and Holly Craig U16s champions. Special congratulations to Jack Hardacre and Issy Wharton U10 winners, maybe future Yorkshire champions? Some age groups were little shy of runners because of weather and maybe some gains were made – but remember you have to be there to win.

The Yorkshire championships and Hellifield gala has been made possible by generous sponsorship by many local firms and individuals. Also many thanks to the marshals and timekeepers who stood in the pouring rain for hours to ensure smooth running of the races.

Stephen Moor

1. A. Brownlee U/20	Bing	23.02
2. J. Hare U/18	H'ax	23.10
3. T. Mason	Wharf	23.56
4. R. Shaw U/18	Kghly	24.07
5. K. Gray	Cald	24.28
6. S. Oldfield O/50	BfdAire	25.50
7. K. Livesey	Wharf	26.02
8. L. Maude U/18	Skipt	26.12
9. M. Rae	Wharf	26.16
10. G. Oldfield O/40	CaldV	26.26
VETERANS O/50		
1. (6) S. Oldfield	BfdAire	25.50
2. (27) P. Jagan	Bing	32.18
3. (29) M. Ayers	Abbey	32.33
VETERANS O/60		
1. (26) G. Breeze	Skyrac	32.03
2. (56) M. Coles	Skyrac	38.38
3. (62) R. Dawson	Skyrac	44.00
LADIES		
1. (15) M. Wilkinson	Bing	27.31
2. (25) C. Lilley U/18	Skip	31.47
3. (31) A. Weston O/40	Ilk	33.04
4. (40) M. Watson O/40	ThamesH	34.56
5. (46) V. Rae	Wharf	36.32
(52) S. Morley O/50	NiddV	37.47
(60) K. Goss O/50	Clay	42.18
(65) L. Eden O/60	NiddV	47.54

66 finishers

Boys U/16 3m/600ft		
1. T. Sessford	Kghly	17.00
2. R. Gould	EChesh	17.02
Girls U/16		
7. H. Craig	Bing	22.38
Boys U/14 2m/500ft		
1. B. Marriott	Bing	10.58
2. F. Ismail	Kghly	11.34
Girls U/14		
1. R. Hellawell	Kghly	12.40
2. F. Jordan	Ilk	13.18
Boys U/12 1.5m/300ft		
1. J. Hall	Bing	8.41
2. B. Johnstone	Wharf	8.57
Girls under 12		
1. E. Wilkinson	Spen	9.20
2. E. Bolger	Skipt	10.04
Boys U/10		
1. J. Hardacre	Unatt	4.56
2. M. Preedy	Ross	5.05
Girls U/10		
1. I. Wharton	CaldV	5.49
2. S. Jones	Spen	6.23

BROWN WARDLE HILL RACE
Lancashire
5m/1000ft 13.08.07

1. W. Ali	Roch	32.35
2. M. Brown O/45	Clay	33.35
3. P. Birkett O/40	Salf	33.48
4. M. Proctor	Roch	34.38
5. S. Russell	Ross	35.26
6. J. Dugdale	Clay	35.29
7. I. Pudge	Ross	36.15
8. J. Cook O/50	Unatt	36.28
9. O. Marshall	Unatt	36.29
10. R. Brewster O/50	Clay	36.31
(22) S. Senior O/50	Midd	40.48
VETERANS O/60		
1. (20) G. Breeze	Skyrac	40.29
2. (26) D. Schofield	Roch	41.16
3. (41) P. Gilham	Chor	44.23
VETERANS O/70		
1. (63) N. Hughes	Unatt	66.39
LADIES		
1. (17) E. Flanagan Junior	Ross	37.54
2. (28) H. Corbishley	Ross	39.05
3. (25) J. Hogg	Sadd	41.09
4. (30) A. Heath O/35	Tod	42.31
5. (31) T. Lawless	Midd	42.39
(46) L. Bostock O/50	Clay	45.45

(56) S. Hindle O/45	Sadd	52.05
(57) R. Simms O/40	Darwen	52.07
(59) C. Navan O/60	Ross	52.59

65 finishers

PILGRIMS CROSS FELL RACE
Lancashire
BM/6m/1100ft 15.08.07

A few worried moments as I placed the route markings across a live firing range, with the red flags flying, gave way to my view of the starting line up. Most of the runners were fairly expendable, so the race better go ahead as planned.

Darren Kay and the ever-improving Shaun Godsman ran together in the lead, before Darren ran away on the steep descent to take the win. The V45 category was very competitive, with Merv Keys returning to form, to lead in Ian Greenwood and Dave Lewis within 16 seconds of each other. Pete Booth and Tony Spicer (both V55) beat all the V50 whippersnappers, and Cath Wilson led the ladies pursued by Gill Myers and Heather Corbishley. Clayton's superb turnout won them the men's team, but I gave the prize to Rossendale anyway, because I can't count.

Thanks, as ever, to all who helped out, and to Ultimate Outdoors for providing the prizes.

Ian Pudge

1. D. Kay	Horw	38.02
2. S. Godsman	Tod	38.20
3. S. Thompson	Clay	38.44
4. J. Ferguson	Ross	39.24
5. A. Wrench O/40	Tod	39.33
6. D. Raby	Chorl	39.46
7. P. Thompson	Clay	39.53
8. M. Shakeshaft	Bury	40.38
9. M. Keys O/45	Ross	40.45
10. A. Buttery	Ross	40.53
VETERANS O/50		
1. (43) P. Booth	Clay	45.42
2. (51) T. Spicer	Ross	47.04
3. (59) M. Eddleston	Clay	48.15
VETERANS O/60		
1. (63) G. Breeze	Skyrac	48.42
2. (108) P. Gillham	Chorl	53.21
3. (114) G. Large	NVets	55.06
LADIES		
1. (62) C. Wilson	Ross	48.35
2. (67) G. Myers O/45	Unatt	49.18
3. (68) H. Corbishley	Ross	49.22

178 finishers

ECCLES PIKE
Cheshire
BS/3.5m/650ft 15.08.07

This year 116 runners made the pilgrimage to Buxworth to do battle at Goyt Valley Striders' annual race up and down Eccles Pike. This year's dry conditions on the night made it ideal for plenty of good running.

At the front of the race Phil Winskill came home first in 21.42, over a minute ahead of second placed Christopher Leigh. He was followed by Tom Wild in third place. The first vet 40 was Steve Frazer who finished fourth overall. Ron Fawcett took the honours in the vet 50 category and Barry Blyth took the vet 60 category, with Jamie Browson taking the junior title.

On the ladies' side the winnng honours went to Lisa Lacon in 26.21 followed a couple of minutes later by the first junior lady, Leah Kay. The third lady home was Estelle McGuire, the first lady vet was Jane Mellor, who finished fourth lady overall,l and Alison Brentnall took the lady vet 50 spot.

After the race we shared the pub with some Morris dancers who were performing outside (not put on by us) which made for something a little different from normal post race drinking.

A big thank you must go to all who helped out on the night and to all the runners who turned up to support the race. Thank you.

Kevin Day

1. P. Winskill	DkPk	21.42
2. C. Leigh	Traff	22.48
3. T. Wild	Macc	23.05
4. S. Frazer O/40	Bing	23.23
5. N. Winfield	Penn	23.28
6. M. Ollerenshaw	Gloss	23.51
7. D. Ward	Borr	23.53
8. M. Webster	DkPk	23.56
9. N. Bassett O/40	Staffs	24.13
10. J. Nutall	Chesh	24.29
VETERANS O/50		
1. (15) R. Fawcett	DkPk	25.07
2. (24) A. Butler	GoytV	25.58
3. (31) J. Adair	Holmf	26.32
VETERANS O/60		
1. (19) B. Blyth	Macc	25.37
2. (47) J. Norman	Altrinch	27.40
3. (92) C. Buckley	Gloss	32.35
LADIES		
1. (29) L. Lacon	Holmf	26.21
2. (59) L. Kay	Stockp	28.44
3. (66) E. McGuire	Stockp	29.42
4. (67) J. Mellor O/40	Penn	29.46
5. (85) A. Leonard O/40	Macc	31.56
(88) A. Brentnall O/50	Penn	32.15
(105) B. Buckly O/50	Gloss	35.05

116 finishers

DENIS STITT MEMORIAL RACE
West Yorkshire
BS/5m/850ft 16.08.07

1. M. Buckingham	Holm	29.19
2. S. Oldfield O/50	BfdA	30.53
3. T. Brunt	Holm	32.24
4. A. Shaw O/40	Holm	33.15
5. R. Green O/40	Sadd	33.34
6. S. Rimmer O/40	Holm	33.48
7. A. Carruthers O/40	Crawley	34.23
8. G. Baxter	Holm	35.00
9. A. Alton	Unatt	35.04
10. R. McArthur O/50	Melth	35.33
VETERANS O/60		
1. (23) R. Futrell	Holm	38.54
2. (45) R. Smith	Holm	43.50
3. (49) J. Sommerville	Holm	45.25
LADIES		
1. (13) H. Berry	Holm	36.11
2. (27) R. Mellor O/40	Holm	39.51
3. (35) B. Hinchliffe O/50	Holm	41.35

61 finishers

FORCE TEN (PHOENIX) LONG 'O'
Cheviot Hills
'O' 2day event 18.08.07

This event was cancelled due to illness of organiser.

Patrick Smythe

FALSTONE FALCON
Northumberland
CS/5m/500ft 18.08.07

In spite of the Foot & Mouth scare. The show and race went ahead as planned, albeit without sheep. Unfortunately, the first runner back was disqualified for missing a marker and a marshal, thus avoiding a couple of awkward burn crossings.

Will Horsley emerged a worthy winner with Gwenda Cavill coming in the first of the two ladies.

M C Sanderson

1. . Horsley	NFR	41.26
2. G. Scott O/40	Unatt	43.45
3. J. Stephens O/40	LowFell	44.18
4. G. Russell	LowFell	49.00
5. P. Scott O/50	NFR	49.12
6. L. Cavill O/40	Morpeth	49.14
VETERANS O/60		
1. (18) D. Wright	Tyne	75.33
LADIES		
1. (11) G. Cavill	Morpeth	53.14
2. (12) S. Welsh	NFR	53.28

18 finishers

WEASDALE HORSESHOE
Cumbria
AM/8m/2000ft 18.08.07

Despite the cancelling of Ravenstonedale Show because of the Foot & Mouth scare and weather that felt more akin to a wet November day, a large crowd of supporters watched the field of 300 runners taking part in this English Championship race set for the 8 mile circuit of the northern Howgills valley of Weasdale.

A group quickly established themselves at the front of the field consisting of Simon Bailey, Jo Symonds, Lloyd Taggart, Rob Jebb and Rob Hope. However, Bailey and Symonds broke away to form a significant lead during the first climb. They then played cat and mouse as the lead swapped until shortly after the long descent off Green Bell, Jo Symonds took a tumble in the long reeds allowing Simon Bailey to open up a significant gap that was not recovered. Simon Bailey's winning time was a new course record of 53.43; Jo Symonds recovered from his fall to finish to finis second in 54.00, with Rob Hope and Rob Jebb finishing third and fourth.

Equally thrilling for the crowd on the field was local female running talent, Sarah Tunstall, a Kirby Stephen based runner. She was first lady and also smashed the previous record to finish in 45th position overall in a time of 63.27. In second place was Candice Leah and third was Helen Fines.

Other local runners of note were Craig Roberts, who was 9th and second vet in 57.28, followed by his brother, Mark, running for Borrowdale in 13th in 58.06. Alex Birtles of Howgill Harriers and Sally, also Howgill, were first local male and female.

The men's team race was won by Pudsey & Bramley with a team of Hope 3rd, Henghan 5th, Leight 15th, Devine 19th and Nixon 21st.

The race was organised and marshalled by Howgill Harriers with Kirkby Stephen Mountain Rescue Team manning the summit checkpoints.

Fraser Livesey

1. S. Bailey	Mercia	53.43
2. J. Symonds	Kend	54.00
3. R. Hope	P&B	55.14
4. R. Jebb	Bing	55.56
5. J. Heneghan	P&B	56.17
6. L. Taggart	DkPk	56.34
7. T. Owens	Mercia	56.53
8. I. Holmes O/40	Bing	57.19
9. C. Roberts O/40	Kend	57.28
10. R. Little	DkPk	57.30
11. J. Davis O/40	Borr	57.50
12. P. Winskill	DkPk	57.55
13. M. Roberts O/45	Borr	58.06
14. P. Green	Horw	58.13
15. N. Leigh	P&B	58.24
16. P. Vale	Mercia	58.28
17. A. Schofield	Borr	58.31
18. K. Gray	CaldV	58.39
19. G. Devine O/40	P&B	58.42
20. S. Godsman	Tod	58.47
VETERANS O/50		
1. (37) M. Egner	DkPk	62.13
2. (47) G.Schofield	Horw	63.51
3. (49) T. McGaff	EChesh	64.15
4. (62) J. Winn	CFR	65.35
5. (64) B. Walton	Horw	65.52
VETERANS O/60		
1. (112) D. Tait	DkPk	69.19
2. (114) G. Howard	Ilk	69.33
3. (121) K. Carr	Clay	70.06

4. (125) B. Blyth	Macc	70.21
5. (131) K. Taylor	Ross	70.45
VETERANS O/70		
1. (246) L. Sullivan	Clay	84.36
2. (282) D. Rigg	CFR	91.39
3. (288) G. Arnold	Prest	96.21
4. (294) J. Rutter	Kesw	101.25
5. (297) B. Thackery	DkPk	114.45
LADIES		
1. (45) S. Tunstall	York	63.27
2. (80) C. Leah	Clay	67.13
3. (89) H. Fines	Brist	67.47
4. (95) J. McIver	DkPk	68.28
5. (97) J. Waites	CaldV	68.38
6. (103) S. Taylor	Bing	68.53
7. (107) A. Bartlett	Shrews	68.57
8. (108) A. Raw O/40	Bing	68.59
9. (109) J. Reedy	Amble	69.05
10. (115) K. Burge	Staff	69.46
(137) J. Jepson O/40	FatBoys	71.11
(144) M. Laney O/50	Clay	71.37
(216) S. Haslam O/50	Scarb	80.11
(283) J. Atkins O/60	Chorl	91.46
(284) M. Parfitt O/60	Tod	92.34

299 finishers

LAKELAND COUNTRY FAIR
Cumbria
AM/6.5m/2350ft 19.08.07

What with the Foot & Mouth scare and appalling weather in the run-up to the Lakeland Country Fair, it was touch and go whether the event would go ahead at all this year.

However, the determination of the organisers not to cancel paid off and well over a thousand visitors came through the gates, including 77 intrepid fell runners.

Although conditions were not ideal.some fast times in the open fell race were recorded with the first four completing the gruelling ascent of Coniston Old Man and back (approx 6.5 miles) in under one hour. Both the male and female records remained unbroken but Nick Sharp missed it by less than one second! Ambleside runners filled five of the firsy eight positions and Black Combe runners were also successful, with Sue Hodgkinson taking the ladies' title.

Thanks must go to Sam Clark for his usual impeccable organisation and also to the Rawdon-Smith Trust for their continued generous sponsorship of both the senior race and also the full programme of junior races in the form of T-shirts and mementos.

Alison M Bolt

1. N. Sharp	Amble	55.18
2. S. Bolland	Bowl	55.35
3. J. Deegan O/40	Amble	57.27
4. B. Bolland	Horw	57.41
5. B. Abdelnoor	Amble	60.03
6. P. Knowles	Amble	60.17
7. P. Craker	Amble	61.47
8. M. Flatley	Middle	62.28
9. P. Taylor O/40	BCR	63.40
10. I. O'Brien O/40	Wakef	63.52
VETERANS O/50		
1. (62) D. Johnson	Unatt	83.39
2. (64) M. Glaisher	Saxon	84.03
3. (71) P. Taylor	Unatt	93.46
VETERANS O/60		
1. (56) T. Minikin	Kghly	79.24
2. (72) P. Roberts	Roch	95.06
3. (74) P. Williams	Kend	96.07
LADIES		
1. (39) S. Hodgkinson	BCR	72.49
2. (53) K. Hardiman	Settle	77.01
3. (59) P. Rose	Totley	80.14
4. (65) H. McLaughlin	Cleeth	84.36
5. (69) H. Taylor O/40	BCR	89.51

77 finishers

TURNSLACK FELL RACE
Lancashire
AM/8m/2000ft 21.08.07

Organiser Kevan Shand advertised for past winners to attend this year's 30th anniversary race but the response was disappointing, for only two turned up, namely Brenda Robinson, who triumphed in 1981, and the more recent triple winner, Andy Wrench. Brenda, a former Irish cross-country international and consistent winner during the early days of ladies' fell racing, came with husband Colin to assist Kevan with the entries and at the finish, as they have done for many years. Colin also is a former international, on both track and country, and a prolific winner of Lancashire fell races during the late '60s and '70s, with a 1969 Three Peaks triumph also to his credit. However, where last year's race attracted only 47 runners, there was a healthier turnout of 135 this year, despite the rain and overcast skies. Shaun Godsman led out onto the moors, with Danny Hope surging ahead at around one mile, determined to emulate his brother Rob's 2002 success. However, Nick Leigh came into contention around the halfway mark, along Trough Edge, and an unrelenting battle ensued until the second of the two climbs beyond the trig point, where Danny pulled away again, steadily increasing his lead to a finishing margin of 76 seconds, Nick in turn claiming 2nd place from Shaun by 13 seconds. Andy Wrench was the first 0/40 in 5th position, while Ian Greenwood took the 0/45 award in 7th. The next-to-last runner home also deserves a special mention for this was Todmorden's Derek Clutterbuck (ex-Rochdale Harriers), still going strong at 76 and here competing over his local moors.

Radcliffe's Anna Lupton scored a decisive 3.58 victory in the ladies' race, 42nd overall, to make it a hat-trick of Lancashire fell race wins so far this year, having previously triumphed in the Holcombe Two Towers and Eddie's Revenge (a new South Pennine race near Oldham). Second lady home in 61st position was long-distance mountain specialist, Catherine Wilson, daughter of Clayton's Maureen Ashton and fresh from the recent Hebridean Challenge. Kath Brierley took 3rd place in 66th to claim the F45 award, narrowly ahead of Clare Kenny in 68th.

Todmorden had the fastest men's team over Horwich and Calder Valley, and also prevailed in the ladies' event over Calder Valley.

There were also two junior races, with Jack Crummett leading home eight U/10s, with Hannah Shaw runner-up, while only two lads contested the U/16s race in which Joe Johnson scored a three second victory over his Rossendale clubmate, Jordan Beard.

Bill Smith

1. D. Hope	P&B	62.28
2. N. Leigh	P&B	63.44
3. S. Godsman	Tod	63.57
4. J. Logue	Horw	65.12
5. A. Wrench O/40	Tod	66.42
6. A. Whittem	Tod	67.02
7. I. Greenwood O/45	Clay	69.35
8. M. Goldie	Tod	69.40
9. K. Gaskell O/45	Horw	69.55
10. G.Heyes	Horw	70.10
VETERANS O/50		
1. (15) D. Collins	Tod	73.21
2. (23) D. Schofield	Ross	73.57
3. (37) J. Coch	Unatt	76.04
VETERANS O/60		
1. (19) K. Taylor	Ross	73.37
2. (50) J. Norman	Altrin	79.10
3. (64) R. Blakeley	Tod	84.18
VETERANS O/70		
1. (134) D. Clutterbuck	Tod	121.00
LADIES		
1. (42) A. Lupton	Rad	77.32

Anna Lupton descending to victory in the ladies' race at Turnslack

Photo courtesy of Bill Smith

2. (61) C. Wilson	Ross	81.30
3. (66) K. Brierley O/45	Tod	84.21
4. (68) C. Kenny O/45	CaldV	84.48
5. (70) J. Scarf O/45	CaldV	84.53
(113) S. McNulty O/60	Rad	95.48
(118) J. Atkins O/60	Chorl	98.54

135 finishers

JUNIORS

U/16s

1. J. Johnson	Ross	10.55
2. J. Beard	Ross	10.58

U/10s

1. J. Crummet	Tod	8.39
2. H. Shaw Girl	Darwen	10.14

HARROCK HILL - RACE 4
Lancashire
BS/5m/900ft 22.08.07

1. N. Leigh	P&B	31.13
2. R. Maddams	Horw	31.52
3. B. Bolland	Horw	32.11
4. C. Heys	Horw	32.55
5. P. Roby	Horw	33.19
6. M. Aspinall O/40	Clay	33.25
7. P. Muller O/50	Horw	33.41
8. G. Pendlebury O/50	Wesh	34.12
9. R. Ashworth O/40	S'portWloo	34.46
10. M. Manir	WiganP	34.50
VETERANS O/60		
1. (57) P. Murray	Horw	42.17
2. (62) S. James	S'portWloo	42.35
3. (71) P. Walkington	Horw	43.25
VETERANS O/70		
1. (119) R. Bray	B'pool	50.45
2. (127) M. Walsh	B'pool	51.26
3. (147) B. Hughes	L'poolPem	65.06
LADIES		
1. (32) Y. Wyke	WiganP	38.57
2. (34) L. Heyes	Horw	39.11
3. 36) S. Gorman	Horw	39.36
4. (39) S. Howard	S'port	39.45
(45) J. Wilson O/40	S'portWloo	40.34
(47) A. Kelly O/45	Clay	40.47
(93) G. Walkington O/50	Horw	46.02
(140) S. Marshall	S'portWloo	57.42

148 finishers

ROUND LATRIGG
Cumbria
BS/5.5m/800ft 22.08.07

1. R. Lightfoot	Ellenb	30.43
2. S. Booth	Borr	31.56
3. B. Taylor O/40	Ellenb	32.28

4. N. Cockbain	CFR	32.58
5. M. Cunningham	Borr	33.25
6. S. Angus	Border	34.41
7. S. Tunstall	YorkA	34.44
8. J. Winn O/50	Ellenb	35.16
9. C. Robinson	HelmH	35.23
10. C. Spright O/40	HelmH	35.35
VETERANS O/50		
1. (8) J. Winn	Ellenb	35.16
2. (17) L. Best	Stockp	36.50
3. (20) D. Owen	Kesw	37.53
VETERANS O/60		
1. (38) S. Harwood	Kesw	40.22
2. (41) M. Pearson	Kesw	41.01
3. (46) G. Smith	CambCole	41.20
VETERANS O/70		
1. (109) J. Rutter	Kesw	51.03
LADIES		
1. (7) S. Tunstall	YorkA	34.44
2. (13) P. Jackson	Kesw	36.37
3. (31) K. Murdoch	Derwent	39.05
4. (34) T. Park O/40	CFR	39.49
5. (35) K. Heaviside	Eden	39.59
(40) J. Carter O/40	CFR	40.47
(77) C. Bland O/50	Kesw	45.33
(80) G. Tombs O/50	CaldV	45.38
(96) C. Colam O/60	Kesw	48.17

113 finishers

GOLF BALL FELL RACE
Lancashire
BS/5.5m/900ft 22.08.07

On a brilliant sunny evening over 160 runners turned out for the last race in the "Rossendale Midweek Race Event". The race series really is beginning to take off now.

The race itself was closely contested between Shaun Godsman and Simon Thompson. Shaun won the race but there were only six seconds between them. The first lady home in 17th place was Jo Waites – this was an excellent run.

Josh Tighe, an Intermediate, was in 12th place – this lad has only been running for 12 months and up at Rossendale, they see great things ahead for him.

Derek Schofield, Vet 50, in 29th place had an excellent race also.

Overall, the evening was a great success. Prizes were given to the winners and prizes went to the overall winners in each category over the "Rossendale Midweek Series".

We would like to say a big "thank you" to Ultimate Outdoors, who sponsored the races and gave us some great prizes.

Well, that's it until next year. Rossendale AC says "thanks to everyone who ran and we look forward to seeing you all next year.

Jan Kempson

1. S. Godsman	Tod	37.46
2. S. Thompson	Clay	37.53
3. A. Wrench O/40	Tod	38.30
4. C. Bishop	Sadd	39.24
5. J. Ferguson	Ross	39.30
6. B. Elsworth	Wharfe	39.36
7. M. Brown O/40	Clay	39.40
8. A. Buttery	Ross	39.52
9. J. Stevens	CaldV	40.22
10. J. Tomlinson O/40	Clay	40.26
VETERANS O/50		
1. (29) D. Schofield	Ross	44.57
2. (36) J. Birchenough	Ross	45.37
3. (38) P. Booth	Clay	45.57
VETERANS O/60		
1. (58) G. Breeze	Skyrac	47.55
2. (86) D. Scott	Clay	51.09
3. (108) T. Peacock	Clay	54.50
LADIES		
1. (17) J. Waites	CaldV	42.58
2. (52) C. Wilson	Ross	47.23
3. (63) H. Corbishley	Ross	48.14
4. (69) T. Mitchell	Clay	49.11
(85) C. Kenny O/45	CaldV	51.08
(128) L. Bostock O/50	Clay	58.23
(133) J. Atkins O/60	Chorley	59.26
INTERMEDIATES		
1. (12) J. Tighe	Ross	41.08
2. (48) L. Porter	Ult	46.55
JUNIORS		
1. (19) T. Montyn	Unatt	43.16
2. (24) K. Russell	Ross	44.00
3. (27) J. Johnston	Ross	44.40

158 finishers

PILSLEY FELL RACE
Derbyshire
23. 08.07

Great weather - and a surprise last minute re-routing due to Foot and Mouth Precautions and Chatsworth following government advice, same length, but including ~1 mile on Handley Lane (a quiet road outside Pilsley which conveniently was closed for due to flooding damage to the road earlier in the year), in fact starting with a long climb. With growing anticipation, the runners noted the 'horrid track' labelled on the plan - 'the never-ending track - it goes on and on and on and you can't see if this is the last corner - some of you will walk it and some will crawl. But it turned out that it gave no problems to the fell runners and the uneven surface gave them something to concentrate on at the most tiring part of the course. The rest of the race afforded magnificent views across Chatsworth Estate park. We thought that the race would slower due to the horrid track, but we were wrong again. But we actually used our emergency 4 x 4 rescue vehicle for the first time - for a minor injury so no real bad news. Next year, the route will return to the usual course and we look forward to seeing you all again.

Zoe Wareham

1. L. Taggart	DkPk	33.59
2. P. Winskill	DkPk	34.26
3. A. Pead O/40	GoytV	35.54
4. M. Stenton O/40	DkPk	36.39
5. A. Ward O/40	DkPk	37.05
6. M. Kirk O/40	Siemens	37.24
7. J. Wilson	FatBoys	37.28
8. M. Woodhouse	Kimber	37.30
9. T. Webb	DkPk	37.32
10. M. Webster	DkPk	37.39
VETERANS O/50		
1. (13) R. Fawcett	DkPk	38.32
2. (31) A. Whitehouse	Beta	40.39
3. (34) M. Moorhouse	Mat	40.57
VETERANS O/60		
1. (39) M. Cochrane	DkPk	41.33
2. (58) R. Futrell	Holmf	43.36
3. (74) J. Carrier	Siemens	45.31
LADIES		
1. (21) J. Lee	Eryri	39.55
2. (37) J. Wilson	DkPk	41.13
3. (51) S. Ward O/40	DkPk	42.47
4. (52) P. Weir O/40	Tot	42.54
5. (69) J. Lilley	DkPk	44.51
(88) P. Goodall O/50	Tot	47.14
(121) K. Reece O/50	Unatt	52.29

148 finishers

RASA BECA
Pembrokeshire
BS/5m/1050ft 25.08.07

The 30th Beca Race was, according to many runners, one of the toughest for many years. The start and finish were very wet, the day was rather warm and the growing vegetation hampered many.

This year's winner was two minutes behind his last year's winning time and four minutes over the course record.

Ras Beca's popularity seems to be growing yearly with 105 runners at the start.

A big thanks to all who supported us and we look forward to seeing you all next year.

John S Evans

1. H. Evans	Tonbr	36.26
2. J. Morgan	DkPk	36.59
3. A. Abbott	SarnH	40.06
4. L. Hewiton O/40	Ingli	40.28
5. G. Fisher O/50	Unatt	40.51
6. M. Evans	Trots	41.31
7. C. Phillips	Unatt	41.46
8. H. Lloyd	SarnH	42.30
9. D. Booth O/40	MDC	42.55
10. A. Lindsay Lady O/35	NewpBC	42.58
VETERANS O/50		
1. (5) G. Fisher	Unatt	40.51
2. (12) G. Oldrid	Aberyst	43.23
3. S. Herington	HerefC	45.22
LADIES		
1. (10) A. Lindsay O/35	NewpBC	42.58
2. (45) H. Walker O/35	PembH	51.41
3. (59) J. Buck O/35	Cardig	55.18
4. H. Williams O/35	Trots	56.04

100 finishers

DENTDALE FELL RACE
Cumbria
AS/2.9m/1385ft 25.08.07

Dentdale Fell Race (a hell of rise hill!) in Cumbria in the Yorkshire Dales National Park. Out and back to Aye Gill Pike trigpoint. The second running of the race was won again by John Heneghan beating his record of last year to finish in 27.31. Nick Sharp was second and also beat last year's record.

Sharon Tyalor was first lady home in 34.15.

The field of 41 (36 last year) was a great spectacle for the crowds at Dentdale Show. John Heneghan says "it's a cracking little race!". It will make an ideal quickie for your club championship (next year's date is 23 August 2008). Thanks to all the marshals and sponsors, Lyon Equipment.

John Hyde

1. J. Heneghan	P&B	27.31
2. N. Sharp	Amble	28.21
3. G. Devine	P&B	29.14
4. B. Procter O/40	Helm	31.17
5. P.Targett	Clay	31.56
6. J. Hopkins	HouseParty	33.06
7. H. Davies	Sedb	34.07
8. S. Taylor	Bing	34.15
9. O. Fielden	Helm	34.25
10. T. Harrison	HouseParty	34.32
LADIES		
1. (8) S. Taylor	Bing	34.15
2. (19) L. Thompson	Kesw	36.58
3. (40) A. Conner	Helm	46.40
4. (41) A. Stubbs	HouseParty	52.28

41 finishers

BURNSALL CLASSIC
North Yorkshire
AS/1.5m/900ft 25.08.07

Another classic day – perfect weather, 115 actual starters with Ian Holmes hoping for a hat-trick as an outright winner.

Rob Jebb, a former junior at Burnsall, but still has to win the Classic announced at registration that he had "come to win today"! And so he proved, leading at the top by over a minute form Ian the downhill specialist, and the pair of them in the company of Joe Mercer, and down in less than five minutes. Not over-fast by Keith Anderson's standards (Ambleside AC 1991 3.40), but Rob still came home with 32 seconds to spare.

The Vet 40 race was won by Ian Holmes, the Vet 50 by John Adair and the Vet 60 by David Fell.

A newcomer to the Burnsall Classic, Mary Wilkinson,

ran a terrific race to beat last year's winner, Lisa Lacon, in a time of 18.05, the fastest time for sevn years in the ladies' race.

We would like to include in this report the story that David Cartwright of Penistone FR, was taken ill during the race and after being attended to on the fell by Upper Wharfedale Fell Rescue Association team, was transferred by helicopter to Harrogate General Hospital, where he made a good recovery. We also thank a fellow fell runner, Martyn Speight, who stopped to help David, and the specialist back-up services that we all use, hope we never need, for their very exacting and prompt assistance. David has been running at Burnsall since the 1960s, starting as a junior, and on over 30 occasions since. He assures me today that he will be back next year and Burnsall looks forward to welcoming him.

James Maxfield

1. R. Jebb	Bing	13.41
2. I. Holmes O/40	Bing	14.13
3. J. Mercer	Skip	14.17
4. T. Owens	Mercia	15.05
5. M. Fanning	Borr	15.18
6. M. Cox	Otley	15.38
7. J. Wright	Tod	15.41
8. R. Pattinson O/40	P&B	15.45
9. D. Walker	Clay	16.05
10. F. Bosomworth	Unatt	16.13
VETERANS O/50		
1. (27) J. Adair	Holm	18.39
2. (57) K. Walker	Unatt	20.42
3. (59) M. Smith	Bing	20.51
VETERANS O/60		
1. (43) D. Fell	CFR	19.56
2. (60) G. Breeze	Skyrac	20.53
3. (73) I. Bithell	Knaves	22.05
LADIES		
1. M. Wilkinson	Bing	18.05
2. L. Lacon	Holm	18.33
3. B. Weight O/40	Bing	20.26
4. J. Smith O/40	Tod	21.04
5. S. Smith	Bing	21.31

CHIPPING SHOW FELL RACE
Lancashire
AM/8m/2000ft 25.08.07

The threatened low cloud had lifted from the nearest fells but continued to roll back and forth over the higher ground around the furthest checkpoints. 73 runners left the field and Thomas Cornthwaite, a previous winner, established an early lead before the race reached the fells. In the changing conditions there seem to have been a variety of routes chosen to make the way between controls (all marshalled) with Lloyd Taggart back on the field first in a record time of 62:19.

The first lady, Jackie Lee, also beat the ladies' record in a time of 75:39.

The prizes were finally sorted out after it was discovered that a male runner had used a female's number. The first team was from Dark Peak -Lloyd Taggart, D.Taylor, P.Winskill. The v40 prize winner was Dave Nuttall, who came in being rounded up by the Holcombe Hunt hounds!

S Charman LV 50 came to receive her prize and announced that her husband had not arrived and this was some time after the sweepers had come in with the last runner. The marshals on the fell began to do a sweep and the situation was reported to the police. M.Charman eventually arrived on the showfield 2 ½ hours after the last runner and just before Mountain Rescue and helicopter rescue were in action.

Many thanks to all the marshals, to the landowners, to Chipping Show Committee and Sweat Shop for their support.

Joe Howard

1. L. Taggart	DkPk	1.02.19
2. T. Cornthwaite	Bl'burn	1.04.12
3. M. Whyatt O/40	Bowl	1.06.06
4. D. Taylor O/40	DkPk	1.06.33
5. P. Winskill	DkPk	1.08.00
6. A Breaks	CaldV	1.08.08
7. M. Chippendale	Bowl	1.09.32
8. M. Nuttall	Bl'burn	1.09.55
9. S. Edmondson	Horw	1.10.55
10. D. Nuttall O/40	Clay	1.11.44
VETERANS O/50		
1. (21) G. Johnson	Bl'pool	1.19.39
2. (30) M. Ford	Bing	1.25.28
3. (44) A. Heaton	Bowl	1.31.19
VETERANS O/60		
1. (19) D. Tait	DkPk	1.19.30
2. (50) A. Todd	Helsby	1.39.04
LADIES		
1. (13) J. Lee	Eryri	1.15.39
2. (40) K. Roberts	Helsby	1.29.31
3. (42) J. Hogg	Sadd	1.29.49
4. (51) S. Sherratt	Wesh	1.39.11
5. (55) S. Gohil	Prest	1.41.11
(57) L. Murgatroyd O/40	Stain	1.41.36
(59) V. Griffiths O/40	Helsby	1.45.13
(68) S. Charman O/50	Helsby	1.53.39
(72) H.Howard O/50	Run4Fun	2.14.22

73 finishers

Sarah Gohil (Preston Harriers) emerges from the gloom at the Chipping Show fell race

Photo courtesy of Bob Shepherd

PENDLETON FELL RACE
Lancashire
AS/5m/1500ft 25.08.07

A comfortable win for young James Kevan whilst at the other end of the age range, Mike Wallace had a superb run in his first race as a V50 to finish in second place. A good day out for the family as Kath Wallis won the ladies V50 prize also.

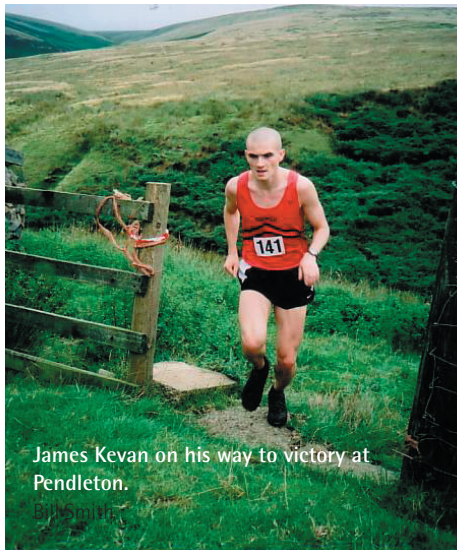
A particularly good run for tenth place earned Katie Ingram the ladies' prize.

Overall, the race showed a profit of £98.41, which has been sent to the North West Air Ambulance.

Roger Dewhurst

1. J. Kevan	Horw	36.14
2. M. Wallis O/50	Clay	38.26
3. M. Rae	Wharf	38.41
4. J. Senior	Bing	39.14
5. M. Brown O/40	Clay	39.53
6. A. McFarlane	Clay	40.07
7. A. Preedy O/40	Ross	40.27
8. A. Orr	Clay	40.56
9. G. Shaw	Clay	41.02
10. K. Ingram	Horw	41.04
VETERANS O/50		
1. (2) M. Wallis	Clay	38.26
2. (16) D. Schofield	Ross	41.59
3. (20) D. Collins	Tod	42.11
VETERANS O/60		
1. (26) K. Carr	Clay	42.48
2. (40) J. Norman	Altrinch	44.07
3. (46) P. Walkington	Horw	45.49
VETERANS O/70		
1. (89) L. Sullivan	Clay	53.34
2. (104) G. Arnold	Prest	57.35
3. (110) M. Walsh	Bl'pool	65.38
LADIES		
1. (38) S. Newman O/40	CaldV	44.02
2. (41) E. Barclay O/40	Ilk	44.13
3. (42) S. Sarginson	Bowl	44.47
4. (65) T. Mitchell	Clay	48.41
5. (70) K.Wallis O/50	Clay	49.23
(71) G. Walkington	Horw	49.27

113 finishers



James Kevan on his way to victory at Pendleton.
BillSmith

Photo courtesy of Bill Smith

BELLINGHAM SHOW FELL RACE
Northumberland
BS/4m/600ft 25.08.07

2007 marked a hat trick of victories in the Bellingham Show race for local lad, Tim Wylie, which was all the more impressive considering that his first two triumphs were 10 and 11 years ago! Tim had a clear lead of almost two minutes followed by commendable first appearances by G. Jones and J Stephens, battling through the tussocky grass and occasional bog.

We were pleased to see familiar faces turning out again, some getting quicker each year and others deciding to take a little more time out to admire the

views!
The junior race was a close run event of a very high standard. The marshal will have to start training now if he hopes to keep up with them next year!
Well done again to all competitors, including 74-year old D. Wright. Thanks to Bill and Kath Campbell and Amy Shields for their invaluable help.
All welcome again next year for this friendly event and a full day of entertainment at the Bellingham Show.

Michael Shields

1. T. Wylie O/40	Tyne	31.28
2. G. Jones	NFR	33.27
3. J. Stephens O/40	LowF	34.15
4. D. Atkinson O/40	NFR	34.51
5. K. Murray O/40	Teviot	34.58
6. I. Williams	Chor	35.26
7. B. Robson O/40	Chor	37.52
8. P. Hayle O/40	NFR	38.51
9. B. Mackey O/40	Jarrow	39.02
10. L. Cavill O/40	Morp	39.04
VETERANS O/50		
1. (12) W. Hutchinson	Teviot	39.06
2. (16) J. McLeod	NFR	40.16
3. (17) J. Marsh	Teviot	41.36
VETERANS O/60		
1. (18) R. Bleakman	Derby	42.21
VETERANS O/70		
1. (22) J. Prudham	Jarrow	45.53
2. D. Wright	Tyne	58.30
LADIES		
1. (20) S. Welsh O/40	NFR	43.48
2. (30) P. Cooper O/50	NFR	57.04

32 finishers

JUNIOR RACE

1. T. Brookes	Morp	9.22
2. M. Wilson	Sund	9.23
3. F. Morrison-Bell	Sunday 9.50	

6 finishers

BRADBOURNE VILLAGE FELL RACE
Derbyshire
CM/6.2m/616ft 26.08.07

Edinburgh-based, Es Tressider, returned to his home country with a group of friends on a stag weekend and duly romped away with the 11th annual Bradbourne Fell Race.
He led throughout but pulled regular runner-up, David Arden, to a new Vet 40 record after some close misses in the previous three years.
Vicki Yeomans won the ladies' event.
Over £400 was donated from the race to the village church roof fund – pver £40,000 is required = 100 fell races!!!

David Denton

1. E. Tresidder	Unatt	32.18
2. D. Arden O/40	GoytV	33.10
3. S. Storey O/50	DkPk	35.51
4. B. Mills	Tipton	36.01
5. D. Holloway	Penn	36.08
6. R. Wilkinson O/40	LongE	36.29
7. C. Fletcher O/40	HattonD	37.02
8. G. Smith	HattonD	37.07
9. T. Lancaster	Unatt	37.25
10. M. Moorhouse O/50	Matlock	38.08
VETERANS O/60		
1. (48) B. Boole	Sinfin	45.36
2. (57) G. Young	Sinfin	47.15
LADIES		
1. (41) V. Yeomans	LongE	43.42
2. (46) H. Cameron Jun	Matlock	44.50
3. (49) E. Bridgen	Erew	45.43
4. (50) H. Armstrong O/40	Ashb	45.48
5. (56) C. Rowe O/40	LongE	46.41
(73) C. Sharratt O/50	Ilkes	53.25

80 finishers

NORLAND MOOR
West Yorkshire
CM/7m/800ft 26.08.07

Compared to the previous three months, the weather was kind to the 116 runners who turned up to run this year's Norland Moor race. Run over bridleways and moorland tracks, this is one of the 'gentler' races in the FRA calendar, and is more of a trail race, but it still regularly draws a field of over 100.
The route was specifically devised to be a fast multi-terrain race – interesting enough for the seasoned fell runner, but also suitable for someone looking to put their 'fell toe in the water'.
Rising star, Jonathan Hare, led pretty much from the start, and won the race in a swift 43.06, closely followed by Alex Whittem in second. Previous course record holder, Andy Whitworth, came in third, having spent valuable time and energy 'exchanging words' with a couple out riding horses on the footpaths of Norland Moor. Thankfully, Allan Greenwood spotted the incident whilst taking race pictures, and convinced the two riders that it may be wise to move off the footpaths, given that over more 100 runners were about to appear on the same path!
Another up and coming talent from Halifax, Stephen Bayton, came home in fourth, and is having a great first season on the fells.
Sue Becconsall won the ladies' race comfortably and set a new course record in the process, the previous record also being her own. Jacqui Dews took second in an impressive 53.43, and Carole Fryer ran in a close third.
The team prizes went to Halifax for the men, and Stainland Lions for the ladies.
Happy running and we hope to see you all again next year!

Heath Reilly

1. J. Hare	Hfx	43.06
2. A. Whittem	Tod	44.34
3. A. Whitworth O/40	Melth	45.01
4. S. Bayton	Hfx	46.25
5. A. Cottier	Dewsb	47.01
6. P. McLoughlin O/40	Altrinch	47.52
7. S. McLaffrey	Holmf	47.57
8. P. Butterworth O/50	Clay	47.57
9. D. Asquith O/40	Skyrac	48.03
10. K. Robinson	Roch	48.13
VETERANS O/50		
1. (8) P. Butterworth	Clay	47.57
2. (11) R. McArthur	Melth	48.24
3. (12) P. Hughes	Queensb	48.33
VETERANS O/60		
1. (24) R. Hall	Hfx	50.44
2. 34) G. Breeze	Skyrac	53.47
3. (65) M. Coles	Skyrac	59.46
VETERANS O/70		
1. (109) D. Clutterbuck	Tod	71.51
LADIES		
1. (19) S. Becconsall O/45	Bing	50.03
2. (38) C. Fryer O/40	Hfx	54.32
3.		
4. (57) M. Dempsey O/40	Wesh	58.19
5. (62) M. Blackhurst O/40	Tod	58.56
(89) M. Parfitt O/60	Tod	65.33
(94) A. Baldwin O/55	Stain	65.53

116 finishers

THE BARREL FELL RACE, EYAM
Derbyshire
BM/6m/1000ft 28.08.07

It is the last Tuesday of August and in Eyam, Derbyshire, the Dressed Wells have bene opened and we are in the middle of Wakes Week. The village fell race, sponsored by the very popular local pub on Eyam Edge, The Barrel Inn, takes place today.
The course has the classic frustrating start around a sports field. Next is an early steep climb out of the village to separate the runners. The route continues with a run over a sheep field and then along a Roman Road. It goes round the Barrel Inn and along a lane towards the fells, around and over a beautiful moor where the heather is in bloom – it is fantastic this time of year with its familiar smell of honey. The last third of the course starts with a challenging section through woodland in late evening light. It takes runners across a small brook, up over a last, taxing and annoying rise, down good paths back towards the sports field, and a half lap back round the field to the finish. Perfect! Six and a half miles with 1,000 feet of elevation – a beautiful, challenging BM, suitable for all, from beginners to very experienced.
You may perhaps know from experience or, if not, you can perhaps imagine what the concerns of a first time organiser might be. For this organiser they were: Will the weather hold? Will the Ambulance Brigade arrive? Will all the marshals turn up? Will the results system work? Will the integral part of the PA system, a plastic whistle, prove effective? Will many runners come?
But….the weather is perfect – cloudy, cool and dry, with no wind except a breeze on the moor that is enough to keep the midges off the marshals! The marshals all arrive to report on time with their mobiles, all knowing exactly where to be and what to do. The results system copes, the runners are so well mannered the PA system is effetive enough, and a record number of competitors register. Ther are entries from runners from 27 different clubs (a great turnout of 46 from Dark Peak) and a range of ages from 18 to 72.
There are also record times from the male winner, Lloyd Taggart, and the female winner, Jackie Lee.
Thanks everyone!

Archie Hartwright

1. L. Taggart	DkPk	38.51
2. N. Swift	DkPk	40.26
3. D. Taylor O/40	DkPk	40.33
4. J. Morgab O/40	DkPk	41.37
5. M. Nolan O/40	DkPk	42.32
6. S. Gregory O/40	DkPk	42.54
7. M. Webster	DkPk	43.31
8. J. Wilson	FayBoys	43.51
9. N. Wallis	DkPk	44.00
10. M. Stenton O/40	DkPk	44.36
VETERANS O/50		
1. (12) R. Fawcett	DkPk	45.31
2. (18) S. Storey	DkPk	46.28
3. (28) K. Holmes	DkPk	47.24
VETERANS O/60		
1. (86) S. Whittaker	Erew	55.18
2. (114) M. West	DkPk	59.42
3. (136) G. Jackson	Clowne	69.33
VETERANS O/70		
1. (144) G. Richards	Clowne	78.45
LADIES		
1. (14) J. Lee	Eryri	45.47
2. (66) S. Ward O/40	DkPk	52.09
3. (67) P. Weir O/40	Totley	52.15
4. (90) P. Goodall O/50	Totley	55.52
5. (100) K. Sinkinson O/40	Holm	58.05
(133) J. Horan O/60	Roth	65.45

147 finishers

RAGLETH INN
Shropshire
AS/4m/1237ft 29.08.07

1. T. Werrett	Mercia	27.40
2. P. Vale	Mercia	28.18
3. R. Stafford	Mercia	29.07
4. P. Ball	Shrews	29.15

5. R. Lamb O/40	Mercia	29.17
6. D. Coombs	Unatt	29.59
7. M. Bollam	Mercia	30.37
8. A. Primrose	Mercia	30.59
9. E. Davies O/50	Mercia	31.24
10. P. Jones O/40	Oswest	31.35
VETERANS O/50		
1. (9) E. Davies	Mercia	31.24
2. (13) S. Daws	Telf	31.57
3. (18) G. Somes	Shrews	32.52
VETERANS O/60		
1. (46) G. Gumner	CroftA	38.34
2. (52) C. Williamson	ShropShuff	39.14
3. (73) A. Hodgkiss	Telf	46.07
VETERANS O/70		
1. (86) W. Horner	Unatt	57.49
LADIES		
1. (23) A. Bartlett	Shrews	33.30
2. (31) M. Price	Mercia	35.28
3. (57) G. Harris O/50	Mercia	40.00
4. (61) G. Evans O/40	Shepshed	40.52
5. M. Spurling	ShropShuff	45.40

89 finishers

DEREK PRICE MEMORIAL GRISEDALE HORSESHOE
Cumbria
AM/10m/5000ft 01.09.07

This year's race started in warm sunshine in stark contrast to the previous years wind and rain that persisted for the entire race. If anything it was too warm on the initial ascent up Mires Beck, however this was soon to change. By the time the climb up Catstye Cam had begun the mist was down obscuring all the tops and there was drizzle in the air. The drizzle eventually turned to rain, and this persisted on and off until the summit of St Sunday crag was passed and the steep descent into Grisedale begun. The only good thing one could say about the conditions, was that it was not cold (the marshals on the checkpoints did not entirely share this view). Once in Grisedale it was quite dry as the mist and rain seemed to be confined to the tops. The steep ascent of Grisedale Brow, to the final checkpoint at the wall stile was free from mist and rain, although over the years it has been noticeable how much the bracken has encroached in this area and also the height it has attained.

As a consequence of the poor visibility on the tops several runners went astray, some were able to rectify their mistakes and complete the course, however seven of the one hundred and fifty starters failed to do so.

First home again, as indeed he was last year, was Jonny Bland, who led all the way. The first lady was also the same as last year, with Jane Reedy never really being challenged.

Many thanks to all the runners who made their appreciation known as to the efforts of the team providing the refreshments and all the others who helped on the day, without the support of these people there would be no race.

Alan Kenny

1. J. Bland	Borr	1.52.31
2. A. Schofield	Borr	1.54.08
3. S. Booth	Borr	2.00.31
4. P.Cornforth O/40	Borr	2.01.44
5. T. Brunt	Holm	2.02.54
6. B.Wilkinson O/40	Borr	2.03.04
7. J. Aylward O/40	P&B	2.03.49
8. M. Robinson	DkPk	2.05.08
9. R. Tomlin	NYM	2.05.27
10. S. Birkinshaw	NFR	2.06.03
VETERANS O/50		
1. (25) P. Booth	Clay	2.16.21
2. (54) D. Bateson	AchR	2.32.59
3. (59) N. Hambrey	Kend	2.33.30
VETERANS O/60		
1. (18) D. Spedding	Kesw	2.10.35
2. (46) D. Tait	DkPk	2.29.24
3. (75) M. Walford	Kend	2.39.22
LADIES		
1. (22) J. Reedy	Amble	2.14.51
2. (32) R. Vincent	Tyne	2.19.18
3. (53) H. Robinson	Dallam	2.32.37
4. (57) S. Massey	Radc	2.33.25
5. (58) R. Metcalfe	Eryri	2.33.27
(72) A. Weston O/40	Ilk	2.38.27
((85) G. Walkington O/50	Horw	2.41.14
(94) K. Mather O/45	CaldV	2.49.39
(131) L. Lord O/55	Clay	3.14.38

143 finishers

BRAEMAR GATHERING HILL RACE
Fife
3.8m 01.09.07

There was a total of 71 starters with a stiff wind on top (headwind) but conditions good underfoot.

William Meston

1. S. Fraser	25.45
2. J. Lennox	25.55
3. A. Anthony	26.03
4. C. Donnelly	26.23
5. G. Stewart	27.22
6. D. Whitehead	27.35
7. O. Cheplin	28.10
8. E. McCarthy	28.24
9. G. Bee	28.25
10. J. Williamson	30.10
VETERANS O/40	
1. D. Cummins	29.07
2. D. McDonald	31.13
3. I. Anderson	31.18
LADIES	
1. M. Wilkinson	31.46
2. R. McKenzie	35.59
3. L. Frazer	36.26
4. C. Menhennent	39.13
5. D. McDonald	39.32

71 finishers

BEN NEVIS RACE
Lochaber
AM/10m/4400ft 01.09.07

Ian Holmes was a comfortable winner in 1-32-57 and set two records in doing so: First man over forty to win and first ever to win six races. First to the top, he kept his pace throughout to finish in front of Ricky Lightfoot, Danny Hope wasn't far behind in third place and Finlay Wild was only four seconds adrift of him in fourth place.

Angela Mudge finished comfortably ahead of her rivals to take the ladies' prize in 27th place overall in 1-48-28. A pleasing result for her as she knocked fifteen minutes off her winning time in 1996. Jackie Lee just pipped Sharon Taylor for second place. Ironically, Sharon's time was better than her three previous winning times.

Lochaber A.C. got the team prize by one point from Pudsey and Bramley thanks to fine runs by David Rodgers (8th) and Ruari Watt (14th). The ladies' team prize was also won by Lochaber A.C. – Dawn Scott (114th), Sara Byrne (170th) and Amanda Blackhall (178th).

Finally, the new over sixties trophy was won by Kieran F. Carr. He fought long and hard for that prize by first campaigning eloquently and passionately for two years to get an O/60 award introduced and then by running an excellent race (2-00-47!) to ensure that justice was done and he was the first recipient of the new trophy!

Leen Volwerk

Ian Holmes from Bingley Harriers recorded a Historic 6th victory in the Ben Nevis race and became the first veteran athlete over the age of forty to take this title since 1944.

Holmes took command in the early stages of the climb and was never headed . He looked comfortable as he turned at the summit cairn which was described as wild and wet with conditions extremely slippy underfoot. Sure footed as ever the Yorkshire man was never troubled on the treacherous descent and recorded a time of 1.32.57.

The battle for second place caused immense excitement among the spectators as local runner Finlay Wild battled it out down the misty mountain with two of Britain's leading fell runners , Ricky Lightfoot and Danny Hope.

The spectators at Achintee went wild as Finlay came through in second place , however the two English athletes eventually overhauled the Lochaber man in the final stages of the gruelling road section. Lightfoot finished second in 1.33.54, Hope in 1.34.07 and Wild 1.34.11. The evergreen David Rogers finished in a fine 8th place followed by Ruari Watt in 15th place which gave Lochaber AC the team title. Wild and Watt are only youngsters and new to this event and their performances were outstanding and bodes well for future races .

In the ladies' race former world champion, Angela Mudge, was never troubled as she recorded a superb time of 1.48.28 and finished in an incredible 27th place overall .

Only 2 seconds separated the next two ladies with Jackie Lee and Sharon Taylor. First Lochaber lady was Dawn Scott, followed by Sara Byrne and Amanda Blackhall, giving the Lochaber ladies the team victory.

First kilted runners home were Calum Anderson and John Macrae of Lochaber who both recorded a time of 1.57.02, thus setting the standard for any future kilties. Three Lochaber runners collected their Connochie Plaques for completing 21races, John Macrae, John Maitland and David Walker.

Next year's Ben Nevis race will incorporate a world Skyline championship event and it is expected that several hundred international runners will tackle the Ben which may threaten the race records that have stood since 1984.

Graham Brooks

1. I. Holmes O/40	Bing	1.32.57
2. R. Lightfoot U/23	Ellenb	1.33.54
3. D. Hope	P&B	1.34.07
4. F. Wild U/23	Lochab	1.34.11
5. K. Gray	CaldV	1.34.17
6. M. Fanning	Borr	1.34.32
7. N. Leigh	P&B	1.37.09
8. D. Rodgers O/40	Lochab	1.37.35
9. B. Marshall	HELP	1.38.46
10. J. Wright	Tod	1.39.31
VETERANS O/50		
1. (47) D. Scott	Ochil	1.52.18
2. (64) J. Holt	Clay	1.54.30
3. (74) A. Robinson	Clay	1.56.48
VETERANS O/60		
1. (109) K. Carr	Clay	2.00.47
2. (226) C. Love	Dundee	2.22.02
3. (229) D. McCallum	Clay	2.22.41
LADIES		
1. (27) A. Mudge	Carneth	1.48.28
2. (44) J. Lee	Eryri	1.51.58
3. (45) S. Taylor	Bing	1.52.00
4. (99) J. Waites	CaldV	1.59.38
5. (114) D. Scott	Lochab	2.02.27
(127) K. Beaty O/40	Cumber	2.04.29
(221) J. Wilson O/40	Carn	2.21.18
(265) A. Hamilton O/50	Cosmic	2.28.18
(272) J. Scott O/50	Fife	2.28.50
(319) S. McNulty O/60	Rad	2.37.58

404 finishers

BRADLEY FAMILY DAY FELL RUN
North Yorkshire
BS/3.5m/750ft 02.09.07

Although the rain threatened to dampen spirits at the Bradley Family Show day, the clouds lifted on command for the annual fell races. Bradley follows on from a series of prestigious races over the Bank Holiday period and it was pleasing to see 95 runners turn out to compete. Numbers were boosted by strong support from the local Brownies, who turned out to compete for the two new trophies for 1st local girl in the under 9 and under 12 races. The shields were kindly donated by the local Branch of the Girl Guiding association, together with a further trophy for 1st local lady. Each Brownie also received a medal for competing.

The races started with the under 9s, where many youngsters got their first feel for racing distances further than the school field. Nineteen competitors rose to the challenge with 2006 winner Tom Murfin of Settle taking first place for the second year in a row. Second place went to Thomas Kerr, followed by Jack Garside. Jamie Ridehalgh returned in fifth place to claim the shield for 1st local boy. The Brownies fitness training paid off for Sarah Watson, who sailed home to take first place and receive the shield for first local girl. Another local, Lucy Hutchinson was10 seconds behind in second place, followed by Laura Murfin who in third.

The under 12's race saw three regular fell runners take the first three positions, with very good times considering the wet conditions and height of the grass along the route. First home was James Hall of Bingley Harriers on the back of a good win at Kilnsey show on Tuesday. Ben Johnstone of Wharfedale Harriers, who has recorded a number of wins over the week had to settle for second place, closely followed by Bradley's Phil Done of Keighley and Craven AC to take third place and the first local trophy. The trophy for first girl went to Anna McKinney of Farnhill who returned in fourth place. Second place and recipient of the first local girl shield went to Jenny Hutchinson who was pushed all of the way by Lucy Boyes in third.

The under 14's race follows the same route as the under 12s, continuing over the fields and crags towards High Bradley. Only 5 seconds separated first two places, with Joe Crossfield of Halifax taking victory on this occasion from Rossendale Harrier Elliot Wylie. Jack Beetham of Skipton AC returned in third place. Fifth place overall went to Pippa Barrett of Keighley and Craven AC who returned as first girl, ahead of Bingley Harrier; Nicole Nairey. Third place went to Bradley girl Sarah Phillip who also collected the shield for first local.

The senior race promised to be a spectacle, with several runners having taken top placings in prestigious races at Grasmere Sports and Kilnsey Show at the weekend. The seniors set off alongside the under 17s, whose turnaround point is just a couple of fields short of the fast 3.5 mile course. First home for the under 17s was Harry Croft of Skipton AC who completed the course at breakneck speed. Wharfedale Harrier; Johnny Bradshaw, who won Hebden sports earlier in the week put in a strong run to take second place. Third home was under 14 English Fell champion Melanie Hyder, whose place as first girl saw her take a hat trick of wins this week in the older age group, having won at Grasmere and Kilnsey. Next home was Bradley boy Robbie Swift, who claimed third place and the first local shield. Ilkley Harrier Catherine Gibbons was second girl. Skipton athlete, Tom Anderson, may have just moved up into the senior category, but he has been taking the fell running circuit by storm. A third placing at Kilnsey show ahead of former England international Mark Croasdale and many other quality runners, really showed his class. The crowds were well rewarded with another fine performance to take first place in 24:30 ahead of second placed Richard Barrett by more than two minutes. Richard was also first vet 40 home. Third place went to Jason Helmsley of Wharfedale Harriers. There were a number of contenders for the Bob Marchant trophy for first local, but they will have to wait another year, as Neil Pate from Skipton AC put in a very strong performance to finish fifth overall and reclaim his silverware.

The ladies' race saw one of the best performances ever over this course, with Ilkley Harrier, Helen Ilsley only 30 seconds short of the ladies' record of 29:10 set in 1999. Helen's first place completed a week that saw her take 3rd place at Grasmere Sports and second at Kilnsey Show. Second lady was club mate and 2006 winner Emma Barclay, ahead of Wharfedale's Tamara Hird in third. Winner of the Girl Guiding UK trophy for first local lady was Val Done. Thanks must go the BOFRA members for their assistance with registration and timekeeping and to all of those locals who gave up their time and braved the elements to ensure the race went ahead.

Tim Done

1. T. Anderson	Unatt	24.30
2. R. Barratt O/40	Skip	27.14
3. J. Helmsley	Wharfe	27.54
4. S. Turland	Ilk	27.55
5. N. Pate	Skip	28.51
6. H. Ilsley	Ilk	29.40
7. C. Marshall O/50	Kghly	30.03
8. E. Barclay O/35	Ilk	30.34
9. N. Bush O/50	Ilk	31.05
10. C. Bradshaw O/40	Wharfe	31.32
VETERANS O/60		
1. (15). P. Covey	Unatt	32.38
2. (27) M. Coles	Skyrac	34.40
43 finishers		
JUNIORS		
Under17s		
1. H. Croft	Skip	23.55
2. J. Bradshaw	Wharfe	24.30
3. M. Hyder Girl	HelmH	25.46
8 finishers		
Under 14s		
1. J. Crossfield	Hfd	12.30
2. E. Wylie	Ross	12.35
3. J. Beetham	Skip	12.48
(5) P. Barrett Girl	Kghly	14.32
(6) N. Nairey Girl	Bing	15.19
8 finishers		
Under 12s		
1. J. Hall	Bing	7.01
2. B. Johnstone	Wharfe	7.21
3. P. Done	Kghly	7.25
4. A. McKinney Girl	Unatt	8.12
5. J. Jutchinson Girl	Unatt	10.15
13 finishers		
Under 9s		
1. T. Murfin	Settle`	3.41
2. T. Kerr	Unatt	3.47
3. J. Garside	Unatt	3.59
(9) S. Watson Girl	Unatt	4.50
(11) L. Hutchinson	Unatt	5.00
19 finishers		

SHELF MOOR FELL RACE
Derbyshire
AS/5.9m/1500ft 02.09.07

The Met. Office statto bods have already confirmed this as the wettest summer since records began in1914 so it was apt that the promising early morning sunshine gave way to low cloud and that drifting, persistent rain that seems to penetrate everything.

By the time the race started at 11am 106 runners were prepared to face the clag that had settled above about 500 metres. This meant that most of the high ground from just below Jame's Thorn and up over Shelf Moor was in thick cloud with low visibility. The leaders Dave Taylor and Jon Morgan from Dark Peak will testify to the limited visibility, even with the course flags as close as 50m apart they had to double back to the trig point marshall to enquire about the right line to start the descent. This only slowed them down a little, they both finished over 2½ minutes ahead of their club mate Mike Nolan in a clean sweep for DPFR. The winning time of 47:11 was understandably well off the record of 39:45. Notably, the top four were all V40s. The first lady home was Karen Davison in a good time of 52:49 also from Dark Peak, 2nd lady was Lynne Clough from Chorley Harriers in 55:25, 3rd lady was Hazel Tant from Sheffield University in 60:37.

I would like to thank everyone from Glossopdale Harriers who helped organize the race in pretty poor conditions. Although several runners commented they got hot during the race, the wind and rain made it a cold two hours for the marshalls and funnel officials.

Finally I'd also like to thank Simon Dunn, Master Chocolatier of Glossop for assistance in coming up with innovative prizes this year.

John Stephenson

1. D. Taylor O/40	DkPk	47.11
2. J. Moran O/40	DkPk	47.32
3. M. Nolan O/40	DkPk	49.58
4. S. Dimelow	P'stone	50.07
5. G. Briggs O/40	Penn	50.37
6. S. Roebuck	P'stone	50.49
7. M. Williams O/40	Penn	51.11
8. J. Minshull O/40	Gloss	51.16
9. R. Fawcett O/50	DkPk	51.23
10. R. Clucas O/50	Unatt	51.32
(14) S. Storey O/50	DkPk	52.17
VETERANS O/60		
1. (66) G.Berry	DkPk	61.42
2. (77) A. Todd	Helsm	66.13
3. (80) R. Brown	P'stone	66.37
VETERANS O/70		
1. (101) B. Thackery	DkPk	83.34
2. (104) P. Duffy	NVets	90.49
LADIES		
1. (20) K. Davison	DkPk	52.49
2. (35) L. Clough	Chorl	55.25
3. (60) H. Tant	Sheff	60.37
(78) J. Cockerton O/40	P'stone	66.17
(88) S. Walker O/40	GAC	68.45
(94) B. Nixon O/50	P'stone	70.02
(100) S. Higham O/50	P'stone	82.14
(79) B. Haigh O/60	P'stone	66.18

ILKLEY INCLINE
West Yorkshire
CS/1m/560ft 05.09.07

Fortunately the sun shone for this September evening race and the midges were kept at bay by a gentle breeze. The photographs on the Ilkley Harriers website showing runners silhouetted against the Wharfe Valley at dusk illustrate not only what a special race the Incline is but also how tough it is. Of the 560ft of the up-hill only ascent 99% is covered in the first three quarters of a mile.

A good sign for the future is that the race continues to draw several under eighteen competitors. This year the going was trickier over a short stretch because of ruts caused by June's heavy rains so a new record was unlikely but Chris Needham and Alison Bennett were worthy winners in tight finishes. The Incline is generously sponsored and despite being strenuous it has a fun aspect with locally grown marrows being presented to the first three men and women (along with more orthodox prizes).

Geoff Howard

1. C. Needham	LeedsC	7.52
2. G. Pearce	Ilk	7.59

3. H. Haines	Ilk	8.10
4. J. Mountain U/18	Skip	8.34
5. A. Robertshaw	Otley	8.35
6. P. Mitchell O/40	Bing	8.38
7. T. Cunningham	Bing	8.41
8. J. Ryder O/40	Ilk	8.45
9. T. Adams	Ilk	
10. B. Stevens	Ilk	
VETERANS O/50		
1. (21) P. Haines	Ilk	9.39
VETERANS O/60		
1. (28) G. Breeze	Skyrac	10.07
LADIES		
1. (32) A. Bennett O/45	Ilk	10.29
2. (35) E. McCann	Ilk	10.34
3. (36) C. Gibbons U/18	Ilk	10.38
4. S. Haines O/45	Ilk	10.43
5. (39) J. Dybeck U/18	Ilk	10.46

HADES HILL RACE
Lancashire
BS/5m/1200ft 06.09.07

1. R. Graham	Horw	31.14
2. M. Goldie	Tod	34.19
3. M. Flatley	Middle	34.55
4. G. Hill O/40	CaldV	35.51
5. G. Bate	FRA	36.03
6. J. Dugdale U/18	Unatt	36.15
7. A. Lee	Ross	36.23
8. J. Moore	CaldV	36.31
9. O. Marshall	Unatt	36.48
10. P. Clayton O/40	Horw	36.58
VETERANS O/40		
1. (4) G. Hill	CaldV	35.51
2. (10) P. Clayton	Horw	36.58
3. (11) P. Boardman	Horw	37.00
VETERANS O/50		
1. (13) J. Cook	Unatt	37.06
2. (27) M. Catherall	Roch	39.42
3. (33) W. Prout	Salf	40.14
VETERANS O/60		
1. (26) G. Breeze	Skyrac	39.36
2. (45) M. Coles	Skyrac	42.25
3. (60) N. Griffiths	Spect	44.27
VETERANS O/70		
1. (98) R. Lee	Middle	54.34
LADIES		
1. (19) E. Flannagan U/18	Ross	38.38
2. (22) C. Wilson	Ross	38.53
3. (32) J. Hogg	Sadd	40.13
4. H. Corbishley	Ross	41.23
5. (53) G. Willey	Middle	44.02
(63) J. Smith O/45	Tod	44.37
(67) J. Robertson O/40	Spect	45.07
(77) L. Lord O/50	Clay	46.03
(101) G. Dickson O/60	Ross	61.05

101 finishers

GREAT LONGSTONE CHASE
Derbyshire
BS/4.8m/950ft 07.09.07

The race had a turnout of 122 runners; the chase was underway under the starting gun of Lord Roy Hattersley. The weather was a perfect blue sky over Derbyshire. The winner of the men's race was Lloyd Taggart with a time just outside the course record. Mary Wilkinson won the ladies race in 6th position in the over race. Edale mountain rescue were in attendance. Lord Hattersley presented the trophies to the winners.

The success of the Longstone Chase is dependent upon volunteers from the village. This year's event raised £250 for Edale Mountain Rescue.

Sue MacDonald

1. L. Taggart	DkPk	27.23
2. P. Winskill	DkPk	28.20
3. J. Morgan O/40	DkPk	30.05
4. M. Williams O/40	DkPk	31.13
5. M. Webster	DkPk	31.19
6. M. Wilkinson Lady	Bing	31.21
7. M. Stenton O/40	DkPk	31.35
8. J. Robinson	GoytV	31.40
9. M. Kirk O/40	Siemens	31.42
10. J. McIver Lady	DkPk	31.48
VETERANS O/50		
1. (32) N. Bowler	WRRA	34.29
2. (36) M. Moorhouse	Matlock	34.54
3. (38) J. Lyon	DkPk	35.17
VETERANS O/60		
1. (48) B. Hampton	NDerby	36.10
2. (60) J. Carrier	Siemens	37.49
3. (90) R. Campbell	Staffs	41.13
VETERANS O/70		
1. (97) F. Makin	HolmeP	42.12
2. (122) B. Howitt	Matlock	53.20
LADIES		
1. (6) M. Wilkinson	Bing	31.21
2. (10) J. McIver	DkPk	31.48
3. (27) J. Lee	Eryri	33.54
4. (46) F. Gilbert	Matlock	35.57
5. (53) J. Sutton O/40	Unatt	36.54
6. E. McGuire	Stockp	37.12
(78) P. Goodall O/50	Totley	39.42

122 finishers

LONGSHAW SHEEPDOG TRIALS
South Yorkshire
CS/5.5m/650ft 08.09.07

Nice weather for running on the hills; no rain, not much wind and a tad cool. No records today though. Unfortunately, about an hour before the race, a helpful soul was walking the moors and cleared about a mile of "litter" that the course markers had put out the previous evening! What can you do?!!

Simon Harding won for the second year and improved his time. Jon Morgan was just behind him, having been hampered by the wombling activities of the helpful soul mentioned above. He got the V40 trophy. Jenny Johnson got the cup for first lady.

Tim Ray won the newly inaugurated prize for first runner who arrived by tractor and Elizabeth Bridgen was awarded the much-coveted and prestigious prize of the President's Spurtle (honestly… it's not in the Concise Oxford but try Googling it), for the runner with the muckiest legs.

Thanks to all of you that ran and marshalled, hope you enjoyed it. For those of you that didn't turn up this year, hope you enjoyed what you were doing half as much as the rest of us did. If you see a bloke on the hills with a load of red and white tape sticking out of his rucksack please throttle him with it.

See you all next year.

Jim Fulton

1. S. Harding	Congle	42.51
2. J. Morgan O/40	DkPk	43.01
3. J. Boyle	DkPk	44.28
4. M. Nolan O/40	DkPk	44.44
5. E. Gamble O/40	CheshHR	45.43
6. M. Dickinson	DkPk	46.45
7. D. Hakes	DkPk	47.04
8. C. Lynch	Totley	47.11
9. S. Fowler O/40	Unatt	47.27
10. K. Mahon	Unatt	48.02
VETERANS O/50		
1. (21) N. Boler	WFRA	50.52
2. (26) N. Lyons	Lincs&D	57.03
3. (32) R. Hakes	DkPk	58.27
VETERANS O/60		
1. (22) G. Breeze	Skyrac	53.21
2. (55) D. Moseley	DkPk	68.45
LADIES		
1. (13) J. Johnson	DkPk	48.41
2. (20) K. Candy	Hallam	50.28
3. (28) S. Ward O/40	DkPk	57.57
(60) C. Sharratt	Ilk	76.51

65 finishers

HODDER VALLEY SHOW
Lancashire
AS/5m/1650ft 08.09.07

This race was cancelled so no results.

Stephen Cox

CHELMORTON 5 CHASE FELL RACE
Derbyshire
BS/5m/1000ft 09.09.07

Tenth anniversary race for the Chelmorton. Runners and spectators sang "Happy Birthday" at the start line outside Primitive Hall before the off. Birthday presents galore, every finishers was given a T-shirt, designed in a school competition at Lady Manners for the tenth birthday of the race. Festivities continued with a Staffordshire Oat Cake feast.

Bright sunlight and dry ground delivered splendid conditions for the mid-day race over Chelmorton Low, representing clubs that included Buxton, Shelton Striders, Pennine, Dark Peak, Glossop, Macclesfield, Matlock, Staffordshire Moorlands and from further afield, Altrincham and Chesterfield.

One of the highest events in the Peak District, the Chelmorton Chase has gained fame over the last ten years as one of the toughest events in the calendar. The race, set in the heart of the Peak District, south of Buxton, this year drew and excellent field including Mark Williams, Nicholas Bassett and Ed Murden. Mark took the front from the start and showed his Pennine Fell Running Club colours to the end. Ed Murden, home in third place, running for Shelton Striders, secured a team win that saw Shaun Cooper and David Thornton score top place points to win the team prize and take it away from last year's Macclesfield team.

Amy Mellor was first lady swiftly followed by Annemarie Claye.

The climax of the run was the climbing of the Chelmorton Low at over one thousand feet. Runners passed the prehistoric tombs at the Low summit before a steep descent into the village. Cheers from many locals down the main street of the ancient linear village brought the entrants home to a chequered flag finish outside Primitive Hall, where runners and spectators were treated to free Staffordshire oat cakes.

Chelmorton race director, Tracey Worthy, and course directors, Arthur Gratton and Andy Wilton, set out the course on the morning over the rakes and five wells to Taddington and back to the thousand feet of the Low. The course this year was recognised by the Staffordshire Moorlands Championship to register runner points.

Very special thanks must go to Mrs Allen for permission to use the Low, the Arden's, Swindell's and the Wheeldon's for the fun run access and Derek Wood's team for official timing.

1. M. Williams	Penn	35.28
2. N. Bassett	StaffsM	36.07
3. E. Murden	SheltStr	35.29
LADIES		
1. A. Mellor	Bux	44.18
2. A. Claye	Bux	44.50

RESULTS AND RACE REPORTS

Please submit all race reports and results for inclusion in the *Fellrunner* to Dave Weatherhead
16 Birchlands Grove, Wilsden, West Yorkshire BD15 0HD
Tel: 01535 273508 Email: resultsfra@aol.com

BY **BASHIR HUSSAIN & TEAM**

Susa Trip 2007

Train, Planes & Automobiles !

England Team Susa 2007

The Managers' View

Day 1 Friday 22/6/07

Arriving at Manchester in a variety of modes, some by train some by car, but all heading to Susa via Gatwick (or so we thought !) aboard a British Airways Flight.

Meeting & greeting took us nicely to the departure area comfortably ahead of our departure time; which came & went and we realised we would be late for our connecting flight in London.

Delays were caused by heavy rainfall in the London area. Isn't it amazing what the 21st century cannot cope with !

We missed our connecting flight & decided to push on for an alternative flight from Heathrow to Milan & a 90-minute bus journey to get us there. Of course it was now rush hour and the M25 was bumper to bumper with hot bothered people. Nicky Till did a wonderful job holding up the BA check-in area and we made this flight and wearily arrived late in the hot night of Susa.

Day 2 Saturday 23/6/07

Most did make breakfast before the shut out time of 9-30, which was impressive, if nothing else. Course inspections revealed a fast course underfoot with several short sharp climbs. Liquids were the order of the day as temperatures pushed up to the 90's.

Our first visit to the local restaurant revealed some new nations competing in Susa. The Irish seemed to get a good acknowledgement from our crew, well some of them anyway !

Service was slow although the Italian national team may dispute this ! We hung on in there & managed the first course, before returning to our hotel for the Piazza Parade of International teams (& distribution of numbers).

A technical meeting passed without too much hassle before Pasta options once again came our way at an easy pace. Again the host national team may dispute the speed of service !

Day 3 Sunday 24/6/07

We were up bright & early for some serious racing. Heading out the door minus 1 pair of racing shoes, which was casually rectified. One would not want to waste energy at this stage of the game ! Prior to racing was another brief parade with National Anthems, as we showed off our outstanding talent and kit, followed by loads of photos & various poses before the real business finally got underway.

All of our team performed admirably with Hannah Bateson taking the best bouquet for replicating her win from 2006. Jonathan Brownlee had a great race with two other International competitors from Italy & Germany. The three were well ahead of the rest but separated by just a few seconds at the end. Jonathan's lead in the home straight faltered as Both the Italian and German athletes passed our hero.

Presentations and the building of international and diplomatic relations was the next exciting task ahead. The England Team again performed at an excellent level. Susa is a wonderful historic town with many artefacts and unique architecture. Based at the foot of the Alps, the Northern Italians were cosmopolitan, friendly and open as they got familiar with our English customs of laughing and giggling.

Day 4 Monday 25/6/07

Early morning running with our Sherpa, Senor Adrian (Woods !) was a highlight for many of us as we climbed above the town of Susa to look down and also look up to a marathon of a mountain above us.

Waiting for bags to arrive proved fruitless, but having our health made up for the disappointment of a missing bag (The bag did eventually turn up two weeks later !).

The return journey was trouble free & on time. Management were a happy bunch because the bunch we had, were brilliant & the team performances were also a good reflection of their ability. I am sure many of the team will go on to much bigger and better performances, with Susa providing a stepping stone to their fulfilment as International stars of the future.

Bashir Hussain & Pauline Stuart

The Boys View

Fri 22/6/07

The Nightmare journey began with awkward and blunt conversation. As boredom took over football became both the conversation and activity to while away the delays! Almost akin to a soccer commercial, but without the finesse of Ronaldo, Carlos and Beckham, the multi-talented England Lads had near misses as they avoided the cleaners' equipment, oversized suitcases and security utensils ! We eventually arrived at the Hotel Napoleon in Susa, some of us having slept en-route from the distant Milan Malzano airport.

Sat 23/6/07

Rolled out of bed (four to a room) to be hit in the face with hot sticky heat! We then discovered our hotel to be effectively functional and convenient for the competition tomorrow. We then check out the course that is somewhat less steep than the trials, but on seeing our competition, we are well aware that we will be battling for podium positions. The procession of National teams with our New England kit is a great experience. Paparazzi in various shapes and forms are attracted to our superior kit and with our dashing good looks a few of the rival nations bamboozle our paparazzi posing !

Sunday 24/6/07

Race day. Lots of screaming silence as nerves besots the group. Mind games and hypothetical races run through our heads as we try to predict the likely outcomes of our imminent races in a few hours.

Incessant heat and the screams of Die! Die! Die! from the locals could be intimidating for some, but the meaning of die is "Go!", which is what we did on the roller coaster course at Susa.

Races were soon started and completed with no major complaints in performance or positions.

After presentations and more national anthems, Pizza was the order of the day down at the local parlour. Ice cream topped it off a treat. The evening entertainment allowed us to get to know our competitors a little better as we chatted and wandered the tight streets and avenues of Susa in our foursomes.

A reminder of the 7am morning run up part of the nearby 10 000 foot mountain was both stimulating and daunting.

Monday 25/6/07

The morning run was too early for most of us but once started we were fine as Adrian Woods lead the way. An outstanding view was the treat of our 50-minute run, yet we knew we had only sniffed around the bottom of this enormous valley as we looked up to the clouds hugging the snowy tops.

Breakfast tasted so much better having worked up an appetite on our run. Lunchtime came and went before we boarded the bus to Turin to return home via the *Trains Planes And Automobiles* that had got us here.

The England Boys would like to thank all of the support crew (parents, coaches, siblings managers etc.) that enabled us to get our England Vests and enjoy ourselves competing against some of the best in Europe. Last but not least, we must not forget the ice cream man who stopped us wasting away !

Jonathan Brownlee (Bingley), Luke Maude(Skipton), Josh Moody (Matlock), Alex Till (Dallam)

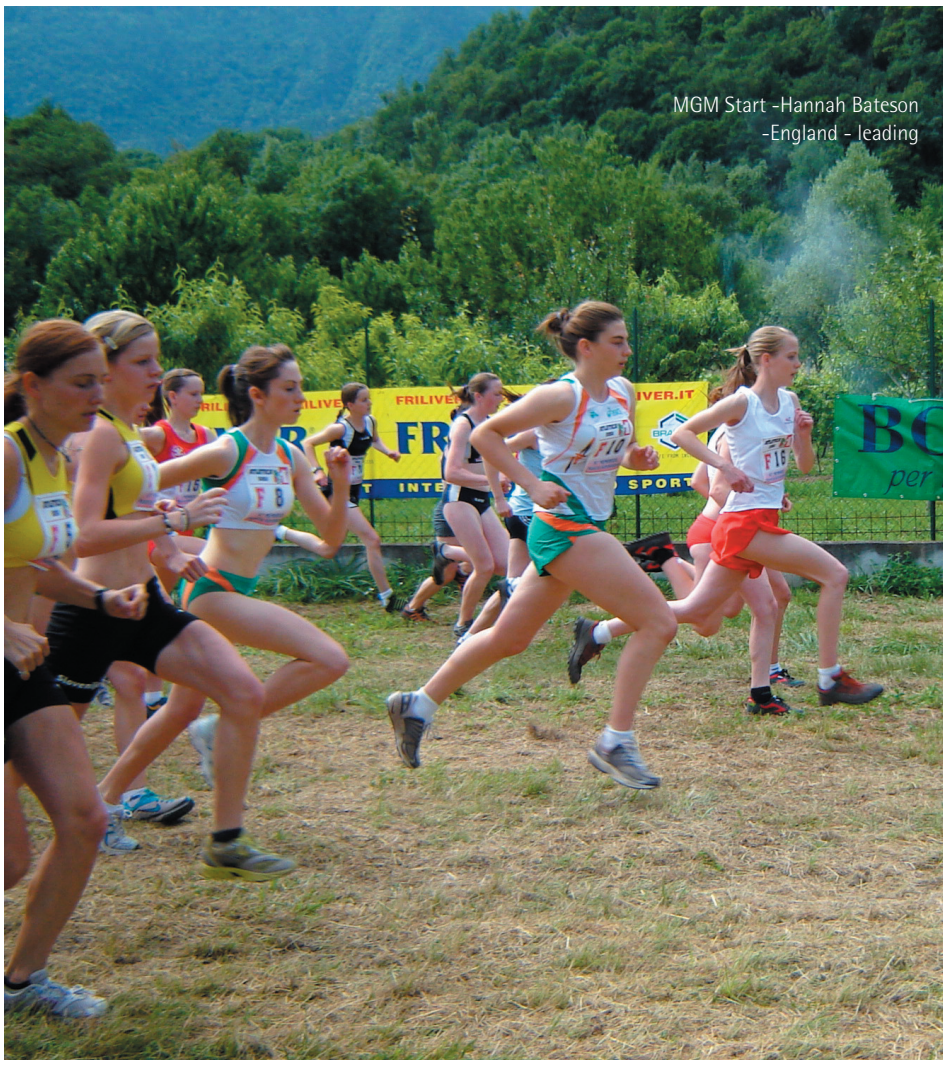
The GIRLS Version

Friday 22/6/07

We arrived at a rainy Manchester and began our 17-hour trip to Italy. Manchester to London Gatwick was delayed. We then missed our connection and then waited to hear that we were going to head off to Heathrow via a bus. All of our bags had to be collected through more security clearances. We Arrived at Heathrow at 7-15 pm for a 7-25 scheduled flight to Milan (an extra 100km away from our destination!). Nicky Till had co-ordinated a baggage rush with BA for us. A 1-mile running/rushing effort complete with our 2 bags was the order from the management. I'm sure many of the on-lookers were amused to see us in our England tops putting in a session along the corridors of Heathrow Airport !

On being fast tracked trough security, we found our gate closed – but later realised we had been given special treatment for our Team England Group. Boarding at 8pm and departing closer to 9pm we finally arrived in Susa at 2-30am (as opposed to the planned 6pm). This was further delayed when Bashir's bag did not arrive and then had to complete a missing bags form.

We all slept pretty well that night !



MGM Start -Hannah Bateson -England - leading

Saturday 23/6/07

Walked over to the course that was about 1km away. It was hot hot hot. Felt too hot to run but it had to be done as we checked out the nuances of the course and planned our assault on our international rivals the following day. A bit of shopping came next & then some serious chilling time. Evening came round and we kitted up to parade for the paparazzi and local TV. We met a few of our competitors and it was good to hook up with other nations from Europe. The Slovenians and Irish were particularly friendly !

Sunday 24/6/07

This was Race day. Although nerves were not on the breakfast menu but somehow had found their way into our bodies ! Heading for the course the nerves were buzzing around as we trooped up for our national anthems and more team photographs. Our results were pleasing with 2nd and 3rd team places for the girls and boys.

Having completed the hard work there was a more relaxed atmosphere and dinner felt very good; especially after a long wait for our pizza.

Meeting up with our international peers was another highlight as we exchanged ideas and experiences.

Monday 25/6/07

Some teams were leaving at 0600, so some of us got up to say Goodbye. Bashir had planned a morning run of 40 to 50 minutes at 7am. Easy running up a mountain and building up an appetite were the result of the efforts.

Thank you to Bashir & Pauline for making the experience enjoyable and to all the others that allowed us to make this a trip of a lifetime.

Hannah Bateson (Lancaster), Leah Kay (Stockport), Rachel Searson (Blackburn), Emma Flanagan (Rossendale),

Susa Team Winners 2007

BY **BASHIR HUSSAIN**

European Mountain Running Champs

Sunday 8/7/07

Report

The 6th European Mountain Running Championships were held in the French Pyrenees at Cauterets. With a magnificent backdrop the event was held in good conditions. The races were enhanced by low-lying mist from which the runners emerged into bright sunshine 6km from the finish.

With heightened security at airports the GB team found air travel was generally problematic in the sense that transfer times were rushed and stressful.

However the team gelled well and shared many ideas and experiences over the weekend to nurture much friendship and positivity.

On Saturday evening it was announced that race times were to be brought forward by up to 75 minutes. This was for safety reasons to avoid a predicted storm at the finish area. In reality general running conditions were good with temperatures around 18 degrees but a finish line at 2300m made for testing endurance race.

1

2

3

4

1. Bashir Hussain enjoying himself on the course
2. GB team manager Adrian Woods carb loading after the opening ceremony
3. Junior Women's team checking out the course
4. GB team
5. Jo Symonds (Kendal)
Jonathan Hare (Halifax Harriers)

RACE DAY REPORTS:

U20 Women – 1st Team GOLD

The winner was Lucija Krkoc (SLOVENIA) who paced herself well after a fast start from Blue Haywood who held a significant lead within the first kilometre. By the start of the 2nd km Blue had started to wane, but battled admirably to finish 5th. Hannah Bateson showed tremendous maturity and excellent pace judgement to steadily pull through the field for an excellent individual BRONZE medal on her GB debut. Heather Timmins feeling below par felt the effects of exhaustion and was unable to finish the race. Although clearly stressed when medical assistance was administered at the finish area, Heather was well enough to join the team later.

3rd	Hannah Bateson (Lancaster & Morecambe) **BRONZE**
5th	Blue Haywood (Lincoln)
DNF	Heather Timmins (Warrington)

U20 Men – 5th Team

As expected, Turkey showed excellent quality and dominated the individual podium placings. The victory gold went to Mehmet Akkoyun closely followed by his two team mates. The GB team replicated their trials race positions. Jonathan Hare, on his GB debut, ran strongly to place 8th position. Tom Addison did well to take 15th position having stopped with cramp at one stage. Nick Swinburn and Nicki Cornock were below par, but still managed 24th and 25th positions respectively. The team finished 5th from the 26 competing nations.

8th	Jonathan Hare (Halifax)
15th	Tom Addison (Helm Hill)
24th	Nick Swinburn (Morpeth)
25th	Nicki Cornock (Swansea)

Senior Men – 6th Team

Turkey continued to impress with a new champion in the form of 21-year-old Ahmet Arslan. The Spectators at 8000 feet were treated to a 'battle royale' in a close race over the final 4 km. Such was the competition it had the crowd echoing passionate support as

the previous 2 European champions of Marco De Gasperi (4 times world champion) and Marco Gaiardo pitted their prowess against the youthful Turk. In the final run in it was the Turk who was strongest 11 seconds ahead of Italian De Gasperi. De gaspiri had the consolation of leading the Italians to another title.

Andi Jones struck out with determined intent to be leading a large chasing group in 3rd place at 4km of the 12 km course. Coming through the clouds at around 6km into warmer conditions at 2000m altitude, conditions started to tell as Andi dropped off to 13th position. A Strong finish saw Andi take 11th place leading the team to 6th place. Joe Symonds on his debut took 26th place with both James Walsh (29th) and Andrew Hunt (34th) close behind.

11th Andi Jones (Salford)
26th Joe Symonds (Kendal)
29th James Walsh (Leeds)
34th Andrew Hunt (Cardiff)

Senior Women – 8th Team

A strong field that included some amazing performances, not least of all, from the defending champion, Anna Pichrtova. Anna who still shows the physical signs of an horrific accident in NIGERIA in November 2006. Anna, complete with pins and plates, took the silver medal behind Norwegian Anita Haakenstad-Eversten. Switzerland took the team honours.

For Great Britain, Anne Buckley and Victoria Wilkinson ran closely for much of the race with Anne proving the stronger in the final stages. Olivia Walwyn and Rebecca Robinson on their GB debuts completed the quartet with 33rd and 41st positions respectively.

18th Anne Buckley (Bingley)
20th Victoria Wilkinson (Bingley)
33rd Olivia Walwyn (Altrincham)
41st Rebecca Robinson (Kendal)

BY **BASHIR HUSSAIN**

World Mountain Running Trophy 2007

Ovronnaz, Switzerland

Generally a smooth outward journey as the team shared cars for transport getting to East Midlands Airport near Nottingham.

Initial meetings & greetings were brief as we checked in to easy jet flight 6581.

Arrived for accreditation and dinner and pick up our packs in darkness - The mountain villages are often dark, but the stars are always bright !

Eating arrangements were a rather distant 3km away on a bus, but this was nicely buffered by an excellent apartment style room with full cooking facilities, which many of the group utilised to good effect, especially at breakfast time on race day. The erratic timings of the bus service made the 3km trip to the restaurant problematic for some. Additionally the 3km walk/bus journey was a chore that some athletes actually enjoyed in fine weather over the weekend.

The venue was outstanding for picturesque beauty. Inspirational & manicured to almost perfection. Added to this was a weekend of good weather with temperatures hovering between 8 and 22 degrees Celsius. An adventuresses opening ceremony included something like 32 parachutists hitting the synthetic running track that doubled as the start and finish of the race.

Race day

Junior ladies

Anna Anderson shone through the warm sunny weather with an outstanding 7th place. Having started steadily Anna pulled through to surprise quite a few and continue her excellent progress under the guidance of Pendle AC coach Noel Finucane.

Hannah Bateson continued to impress with another well-timed effort to sprint over the line for 10th place in this global championship race. Laura Park was beset with an untimely bout of illness and started the race drained before withdrawing from the race.

The team event was won by an outstanding Australian team with 4 points (1st and 3rd) Having been given the target of beating the Austrian team and the German silver medallist from the European championship England were triumphant in the targets set finishing in 4th place with a points total of 17 (4 points adrift of Bronze).

Junior Men

The Junior Men's race again impressed with the vast maturity and power of the top athletes. With a team target of beating Germany and Italy for a potential bronze medal, England came up just short as they finished in 5th this was on par for our previous performance against these nations. To their credit the team battled admirably with Jonathan Hare pushing for a top 10 place on the first lap before tiring to finish 32nd

Simon Barnby ran a more even paced race on his international debut and came in strongly for a very credible 26th place. Chasing Simon down to the line was Northern u20 3000m Champion, Alec Duffield who finished strongly for 28th. Alec literally gave blood for his Country with severely blistered feet to show for his efforts. Nick Swinburn struggled to recapture his trial form but battled gamely to complete the quartet in 33rd place. The team packed well as expected, which almost replicated the results of the trial race held 5 weeks previous.

Senior women

The afternoon was filled with controversy when the president of the World Mountain Running Association Overruled the Technical director of the course by insisting that runners must zig zag down a hill rather than run freely as they pleased. This had been discussed at length at the Technical meeting the previous day when All managers had accepted the runners would run freely without a necessity to zig zag the descent in 5 to 20 metre sections. All protests were ignored as the President Danny Hughes insisted that safety must come first having witnessed a broken collarbone and several falls in the junior races. The British runners generally thought that this choking of the course compromised their technical superiority. Speculation suggested our top British runners would have improved by at least 2 places. Read on !

The race was delayed while a course alteration was made. A steady start from the England team with a final lap surge for outstanding results for our younger teams members – Sarah Tunstall and Katie Ingram still both u23. With the team scorers finishing within 3 places of each other and an outstanding final surge for the line Sarah and Katie closed and passed several athletes in the final part of the descent.

Victoria Wilkinson looked on course for her first ever top 10 placing as she completed the 1st lap having worked her way through the field to 10th. However the transition proved tricky as she dropped back to 21st place with 1000m. Finding usual legs just prior to the final climb Victoria made up a massive amount of ground to come in at a best ever-15th place in the Up/down World race. Natalie White was below par and unable to replicate her recent improving form.

The team took 4th place behind USA, Czechoslovakia and Italy as expected.

Senior men

Back in 45th place after the first lap 21-year old Adam Grice was giving a master class in preparation and pacing that many would do well to heed. By the 2nd lap looking smooth as he moved through to the top 15 his presence and demeanour bode well for a final lap surge. In tandem with similar cadence and style was his training partner running for Scotland, Joe Symonds.

Ovronnaz, Switzerland 2007 Start/finish area

What a final 4km lap it was !

As athletes wilted under the pressure and searing pace both Adam and Joe tore through the field as they enter the final 300m in 3rd and 4th place to the roar and pride of the British Contingent.

Entering the stadium just behind Adam was a fast finishing Eritrean, who showed why finishing pace should never be neglected as he made up a massive 20 and 40 metre deficit on our British heroes. Joe Symonds (Kendal & Scotland) and Adam Grice (Leeds & England) brought alive a nation of enthusiasts as both their performances surpassed both their own expectations. How they did it ? Simple – sensible and thorough preparation.

Lloyd Taggart again showed his class with a great 26th place. Rob Hope peaked well as he came through for 30th . Former world Sky Running Champion, Rob Jebb battled on the fast underfoot conditions that are often alien to his usual terrain in the sky and above the clouds or on the rain sodden moors of the English fells. Ben Bardsley who may have been tired coming into this race started steadily and came through for 60th position. James Walsh (66th) always looked strong climbing but struggled to master the descents on this occasion.

RESULTS – *WT 2007 Teams:*

SENIOR MEN: 1. ITALY, 30; DE GASPERI MARCO, HS, 51.49,7, 1; GAIARDO MARCO, HS, 53.31,6, 6; ABATE GABRIELE, HS, 54.31,9, 11; REGAZZONI ANDREA, HS, 54.39,0, 12; RINALDI MARCO, HS, 55.36,8, 19; CHICCO DAVIDE, HS, 56.03,1, 23; **2. ERITREA, 30;** YOHANNES TESFAY, HS, 52.19,4, 2; TESFAZGHI ERMIAS, HS, 53.02,5, 3; KOKOB TEWOLDEBERHAN, HS, 54.27,8, 10; GHEBREZGHIABIHER KESSETE, HS, 54.56,1, 15; EDRIS ADEM MOHAMED, HS, 54.56,4, 16; **3. SWITZERLAND, 61;** GEX-FABRY ALEXIS, HS, 53.38,0, 7; EPINEY SÉBASTIEN, HS, 53.40,5, 8; SCHNEIDER DAVID, HS, 55.53,0, 22; SUTZ ANDY, HS, 56.12,5, 24; VOLERY GEORGES, HS, 57.51,2, 47; MARTI ANDRÉ, HS, 1:00.08,3, 79; **5. ENGLAND, 103;** GRICE ADAM, HS, 53.10,4, 5; TAGGART LLOYD, HS, 56.17,9, 26; HOPE ROB, HS, 56.40,0, 30; JEBB ROB, HS, 57.30,6, 42; BARDSLEY BEN, HS, 58.49,1, 60; WALSH JAMES, HS, 59.29,0, 66; **7. SCOTLAND, 157;** SYMONDS JOSEPH, HS, 53.02,7, 4; LENNOX JETHRO, HS, 57.16,6, 39; ANTHONY ALISTAIR, HS, 58.24,1, 53; STEWART GRANT, HS, 58.50,6, 61; BEE GRAHAM, HS, 59.37,6, 70; LISTON ANDREW, HS, 1:04.10,3, 115; **15. WALES, 265;** DAVIES TIM, HS, 56.58,6, 35; JONES ANDRES, HS, 58.12,3, 50; COLLINS MATTHEW, HS, 1:00.42,9, 85; MATTHEWS HARRY, HS, 1:01.42,9, 95; ROBERTS RICHARD, HS, 1:02.26,4, 102; HUMPHRIES AFAN, HS, 1:03.42,9, 112; **20. NOTHERN IREL, 382;** CARTY NEIL, HS, 59.57,6, 77; DUNCAN STEPHEN, HS, 1:01.07,4, 89; WOODS DES, HS, 1:01.41,0, 94; CUNNIGHAM STEPHEN, HS, 1:05.12,9, 122; BLANEY PAUL, HS, 1:06.31,5, 127; BAILEY GARY, HS, 1:07.35,7, 130; **21. IRELAND, 386;** MC KENNA EOIN, HS, 1:00.15,1, 80; BRYSON ROBIN, HS, 1:00.38,7, 84; GAHAN OWEN, HS, 1:03.09,7, 109; MINNOCK BARRY, HS, 1:03.47,2, 113; BRADSHAW MARTIN, HS, 1:05.21,5, 124; FITZPATRICK CIARAN, HS, 1:07.57,6, 131.

JUN MEN: 1. EERITREA, 9; SEMERE MOUSSIE, HJ, 34.32,5, 2; TSEGGAY OUQBIT, HJ, 34.34,6, 3; HIYABU MICHAEL, HJ, 34.53,6, 4; TSEGGAY ZER'EMARIAM, HJ, 36.51,5, 7; **2. TURKEY, 25;** PAK HASAN, HJ, 35.44,4, 5; MUSLU ERCAN, HJ, 37.11,5, 9; KUS ERKAN, HJ, 37.21,9, 11; ORUCLU MAHMUT, HJ, 38.31,0, 18; **3. ITALY, 70;** BALDACCINI ALEX, HJ, 38.19,3, 16; TABACCHI ANDREA, HJ, 38.58,1, 24; TIRABOSCHI RICHARD, HJ, 39.23,2, 30; BENDOTTI VALERIO, HJ, 40.05,6, 35; **5. ENGLAND, 86;** BARNBY SIMON, HJ, 39.01,6, 26; DUFFIELD ALEC, HJ, 39.11,9, 28; HARE JONATHAN, HJ, 39.30,1, 32; SWINBURN NIC, HJ, 39.49,2, 33; **12. SCOTLAND, 140;** MCDONALD SCOTT, HJ, 40.04,0, 34; GILLESPIE MATTHEW, HJ, 41.20,6, 45; CAMMACK ROBBIE, HJ, 43.40,4, 61; JONES ALEX, HJ, 44.47,4, 66; **13. WALES, 156;** CHALLINOR RICKY, HJ, 41.22,4, 46; WITHERS IAN, HJ, 42.06,1, 50; KALLENBERG MICHAEL, HJ, 43.27,8, 60; **14. NOTHERN IREL, 185;** COLLINS NOEL, HJ, 41.54,3, 49; COLLINS CIARAN, HJ, 45.32,9, 67; MOORE CONOR, HJ, 46.12,6, 69; WILSON JASON, HJ, 47.16,5, 72; **15. IRELAND, 196;** O'BYRNE JASON, HJ, 43.00,0, 58; PIERCE EOIN, HJ, 44.27,9, 64; JENNINGS KIAN, HJ, 49.38,2, 74.

SENIOR WOMEN: 1.UNITED STATES OF AMERICA, 23; HAEFELI LAURA, FS, 41.19,4, 3; LUNDY CHRISTINE, FS, 42.23,6, 8; CUELLAR RACHAEL, FS, 42.40,8, 12; ORTIZ ANITA, FS, 44.29,1, 31; **2. CZECH REPUBLIC, 24;** PICHRTOVA ANNA, FS, 39.11,5, 1; MILESOVA IVA, FS, 42.31,8, 10; METELKOVA TANA, FS, 43.12,4, 13; HAVLOVA PAVLA, FS, 44.17,3, 29; **3. ITALY, 29;** DESCO ELISA, FS, 41.25,1, 4; ROBERTI MARIA GRAZIA, FS, 42.39,2, 11; MORSTOFOLINI MONICA, FS, 43.15,1, 14; SALVINI VITTORIA, FS, 43.21,1, 16; **4. ENGLAND, 50;** WILKINSON VICTORIA, FS, 43.19,8, 15; TUNSTALL SARAH, FS, 43.31,0, 17; INGRAM KATIE, FS, 43.31,2, 18; **13. WALES, 144;** BARTLETT ANNA, FS, 45.52,1, 40; TODD MARI, FS, 45.55,7, 42; ROBERTS ANDREA, FS, 48.29,2, 62; JONES ANGELA, FS, 48.35,0, 63; **15. NOTHERN IREL, 170;** MAXWELL FIONA, FS, 45.57,4, 43; SHANNON ALWANNE, FS, 48.14,6, 61; SLOAN TRICIA, FS, 49.51,6, 66; ORR FRANCES, FS, 50.50,9, 70; **17. IRELAND, 182;** 2MOONEY EDEL, FS, 45.37,0, 38; COPPINGER AISLING, FS, 50.47,7, 69; FLYNN LAURA, FS, 51.45,0, 75; JOYCE AOIFE, FS, 53.36,7, 79.

JUNIOR WOMEN: 1. AUSTRALIA, 4; TAMSETT LARA, FJ, 20.48,6, 1; WALLINGTON VERONICA, FJ, 21.06,2, 3; MC KILLOP LAUREN, FJ, 23.10,1, 21; **2. UNITED STATES OF AMERICA, 12;** LIEB ANNA, FJ, 21.23,0, 4; DALZOT MARIA, FJ, 21.48,0, 8; HELMERICK KATHRYN, FJ, 23.45,4, 30; **3. TURKEY, 13;** BASTUG HULYA, FJ, 21.01,1, 2; BATI FATMA, FJ, 22.20,6, 11; BASTUG FATMA, FJ, 23.25,7, 27; **4. ENGLAND, 17;** ANDERSON ANNA, FJ, 21.45,6, 7; BATESON HANNAH, FJ, 22.14,3, 10; **5. SCOTLAND, 19;** INGLIS MHAIRI, FJ, 21.36,4, 6; BUCHANAN CATRIONA, FJ, 22.43,5, 13; MARTIN JESSICA, FJ, 23.40,7, 29; **13. WALES, 73;** KIRK ELINOR, FJ, 23.48,9, 33; WOODS BETHAN, FJ, 24.24,0, 40; PAGE DANIELLE, FJ, 25.28,6, 44; **14. NOTHERN IREL, 73;** SPEIGHT ANGELA, FJ, 23.46,0, 32; STURM MICHELLE, FJ, 24.31,6, 41; IVESTON KERRY, FJ, 29.33,6, 51; **17. IRELAND, 84;** FINN MICHELLE, FJ, 24.10,2, 35; TANGNEY EIMEAR, FJ, 27.54,8, 49; HUET CAROL, FJ, 30.47,9, 53.

Ovronnaz, Switzerland 2007. Joe Symonds, Victoria Wilkinson & Adam Grice

BY **MARK HOBSON**

British Fell Running Championship 2007

Sponsored by Pete Bland and Norman Walsh Footwear

British Men's Open Championship

Pos	Name	Total
1	Rob Hope Pudsey & Bramley	200
2	Rob Jebb Bingley	193
3	Tom Owens Mercia FR	191
4	Lloyd Taggart Dark Peak	189
5	John Heneghan Pudsey & Bramley	176
6	Nick Sharp Ambleside AC	171
7	Jim Davies Borrowdale FR	167
8	Danny Hope Pudsey & Bramley	166
9	Pete Vale Mercia FR	158
10	Mark Roberts Borrowdale FR	154
11=	Karl Gray Calder Valley	134
11=	Jon Morgan Dark Peak	134
13	Darren Kay Horwich RMI	125
14	Ricky Lightfoot Ellenborough AC	123

British Men's Vets O40 Championship

Pos	Name	Total
1	Jim Davies Borrowdale FR	125
2	Mark Roberts Borrowdale FR	118
3	Des Woods Mourne Runners	101
4	Dave Taylor Dark Peak	96
5	Joe Blackett Dark Peak	94
6	John Hunt Dark Peak	86
7=	Richard Pattinson Pudsey & Bramley	83
7=	Barry Wilkinson Borrowdale FR	83
7=	Colin Fray Cheshire HR	83
10	Mike Egner Dark Peak	82
11	Steve Bell Dark Peak	77
12=	Ian Holmes Bingley	64
12=	Paul Cornforth Borrowdale FR	64
14	Garry Wilkinson Clayton Le Moors	56

British Men's Vets O50 Championship

Pos	Name	Total
1	Mike Egner Dark Peak	88
2	Tom McGaff Cheshire HR	72
3	Stephen Storey Dark Peak	71
4	Dave Tait Dark Peak	62
5	Paul Kelly Durham Fell Runners	61
6	Ken Taylor Rossendale Harriers	58
7	David Spedding Keswick AC	54
8	Graham McAra Cheshire HR	46
9	Pete Booth Clayton Le Moors	44
10	Keith Holmes Dark Peak	38
11	Andy Hauser Holmfirth Harriers	37
12	Barry Blyth Macclesfield Harriers	34
13	Jim Patterson Mourne Runners	30
14=	Mike Wallis Clayton Le Moors	19

Photo courtesy of Harry Marcus

Rob Hope at the first round of the six race series for the British Championship which was held at Slieve Donard in Northern Ireland

British Men's Vets O60 Championship

Pos	Name	Total
1	Dave Tait Dark Peak	45
2	David Spedding Keswick AC	36
3	Barry Blyth Macclesfield Harriers	33
4	Ken Taylor Rossendale	30
5	Geoffrey Howard Ilkley Harriers	25
6	Jim Patterson Mourne Runners	20
7	Graham Breeze Skyrac AC	18
8	Donald Williams Eryri Harriers	15
9	Neville Griffiths Spectrum Striders	9
10	Gareth Bryan-Jones Ochils	8
11=	David Fell CFR	5
11=	Tony Richardson LOC	5
11=	Peter Roberts Buckley Runners	5
11=	Tom Bowie Fife AC	5
15=	Emyr Davies Eryri Harriers	4
15=	Ken Robinson U/A	4
15=	John Sloan U/A	4

British Men's U23 Championship

Pos	Name	Total
1	Ricky Lightfoot Ellenborough AC	66
2	Peter Haworth Horwich RMI	55
3	Adam Godwin Rossendale Harriers	44
4	James Kevan Horwich RMI	40

5	Robert Little Dark Peak	37
6=	Jason Wilson Pegasus	33
6=	Jonathan Maxfield Scunthorpe & Dist	33
8	Gary Priestley Horwich RMI	19
9	Adam Stirk U/A	18
10=	Neal O'Boyle Larne AC	17
10=	Thomas Edwards Dark Peak	17
12	Nathen Lawton Chorley	16
13	Sam Hewison Chorley	15
14	Michael Pinches U/A	13

British Men's Open Team Championship

Pos	Name	Total
1	Borrowdale FR	44
2	Pudsey & Bramley	44
3	Dark Peak	33
4	Mercia FR	31
5	Horwich RMI	24
6	Cheshire Hill Racers	18
7	Eryri Harriers	17
8	Clayton Le Moors	16
9	Carnethy HRC	11
10	Mourne Runners	9

British Men's Vets O40 Team Championship

Pos	Name	Total
1	Borrowdale FR	48
2	Dark Peak	42
3	Cheshire Hill Racers	33
4	Clayton Le Moors	25
5	Carnethy HRC	13
6	Eryri Harriers	13
7	Macclesfield Harriers	13
8	Pudsey & Bramley	12
9	Horwich RMI	9
10	Newcastle AC	7

Jill Mykura (100), Carnethy HRC, leading Mike McIver (61), Dark Peak FR, at Angus Munro

Photo courtesy of Ian Nimmo

Jim Davies (9), Borrowdale FR, leads eventual winner Thomas Owens (84), Mercia FR, at Angus Munro

Photo courtesy of Ian Nimmo

British Women's Open Championship

Pos	Name	Total
1	Janet McIver Dark Peak	82
2	Sharon Taylor Bingley Harriers	73
3	Anna Bartlett Shrewsbury AC	68
4	Fiona Maxwell Mourne Runners	67
5	Helen Fines Bristol & West	66
6	Jo Waites Calder Valley	57
7	Sally Newman Calder Valley	52
8	Sarah Kleeman Eryri Harriers	49
9	Karen Davison Dark Peak	48
10	Andrea Roberts Eryri Harriers	42
11	Aly Raw Bingley	39
12	Jill Mykura Carnethy HRC	37
13	Jackie Lee Eryri Harriers	36
14	Alwynne Shannon Newcastle AC	34

British Women's Vets O40 Championship

Pos	Name	Total
1	Fiona Maxwell Mourne Runners	48
2	Sally Newman Calder Valley	38
3=	Alwynne Shannon Newcastle AC	30
3=	Aly Raw Bingley	30
5	Louise Burt Fife AC	17
6	Judith Jepson Dark Peak	15
7=	Sally Gilliver Cheshire HR	10
7=	Alison Eagle Ilkley Harriers	10
7=	Anne Sandford Newcastle AC	10
10	Wendy Dodds Clayton le Moors	8
11=	Katherine Harvey Pennine	7
11=	Sally Ward Dark Peak	7
13=	Emma Barclay Ilkley	6
13=	Jocelyn Scott Fife AC	6

Sharon Taylor at Dentdale Show Fell Race

Photo courtesy of Matt Clayton

British Women's U23 Championship

Pos	Name	Total
1	Emma Clayton Scunthorpe & D	66
2	Jenny Reed Matlock	19

British Women's Open Team Championship

Pos	Name	Total
1	Eryri Harriers	39
2	Calder Valley	37
3	Bingley	32
4	Dark Peak	24
5	Ilkley Harriers	19
6	Fife AC	16
7	Todmorden	10
8	Carnethy HRC	9
9	Cosmic HB	8
10	Clwydian RR	8

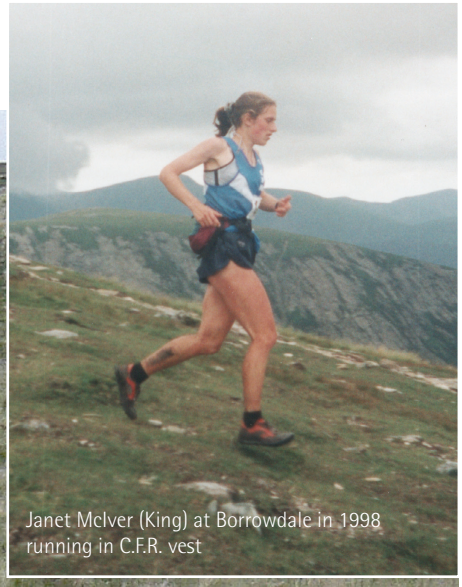
Who is this Janet McIver?

The 2007 English, British & UKA Inter County Fell Champion

'I'm more likely to be recognised in the Lakes as Janet King, formerly a member of Cumberland Fell Runners. I was dragged around races and various mountain events from an early age by my dad, Jack King. Despite this, I was always interested in running and began competing in lakes races as soon as I was old enough to enter. I did the Bob Graham round in 1997 at the age of 19. It took 22 hours and 22 minutes, which is the same time that my Dad took to do his BG! I was English fell champion in 1999, and got a trip to Malaysia to run up Mount Kinabalu, which was nice, but there wasn't much time to look at the view!

I Joined Dark Peak Fell Runners after moving to Sheffield in 2003. I got a bit more interested in racing again and decided to do the 2007 championship. I started doing more training, beginning by spending the summer cycling from Lands End to John O' Groats. I have always preferred rough going and generally do better on the fells in harsh conditions, which I put down to cycle touring at all times of year – this definitely toughens you up. I have really enjoyed the championship races this year; the 2007 Edale Skyline is the hardest race I've ever done, the Duddon was great and it was even sunny, Fairfield was hard – but then it always is. In the British, Glen Clova was a good long hill race with no sign of any paths. The Carneddau race was a great route and all the marshals had cow bells, so no chance of getting lost in the mist! Dave (Woodhead) tells me I'm 2007 English Fell Running Champion – something I definitely wasn't expecting at the start of the year!

When you run well people start asking you to run some more; so in April Dave asked me to run for Yorkshire at the inter counties. The race was the Crowden Horseshoe which is a great race with a good climb, some fast running and a brilliant descent. I arrived in plenty of time and met the other team members. We were issued with our vests and beer (for afterwards!) and I went for a jog before we were summoned for team photos. Then we were off, too fast, (I always set off far too fast!), I was first lady right from the start and just concentrated on keeping going and not looking back. I ran hard to the first steep hill where I walked hands on knees trying to keep up with those around me. A bit of a downhill breather before the final slog to the misty summit of Black



Janet McIver (King) at Borrowdale in 1998 running in C.F.R. vest

Photos courtesy of Dave Woodhead

Janet McIver winning the UKA inter county title and setting new course record at Crowden Horseshoe race with Black Hill behind.

Hill, I knew there was a Lancashire girl behind me so I kept pushing knowing that I could probably go faster on the descent. I reached the summit still in first place and began to think that I might be able to win. The descent is boggy and wet, but really fast and I charged off at full speed really enjoying myself and passing people all the way. Somewhere near the bottom Dave and Eileen were shouting encouragement, and taking photos – remember to smile! My husband Mike arrived on his bike just as I was running up the finishing straight with more shouts of encouragement. Then before I knew it I was at the finish – first lady. The other Yorkshire girls ran brilliantly, and between us we won the team prize and the inter counties title.

Not long after the inter counties I ran in the Fairfield Horseshoe and came second. This meant that I got to go to Snowdon to do the international race. There is an amazing atmosphere at the Snowdon race. The whole of Llanberis is out on the route shouting encouragement, drinking beer and sunbathing! After getting our assorted England kit (was it really extra large I asked for!) I warmed up with a short bike ride to Pen-y-pass and back. The race started with a countdown then we were off pounding through the streets of Llanberis. The route gets steep even before you have left the road so it was hard work in the hot sun (I think it must have been the only sunny day this summer!). I worked hard knowing that I was leading the ladies race but at about half way up Olivia Walwyn overtook me. I decided to try to keep her in sight and kept running all the way to the summit. As we turned for the descent Olivia was just ahead of me and Mary was just behind – the race was on! I knew I could descend the rough ground quickly and I headed off at top speed soon getting the lead back from Olivia and establishing a small lead over Mary. The race down was great. I knew Mary was just behind me and we ran really quickly passing lots of other runners as we descended. The support was amazing, everyone was shouting and cheering as we raced hard towards the road. I knew I wouldn't be able to go fast on the road so I tried to build a lead over Mary – she had other ideas though and as soon as we hit the tarmac she moved up a gear and pulled away. "Well done" I said "You've got it" I pushed hard over the last section through the streets of Llanberis and sprinted up the finishing tunnel – I had finished second. The end of a race is always good – for one you get to stop running, but secondly it's great to congratulate the other competitors and to hear their tales. We were going on holiday that evening so after a few cups of weak orange with some grass floating in it, it was time to head off – a good start to the holiday!

This year has been a great year for me. I've really enjoyed my running and have been lucky enough to get good results. I'd like to thank everyone who has supported me from my Dark Peak team mates to people on the course shouting encouragement and of course my fellow competitors who have made this year so competitive yet so friendly. A special thanks should go to Stuart and Debbie at **Accelerate UK** who at the start of the year believed I would do well and gave me some sponsorship for clothes and shoes. ***Thanks.***'

BY **MARK HOBSON**

English Fell Running Championship 2007

U23 Category Sponsored by Ultimate Outdoors

ultimate outdoors
with you in the mountains

English Men's Open Championship

Pos	Name	Total
1	Simon Bailey Mercia	202
2	Robert Hope Pudsey & Bramley	195
3	Lloyd Taggart Dark Peak	192
4	Rob Jebb Bingley Harriers	191
5	Ian Holmes Bingley Harriers	190
6	Thomas Owens Mercia Fellrunners	184
7	John Heneghan Pudsey & Bramley	182
8	Nick Sharp Ambleside Ac	178
9	Jim Davies Borrowdale	165
10	Peter Vale Mercia Fellrunners	158
11	Mark Roberts Borrowdale	157
12	Karl Gray Calder Valley	150
13	John Hunt Dark Peak FR	127
14	Jon Wright Todmorden Harriers	122

Great Whernside

Photo courtesy of Mick Watson

English Men's Vets O40 Championship

Pos	Name	Total
1	Ian Holmes Bingley Harriers	168
2	Jim Davies Borrowdale	159
3	Mark Roberts Borrowdale	157
4	John Hunt Dark Peak FR	145
5	Stephen Pyke Staffordshire Moorlands AC	143
6	Dave Taylor Dark Peak FR	129
7	Joe Blackett Dark Peak	128
8=	Barry Wilkinson Borrowdale	123
8=	Jon Deegan Ambleside AC	123
10	Mike Egner Dark Peak FR	119
11	Dave Massey Horwich RMI	114
12=	Gary Devine Pudsey & Bramley	109
12=	Dave Milliken Salford	109
14=	Kevin Harding Tring RC	97

English Men's Vets O45 Championship

Pos	Name	Total
1	Mark Roberts Borrowdale	168
2	Mike Egner Dark Peak FR	153
3	Dave Massey Horwich RMI	148
4	Colin Fray Cheshire Hill Racers	146
5	Mike Johnson Bowland Fell Runners	142
6	Kevin Harding Tring RC	141
7	Tom Mcgaff Cheshire Hill Racers	131
8	Ian Greenwood Clayton-le-moors Harriers	130
9	Peter Crompton Cumberland FR	123
10=	Jerry Dawson Cumberland FR	122
10=	Mick Stenton Dark Peak	122
12	Alan Kirk Pennine Fell Runners	112
13	Jackie Winn Cumberland FR	111
14	David Hollins Staffs Moorlands AC	95

English Men's Vets O50 Championship

Pos	Name	Total
1	Mike Egner Dark Peak FR	128
2	Tom Mcgaff Cheshire Hill Racers	110
3	Peter Crompton Cumberland FR	109
4	Jackie Winn Cumberland FR	106
5	Brian Goodison Abbey Runners	95
6	Steve Storey Dark Peak FR	90
7	Pete Booth Clayton-le-moors Harriers	89
8	Ron Fawcett Dark Peak	88
9=	Andrew Robinson Clayton-le-moors Harriers	84
9=	David Hollins Staffs Moorlands AC	84
11	Paul Kelly Durham Fell Runners	80
12	Dave Tait Dark Peak FR	79
13	Ken Taylor Rossendale Harriers	71
14	David Spedding Keswick AC	70

English Men's Vets O55 Championship

Pos	Name	Total
1	Jackie Winn Cumberland FR	125
2=	Dave Tait Dark Peak FR	114
2=	Pete Booth Clayton-le-moors Harriers	114
4	Ken Taylor Rossendale Harriers	107
5	Barry Blyth Macclesfield	99
6	Geoffrey Howard Ilkley Harriers	97
7	Kieran Carr Clayton-le-moors Harriers	94
8	David Spedding Keswick AC	91
9	Richard Scottney Pennine Fell Runners	87
10	Michael Cochrane Dark Peak	86
11	Graham Breeze Skyrac AC	77
12	Ian Cookson Bowland Fell Runners	73
13	Frank Fielding Pennine Fell Runners	72
14	John Amies Congleton Harriers	67

Men's U23 Championship

Pos	Name	Total
1	James Kevan Horwich	77
2	Nathan Lawton Chorley AC	66
3	Jonathan Maxfield Scunthorpe	64
4	Robert Little Dark Peak MU23	63
5	Sam Hewison Chorley AC	61
6	Adam Godwin Rossendale	58
7	Martin Mikkelson-Barron Borrowdale	55
8	Adam Stirk	48
9	Harry Coates Skipton	39
10	Peter Haworth Horwich RMI	34

English Men's Vets O60 Championship

Pos	Name	Total
1	Dave Tait Dark Peak FR	85
2	Ken Taylor Rossendale	74
3	Barry Blyth Macclesfield	71
4	Kieran Carr Clayton-le-moors Harriers	69
5	Geoffrey Howard Ilkley Harriers	68

6=	Michael Cochrane Dark Peak	63
6=	David Spedding Keswick AC	63
8	Graham Breeze Skyrac AC	61
9	Peter Covey Pudsey & Bramley	51
10	John Amies Congleton Harriers	49
11	Paul Murray Horwich RMI	47
12	Neville Griffiths Spectrum Striders	40
13	Roger Ashby Sale Harriers	33
14=	David Fell Cumberland Fell Runners	27

English Men's Vets O65 Championship

Pos	Name	Total
1	John Amies Congleton Harriers	83
2	Peter Covey Pudsey & Bramley	81
3	Paul Murray Horwich RMI	75
4	Richard Clives Fra	57
5	Lawrence Sullivan Clayton-le-moors Harriers	54
6	Pete Dowker Kendal AC	50
7	Donald Rigg Cumberland FR	46
8	George Arnold Preston	42
9	Barry Thackery Dark Peak	33
10	Derek Clutterbuck Todmorden Harriers	26
11	Dave Tait Dark Peak FR	22
12	Stephen Watson Cumberland FR	21
13	Gordon Booth Longwood	17
14	Bill Wade Holmfirth Harriers	16

English Men's Vets O70 Championship

Pos	Name	Total
1	Lawrence Sullivan Clayton-le-moors Harriers	36
2	Donald Rigg Cumberland FR	27
3	George Arnold Preston	24
4	Barry Thackery Dark Peak	17
5	Derek Clutterbuck Todmorden Harriers	13
6	Gordon Booth Longwood	9
7=	Tony Breakwell Borrowdale FR	7
7=	John Rutter Keswick AC	7

English Men's Open Team Championship

Pos	Name	Total
1	Borrowdale	44
2	Pudsey & Bramley	41
3	Dark Peak FR	35
4	Horwich RMI Harriers	27
5	Mercia Fellrunners	24
6	Bingley Harriers	18
7	Clayton Le Moors	18
8	Todmorden Harriers	15
9	Cheshire Hill Racers	15
10	Bowland Fell Runners	13

English Men's Vets O40 Team Championship

Pos	Name	Total
1	Dark Peak FR	45
2	Borrowdale	45
3	Clayton Le Moors	29
4	Cheshire Hill Racers	27
5	Bowland Fell Runners	22
6	Cumberland Fell Runner	21
7	Horwich RMI Harriers	13
8	Pennine Fell Runners	12
9	Pudsey & Bramley	11
10	Todmorden Harriers	8

English Men's Vets O50 Team Championship

Pos	Name	Total
1	Dark Peak FR	48
2	Cumberland Fell Runner	38
3	Clayton Le Moors	34
4	Cheshire Hill Racers	30
5	Pennine Fell Runners	25
6	Horwich RMI Harriers	19
7	Keswick AC	14
8	Todmorden Harriers	14
9	Staffordshire Moorland	12
10	Bowland Fell Runners	10

Lloyd Taggart at Crowden

Photo courtesy of Shaun Priestley

John Deegan (Ambleside AC)

Photo courtesy of John Parminter

BY **MARK HOBSON**

English Women's Open Championship

Pos	Name	Total
1	Janet Mciver Dark Peak	122
2	Candice Leah Clayton-le-moors Harriers	111
3	Sharon Taylor Bingley Harriers	108
4	Helen Fines Bristol & West	107
5	Anna Bartlett Shrewsbury	104
6	Sally Newman Calder Valley	96
7=	Jo Waites Calder Valley Fr	95
7=	Jane Reedy Ambleside Ac	95
9	Rachel Vincent Tynedale	87
10	Aly Raw Bingley Harriers	84
11=	Kate Burge Stafford Harriers	83
11=	Sarah Tunstall York Acorn	83
13	Judith Jepson Dark Peak FR	77
14	Emma Barclay Ilkley Harriers	72

English Women's Vets O40 Championship

Pos	Name	Total
1	Sally Newman Calder Valley	85
2	Judith Jepson Dark Peak FR	81
3	Aly Raw Bingley Harriers	76
4	Karen Nash Preston Harriers	66
5	Katherine Harvey Pennine Fell Runners	59
6	Nicky Jaquiery Ilkley Harriers	55
7	Sue Becconsall Bingley Harriers	50
8	Alison Weston Ilkley Harriers	48
9	Mary Edgerton Pennine Fell Runners	44
10	Alison Eagle Ilkley Harriers	41
11	Jane Meeks Keswick AC	37
12	Clare Kenny Calder Valley	36
13	Sally Gilliver Cheshire	35
14	Emma Barclay Ilkley Harriers	34

Janet McIver at Angus Munro

Photo courtesy of Ian Nimmo

Great Whernside

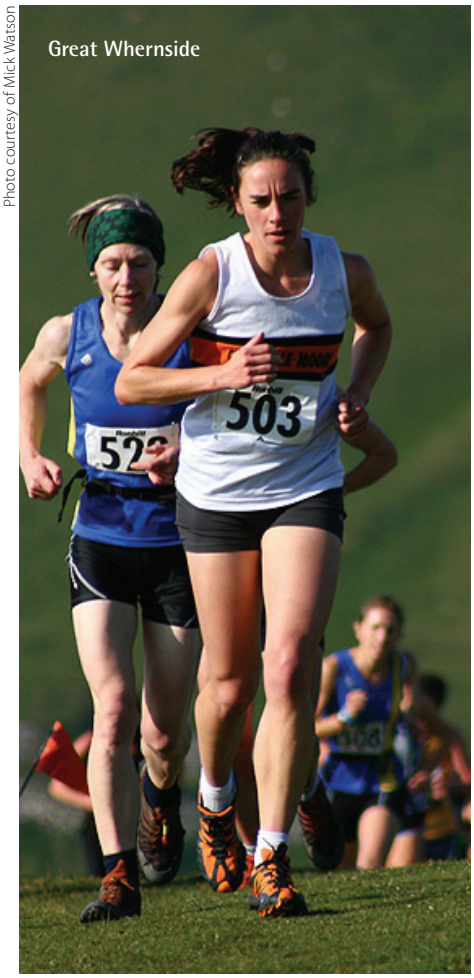


Photo courtesy of Mick Watson

English Women's Vets O45 Championship

Pos	Name	Total
1	Sally Newman Calder Valley	88
2	Karen Nash Preston Harriers	74
3	Katherine Harvey Pennine Fell Runners	68
4	Mary Edgerton Pennine Fell Runners	62
5	Sue Becconsall Bingley Harriers	58
6	Clare Kenny Calder Valley	57
7	Sally Gilliver Cheshire	56
8	Kathleen Brierley Todmorden	53
9	Wendy Dodds Clayton-le-moors Harriers	51
10	Jane Meeks Keswick AC	46
11=	Thirza Hyde Calder Valley FR	36
11=	Kate Beaty Cumberland FR	36
11=	Sue Haslam Scarborough	36
14	Alison Bennett Ilkley Harriers	34

Women's U23 Championship

Pos	Name	Total
1	Sarah Tunstall York Acorn	88
2	Emma Clayton Scunthorpe & District	82
3	Jenny Reed Chesterfield	73
4	Alice Robson Dark Peak	67
5	Emma Stuart Keswick AC	34
6=	Helen Glover Keighley & Craven	19
6=	Rachael Thompson Altrincham	19
8	Helen Finch Solihull	16
9	Clare Haslam Scarborough	14
10	Lucy Harris Pennine FR	13

English Women's Vets O50 Championship

Pos	Name	Total
1	Wendy Dodds Clayton-le-moors Harriers	48
2	Sue Haslam Scarborough	32
3	Debbie Thompson Keswick	30
4	Katy Thompson Clayton-le-moors Harriers	20
5	Sheila Mcnulty Radcliffe	14
6	Linda Hayles Calder Valley Fr	13
7=	Lyn Thompson Keswick	12
7=	Maureen Laney Clayton Le Moors Harriers	12
9	Linda Lord Clayton-le-moors Harriers	11
10=	Pauline Symonds Kendal	8
10=	Nicole Kirkham Horwich	8
12	Rachael Gooch Ilkley Harriers	7
13=	Bernice Nixon Penistone Footpath Runners	6
13=	Jean Rawlinson Clayton-le-moors Harriers	6
13=	Moyra Parfitt Todmorden	6

English Women's Vets O55 Championship

Pos	Name	Total
1	Wendy Dodds Clayton-le-moors Harriers	48
2	Sheila Mcnulty Radcliffe	26
3	Moyra Parfitt Todmorden	21
4	Margaret Chippendale Pennine Fell Runners	20
5=	Linda Lord Clayton-le-moors Harriers	16
5=	Jan Atkins Chorley Harriers	16
7	Gail Tombs Calder Valley	12
8	Jean Rawlinson Clayton-le-moors Harriers	9
9	Alison Brentnall Pennine Fell Runners	8
10	Lou Lyness Barrow & Furnes	6
11=	Alexis Dinsmoor Pennine Fell Runners	4
11=	Karin Goss Clayton-le-moors Harriers	4
13	Steph Charman Helsby	2

English Women's Vets O60 Championship

Pos	Name	Total
1	Sheila Mcnulty Radcliffe	36
2=	Jan Atkins Chorley Harriers	25
2=	Moyra Parfitt Todmorden	25
4	Margaret Chippendale Pennine Fell Runners	24

English Women's Open Team Championship

Pos	Name	Total
1	Bingley Harriers	44
2	Ilkley Harriers	42
3	Calder Valley Fell Run	35
4	Dark Peak FR	34
5	Pennine Fell Runners	22
6	Todmorden Harriers	20
7	Clayton Le Moors	18
8	Keswick AC	16
9	Ambleside AC	16
10	Cumberland Fell Runner	14

DEAR CLUB CAPTAINS AND SECRETARIES,

AS I'M SURE YOU ARE AWARE CERTAIN CHAMPIONSHIP RACES ARE ENCOUNTERING PROBLEMS WITH THE AMOUNT OF ENTRIES THAT THEY ARE RECEIVING, THE RACES I'M TALKING ABOUT ARE THE PRE-ENTRY RACES WHO HAVE A LIMIT ON NUMBERS, THIS CAN RESULT IN CHAMPIONSHIP CONTENDERS IN ALL CATEGORIES INCLUDING TEAMS NOT BEING ABLE TO GET ENTRIES DESPITE ENTERING WELL BEFORE THE CLOSING DATE.

NOW I FULLY SYMPATHIZE WITH THE FIRST COME FIRST SERVED BASIS AND THE FELL RUNNING FOR ALL THING BUT, WHEN IT CAN AFFECT THE OUTCOME AND THEREFORE CREDIBILITY OF WHAT IS AFTER ALL A CHAMPIONSHIP RACE THAT CAN'T BE RIGHT!

WE'VE DISCUSSED THIS AT LENGTH AT COMMITTEE MEETINGS AND RATHER THAN HAVE THE SAME RACES EVERY YEAR WHICH CAN COPE WITH THE LARGE NUMBERS (WHICH WOULDN'T BE THE RIGHT THING TO DO) WE'VE COME UP WITH A FEW IDEAS WHICH MAY EASE THE PROBLEM.

THE FIRST THREE OF THESE IS TO RACE ORGANIZERS AND TO ADDRESS THE ENTRIES PROCEDURE:

1. MAYBE NOT TO DO ONLINE ENTRIES AS THIS CAN CAUSE A SURGE OF EARLY ENTRIES
2. DELAY THE OPENING DATE FOR ENTRIES SO THAT PEOPLE DON'T PANIC AND ENTER RACES SIX OR MORE MONTHS IN ADVANCE, NOT KNOWING WHETHER THEY ARE GOING TO BE INJURED, AWAY ON HOLIDAY, LOST INTEREST ETC.
3. ALLOW SUBSTITUTES SAY WITHIN THE SAME CLUB LIKE THEY DO AT THE THREE PEAKS RACE.

ONE OTHER WAY TO REDUCE NUMBERS WOULD BE TO ASK CLUB CAPTAINS, SECRETARIES NOT TO PICK THESE RACES IN THEIR RESPECTIVE CLUB CHAMPIONSHIPS, WE ALL DO IT ENGLISH CHAMPIONSHIP RACES PLUS FOUR OTHERS!

THE RACES NEXT YEAR I CAN SEE THERE BEING POSSIBLE PROBLEMS AT ARE BLACKCOMBE, KENTMERE, B EDGE AND BORROWDALE. YOU ARE OF COURSE PERFECTLY FREE TO IGNORE THIS ADVICE AS IT IS JUST A REQUEST, BUT WE'LL SEE HOW IT GOES AND WE LOOK FORWARD TO HEARING YOUR VIEWS!

SCOFF, JON AND MARK

BY **MEL CRANMER**

Lantern Pike

English Junior Championship.

Photos courtesy of Twenty Trees Photography

Saturday 19th September this must be summer the sun is shining, it's warm and the crowds are pouring into the Hayfield Show. We have six categories U8, U10, non championship U12. U14. U16. and U18. English Championship

Under 8.

A very excited line up of 34 kids mostly local assembled next to the main arena. On the dot of 11am there was a mass charge into Park Hall Woods to the accompaniment of parents, spectators and senior runners who lined the route shouting encouragement and applauding these youngsters all the way. First to emerge from the wood was Robbie Johnstone (Wharfdale) followed closely by Mick Thomas (Pennine) and Harry Turnbull. Alice Rayson from Hayfield (4th overall) was first girl, and her sister Sophie (10th overall) was second. This was their first ever race.!!

1. Robbie Johnstone	Boy U8	Wharfdale	5.42
2. Mikey Thomas	Boy U8	Pennine	5.52
3. Harry Turnbull	Boy U8		5.54
4. Alice Rayson	Girl U8		5.56
5. Daniel Kay	Boy U8	Stockport	5.59
6. Matthew Warhurst	Boy U8	Pennine	6.02
7. Elliot Brownsword	Boy U8		6.10
6. Callum Gibbons	Boy U8	Pennine	6.12
9. Adam Johnson	Boy U8	Calder Valley	6.14
10. Sophie Rayson	Girl U8		6.15
11. Daniel Soles	Boy U8	Pennine	6.18
12. Beatrice Toman	Girl U8		6.25
13. Charlie Craig	Boy U8	Pennine	6.27
14. Ben Dean	Boy U8		6.33
15. Imogen Wright	Girl U8		6.36
16. Bronwen Jackson-Turner	Girl U8		6.37
17. Kiera Doyle	Girl U8		6.40
18. Oliver Ross	Boy U8		6.42
19. Ben Smith	Boy U8	Pennine	7.08
20. Rebekah Heath	Girl U8		7.11
21. Matthew Toman	Boy U8		7.12
22. Eliza Gutteridge	Girl U8	Pennine	7.13
23. Patchy Thomas	Boy U8	Pennine	7.14
24. Alice Dean	Girl U8		7.36
25. Nathan Gibbons	Boy U8	Pennine	7.49
26. Sarah Warhurst	Girl U8	Pennine	7.52
27. Nichlas Dow	Boy U8		8.05
28. Nat Manley	Boy U8		8.12
29. Dax Wright	Boy U8		8.15
30. Emma Briggs	Girl U8	Pennine	8.16
31. Jeremy Hamshaw	Boy U8		8.17
32. Callum Bell	Boy U8		8.18
33. Beth Pearson	Girl U8		8.28
34. Skye Seipp	Boy U8		8.48

Under 10

With the scene now set 22 under 10's went off like cans of pop, the lead constantly changed over the extended route through the hilly woods until Jack Carter came into the finish with the next three on his heels, with 6 seconds covering the first four. Rebacca Flanagan (Rossendale) won the girls with Issy Wharton (C.V.F.R.) close behind her, Sarah Jones (Spenborough) in 3rd place. The Senior runners marshalling, parents and spectators all really enjoyed these races.

1. Jack Carter	Boy U10		5.40
2. Ben James	Boy U10		5.42
3. Max Wainwright	Boy U10		5.44
4. Jack Robertson	Boy U10	KFR	5.46
5. Jack Crummett	Boy U10	Todmorden	5.51
6. Rebecca Flanagan	Girl U10	Rossendale	5.52
7. Issy Wharton	Girl U10	C.V.F.R.	6.01
8. Simon Fraser	Boy U10		6.14
9. Oliver Gutteridge	Boy U10	Pennine	6.15
10. Matthew Burt	Boy U10		6.15
11. Jack Heath	Boy U10		6.38
12. Eugene Rimmer	Boy U10		6.38
13. Sarah Jones	Girl U10	Spenborogh	6.53
14. Hanna Savill	Girl U10	D.P.F.R.	6.57
15. Lizzie Goodfellow	Girl U10	Dallam	6.58
16. Holly Crossfield	Girl U10	Halifax	6.59
17. Tessa Palmer	Girl U10	Glossop	7.05
18. Joseph Gutteridge	Boy U10	Pennine	7.14
19. Molly Holder	Girl U10	Keithley	7.46
20. Ellen Scottney	Girl U10	Pennine	7.50
21. Katie Don	Girl U10		8.19
22. H. Williams	Girl U10		8.38

The Under 10's race

Photos courtesy of Twenty Trees Photography

Under 12

31 competitors lined up in the main arena, with crowds lining the way out to the hills the race set off. A very competitive race with Kristian Edwards (Tamworth) taking the lead early and winning in 11.44. closely followed by James Knox (Helm Hill) and George Tighe (Matlock). First girl was Hannah Bethwaight (Ellenborough) with Sally Searson (Blackburn) 2nd and Alice Bowden (Stockport) 3rd.

1. Kristian Edwards	Male U12	Tamworth	11.44
2 James Knox	Male U12	Helm hill	11.53
3 George Tighe	Male U12	Matlock	12.03
4 James Hall	Male U12	Bingley	12.09
5 Ben Johnston	Male U12		12.37
6 Dale Sutton	Male U12	Dallam	12.37
7 Hannah Bethwaite	Female U12	Ellenborough	12.58
8 Sam Hambridge	Male U12	Nuneaton	13.40
9 Harry Modley	Male U12	Lancaster	13.41
10 Thomas Craig	Male U12	Pennine	14.06
11 Edward Selvey	Male U12	Chesterfield	14.17
12 Max Wharton	Male U12	Calder Valley	14.18
13 Sally Searson	Female U12	Blackburn	14.30
14 Robert Payne	Male U12	Hallamshire	15.02
15 Spencer Day	Male U12	Bridlington	15.14
16 James Edgerton	Male U12	Pennine	15.22
17 Benjamin Ingleson	Male U12	Keithley	15.23
18 Alice Bowden	Female U12	Stockport	15.31
19 Matthew Jones	Male U12	Spenborough	15.34
20 Georgina Spencer	Female U12	Rotherham	15.41
21 Charlotte Cox	Female U12	Keithley	15.45
22 B. Wilf Goodfellow	Male U12	Dallam	15.56
23 Alex Minshull	Male U12		16.30
24 Sam Butler	Male U12		16.47
25 Declan Doyal	Male U12	Pennine	17.54
26 Chelsey Holder	Female U12	Keithley	17.59
27 Sonia Moran	Female U12	Pennine	18.30
28 Eben Wright	Male U12		18.31
29 James Topliss	Male U12	Pennine	18.44
30 Eleanor Wainwright	Female U12		21.33
31 Emily Dow	Female U12		21.33

Under 14

18 runners in this category set off to do our standard junior course, this testing but runnable route of moorland heather, long climbs and fast tracks. Jamie Crompton (Horwich) blasted round in a new course record of 15.33 and won the race. With the second place tussle between Joe Johnston (Rossendale) and Tom Doyle (Helm Hill) neck and neck finishing in a dead heat across the line. (Also beating the previous record). Melanie Hyder (Helm Hill) won the womens race with Fiona Jordan (Ilkley) 2nd.

1 Jamie Crompton	Male U14	Horwich	15.33
2 Joe Johnston*	Male U14	Rossendale	15.48
2 Tom Doyle*	Male U14	Helm Hill	15.48
4 Sam Till	Male U14	Dallam	16.30
5 Ben Marriott	Male U14	Bingley	16.38
6 James Selvey	Male U14	Chesterfield	16.40
7 Flinn Watson	Male U14	Matlock	16.50
8 Rory Addisson	Male U14	Helm Hill	17.05
9 Dean Sutton	Male U14	Dallam	17.14
10 Melanie Hyder	Female U14	Helm Hill	17.30
11 Will Marshall	Male U14	Skipton	18.07
12 Richard Mahoney	Male U14	Tamworth	18.18
13 Daniel Adam Fairclough	Male U14	Horwich	19.06
14 Joseph Crossfield	Male U14	Halifax	19.30
15 Stewart Nichol	Male U14	Altrincham	19.47
16 Robin Good fellow	Male U14	Dallam	20.04
17 Fiona Jordan	Female U14	Ilkley	20.48
18 Thomas Saville	Male U14	D.P.F.R.	22.56

BY **MEL CRANMER**

Under 16

26 competitors for this race, featuring a second lap of the hill (testing) The spectators gallery along the farmers wall was full, and with Josh Moody (Matlock) setting the pace, and Joe Gratton (Hallamshire) chasing hard. Over the top for the first time and a real battle for second place women was taking shape. The order at the front stayed the same for the second lap with Josh winning in 22.35. Joe second and Alex Till (Helm Hill) third. First woman was Annika Jarman (Lancaster) second Rosie Stewart (Keswick) and April Stevenson (Horwich) 17 seconds behind her. Christa Burgess completed her first ever fell race.

1 Josh Moody	Male U16	Matlock	22.35
2 Joe Gratton	Male U16	Hallamshire	23.26
3 Alex Till	Male U16	Dallam	23.42
4 Ryan Gould	Male U16	East Cheshire	23.57
5 Thomas Sessford	Male U16	Keithley	24.15
6 Joe Kelly	Male U16	Rossendale	24.28
7 Jonathan Broadshaw	Male U16	Wharfdale	24.36
8 Jos Addisson	Male U16	Helm Hill	24.44
9 Adam King	Male U16		24.45
10 James Waldie	Male U16	Cornwall	24.50
11 Jordan Beard	Male U16	Rossendale	25.06
12 Ashley Kay	Male U16	Rossendale	25.20
13 Scott Thwaites	Male U16	Helm Hill	25.47
14 James Ellis	Male U16	West Cheshire	26.10
15 Annika Jarman	Female U16	Lancaster	26.15
16 Leo Harvey	Male U16		26.37
17 Jack Modley	Male U16	Lonsdale	27.16
18 Rosie Stewart	Female U16	Keswick	27.40
19 April Stevenson	Female U16	Horwich	27.57
20 Emma Flanagan	Female U16	Rossendale	28.32
..3221 Rachel Searson	Female U16	Blackburn	29.16
22 Christopher Rushworth	Male U16	Buxton	29.36
23 Andrew Harrison	Male U16	Preston	29.47
24 Jamie Brownson	Male U16		30.40
25 Amber Whewell	Female U16	Stockport	33.16
26 Christa Burgess	Female U16		42.25

Under 18

13 competitors lined up with the other 269 in the senior race. This was always going to be a quick one. First home in 5th overall was Tom Addison in 33.19. Fantastic. Rob Shaw (Keithley) second and Phil Bolton (Rossendale) third. Lucy Northington was first U18 woman, 84th overall with Diane Allen (Leigh) second 85th overall Leah Kay (Stockport) third.

1 Tom Addison	Male U18	Helm Hill	33.19
2 Rob Shaw	Male U18	Keighley	34.00
3 Phil Bolton	Male U18	Rossendale	36.58
4 Tom Priestley	Male U18	Stockport AC	38.39
3 Stuart Cameron	Male U18	Stockport AC	38.40
6 Lucy Northington	Female U18		41.44
7 Diane Allen	Female U18	Leigh Harriers	41.51
8 Grant Cunliffe	Male U18	Rossendale	42.01
9 Leah Kay	Female U18	Stockport AC	42.47
10 Claire Lilley	Female U18	Skipton AC	43.12
11 Holly Page	Female U18	Halifax Harriers	43.13
12 Sarah Kay	Female U18	Stockport AC	49.02
13 Alice Duncan	Female U18		55.26

Joe Gratton

Rosie Stewart

Photos courtesy of Twenty Trees Photography

Thanks to all the marshals, helpers and team, to George Scott www.mobdirect.co.uk for supplying the radios. Farmers and landowners and thank you the runners for coming to Hayfield making our thirtieth anniversary show and race a great success. All profits go to local charities.

Thanks, Mel Cranmer.

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Real British Heritage

BY **SHIRLEY WOOD**

English Junior Uphill Fell Championship

Back in 2005, Ilkley Harriers staged the inaugural junior Uphill Championships; last year it was on the Lancashire Hills; but this year it returned to Yorkshire and Ilkley Moor and was generously sponsored by Ronhill and Up & Running.

With severe weather warnings and flooding throughout Yorkshire leading up to race day, and similar reports of bad weather expected on the day, we actually wondered whether anyone would turn up at all. We needn't have worried as numbers exceeded our expectations and 125 juniors and 10 seniors raced over the new courses. 32 clubs were represented with two competitors coming from as far away as Cornwall. And to make it a perfect day for the competitors we had a window in the weather for all three races and spectators enjoyed some brilliant competitive racing.

The first race of the day saw 47 U8 and U10 runners being cheered all the way up the 500m (70m climb) to White Wells, where they enjoyed their reward of a mini chocolate bar and ice pop. There were probably as many parents and adults accompanying their children, which made it look like a colourful noisy carnival procession. The first boy and girl to the top were Phil Done of Keighley and Craven in 2.43 and Emma Clarke from Ludlow in 3.13. The photo shows Phil and Emma with their Ronhill prizes.

The first official championship race for the U12 and U14's was truly a test of sustained uphill running, with the course going via White Wells, Rocky Valley and up onto high moor, some 2.2km and 220m of climb. The 46 competitors made fairly light work of it all with the first to finish Jamie Crompton of Horwich in 12.12, being pushed hard all the way by Kristian Edwards from Tamworth who finished 2nd overall but first U12 in a time of 12.18. Melanie Hyder of Helm Hill finished in the top third of the field in 13.46 to take the girls U14 title and Shannon Johnson of Leigh Harriers the U12 title in 14.47.

The U16 and U18 course was not strictly uphill from start to finish. The course was identical to the previous race for the first 1.8 km, then competitors did an additional triangle which started with a lovely gradual 700m of downhill running before a nasty 200m steep ascent to pull back the climb lost before an undulating climb to the finish. The 3.8km (270m climb) course was won in style by Tom Addison of Helm Hill in 18.10 with Alex Till of Dallum the first U16 in 5th place overall in 19.40. For the girls Laura Park of Ellenborough was a top 10 finisher taking the U16 title with a time of 20.34 and Lucy Worthington won the U18 race in a time of 23.24. There were 42 competitors in this race.

Mini chocolate bars awaited all competitors in the championship races as they crossed the finish line and on returning to White Wells for the prizegiving they received their ice pop - reward for all the hard work !!

It was a shame that our window of good weather didn't extend to the prize-giving where it absolutely threw it down at one point, but it

Photo courtesy of Paul Wood

U16 Laura Park

U8 and U10 races

Photo courtesy of Paul Wood

didn't dampen anyone's enthusiasm with well over 70 juniors attending. In addition to the FRA medals and polka-dot shirts, complete Ronhill vest and shorts outfits were presented to every age category winner as well as spot prizes of socks, caps and reflective strips. Every child who attended the prize-giving was able to come up to the table to receive something - we firmly believe at Ilkley that a little bit of encouragement goes a long way. Many thanks to Ronhill for supporting junior fell running, to all the volunteer helpers who made it all possible and to all the competitors who made the event so worthwhile.

Christian Edwards U12 winner and Mel Hyder U14 winner

Photo courtesy of Dave Woodhead

U8 boys
1. Tom Murfin Settle 3.14
2. Sam Corbett Ilkley 3.20
3. Thomas Sumner U/A 3.24

U8 girls
1. Laura King Ilkley 3.41
2. Lucy Horrocks Wharfedale 3.55
3. Georgia Gray Keighley & Craven 4.01

U10 boys
1. Phil Done Keighley & Craven 2.43
2. Oliver Spencer Pendle 2.44
3. Thomas Taylor Kendal 2.53

U10 girls
1. Emma Clarke Ludlow 3.13
2. Molly Harris Ilkley 3.25
3. Georgina Bentley Ilkley 3.28

U12 boys
1. Kristian Edwards Tamworth AC 12.18
2. James Knox Helm Hill 12.47
3. George Tighe Matlock AC 13.12

U12 girls
1. Shannon Johnson Leigh Harriers 14.47
2. Sally Searson Blackburn Harriers 15.43
3. Georgina Spencer Rotherham Harriers 16.51

U14 boys
1. Jamie Crompton Horwich 12.12
2. Ben Marriott Bingley 12.37
3. Joe Johnston Rossendale 12.42

U14 girls
1. Melanie Hyder Helm Hill 13.46
2. Laura Riches Leigh Harriers 14.38
3. Beckie Taylor Blackburn Harriers 14.39

U16 boys
1. Alex Till Dallum 19.40
2. Alex Sinclair Skipton 20.04
3. Thomas Sessford Keighley & Craven 20.26

U16 girls
1. Laura Park Ellenborough 20.34
2. Annika Jarman Lancaster & Morecambe 22.18
3. Rachel Searson Blackburn Harriers 23.08

U18 boys
1. Tom Addison Helm Hill 18.10
2. Rob Shaw Keighley & Craven 18.37
3. James Mountain Skipton 20.22

U18 girls
1. Lucy Worthington U/A 23.24
2. Holly Page Halifax 25.15
3. Laura Johnston Rossendale 30.41

Phil & Emma (U10) with their Ronhill prizes

Photo courtesy of Tim Done

BY MADELEINE WATSON

Junior Championships

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Well done everyone who ran in the junior championship races this year. It was good to see so many of you taking part. Great to see the under 8s and u10s - they turned out in force. We had 71 U8s run at least one race and 73 u10s. Lots of talent there for the future.

Congratulations on winning to Kristian, Hannah, Jamie, Melanie & Laura R, Josh, Laura P, Tom and Anna. I gather Melanie and Laura have worked out how they're going to share the trophy!

Many thanks to Andy Smith, Duncan & Gill Stuart, David Bailey, Brett & Sue Weeden, Jon Broxap and Mel Cranmer for organising the races this year.

Without you we wouldn't have a championship!

The races for next year are:
Anniversary Wa!, Cumbria - Saturday 19th April
Shutlingsloe, Cheshire - Monday 26th May
Stacksteads, Lancashire - Sunday 8th June
Ingleborough, Yorkshire - Saturday 19th July
Bradbourne, Derbyshire - Monday 25th August
Simonside, Northumberland - Saturday 20th September

Hope to see lots of you there!

Madeleine

U12 GIRLS

Pos.	Forename	Surname	Club
1	Hannah	Bethwaite	Ellenborough
2	Shannon	Johnson	Leigh Harriers
3	Sally	Searson	Blackburn Harriers
4	Georgina	Spencer	Rotherham
5	Loren	Appleyard	Helm Hill
6	Charlotte	Cox	Keighley & Craven
7	Chelsey	Holder	Keighley & Craven
8	Megan	Stuart	Helm Hill
9	Indra	Davies	Retford
10	Alice	Bowden	Stockport
11	Tania	Wilson	Ellenborough
11	Emily	Wright	Telford
13	Sarah	Tatton	Telford
14	Amber	Manville	Helm Hill
14	Sonia	Moran	Pennine FR
16	Emily	Dow	Unattached
16	Samantha	Lawton	Tamworth
16	Nicole	Narey	Bingley
16	Eleanor	Wainwright	Unattached
20	Alice	Rae	CFR

U12 BOYS

Pos.	Forename	Surname	Club
1	Kristian	Edwards	Tamworth
2	James	Knox	Helm Hill
3	George	Tighe	Matlock
4	James	Hall	Bingley
5	Dale	Sutton	Dallam
6	Dan	Foy	Ellenborough
7	Billy	Edmondson	Ellenborough
8	Sam	Johnstone	Ellenborough
9	Ben	Johnstone	Wharfedale
10	Max	Wharton	Calder Valley
11	Philip	Done	Keighley & Craven
12	Robert	Payne	Unattached
13	Benjamin	Ingleson	Keighley & Craven
14	Sam	Handbridge	Unattached
15	Matthew	Jones	Spenborough
16	Danny	Walsh	Rossendale
17	Oliver	Watson	Leeds City
18	Luke	Tatton	Telford
19	Domonic	Gardener	Telford
19	James	Hodgson	Keswick

U14 BOYS

Pos.	Forename	Surname	Club
1	Jamie	Crompton	Horwich RMI
2	Tom	Doyle	Helm Hill
2	Joseph	Johnston	Rossendale
4	Ben	Marriott	Bingley
4	Sam	Till	Dallam
6	Paul	Richardson	Ellenborough
7	Flinn	Watson	Matlock
8	Rory	Addison	Helm Hill
9	Will	Marshall	Skipton
10	Dean	Sutton	Dallam
11	Lee	Tyler	Ellenborough
12	Richard	Mahoney	Tamworth
13	Adam	Bateson	Lancs & Morecambe
14	Daniel	Fairclough	Horwich RMI
14	Stuart	Nichol	Altrincham
16	Marc	Scott	Richmond & Zetland
17	William	Molyneux	Saddleworth
18	Joseph	Crossfield	Halifax
19	James	Selvey	Chesterfield
20	Ryan	Heath	Telford

U14 GIRLS

Pos.	Forename	Surname	Club
1	Melanie	Hyder	Dallam
1	Laura	Riches	Leigh Harriers
3	Rebecca	Taylor	Blackburn Harriers
4	Robin	Goodfellow	Dallam
5	Fiona	Jordan	Ilkley Harriers
6	Emma	Spencer	Pendle
7	Rosie	Hellawell	Keighley & Craven
8	Nicole	Havaland	Wirral
9	Chloe	Murphy	Telford
10	Katie	Voce	Horwich
11	Charlotte	Atkinson	Blackburn
11	Laura	Vallant	Keswick
13	Hannah	Kutny	Keighley & Craven
14	Amy	Fretwell	Settle
14	Holly	Hearle	Mercia
16	Charlotte	Strachan	Keswick

U16 BOYS

Pos.	Forename	Surname	Club
1	Josh	Moody	Matlock
2	Alex	Till	Dallam
3	Joe	Gratton	Hallamshire
4	Joseph	Kelly	Rossendale
4	Thomas	Sessford	Keighley & Craven
6	Ryan	Gould	East Cheshire
7	Jonathan	Bradshaw	Wharfedale
8	Jos	Addison	Helm Hill
9	James	Waldie	Cornwall AC
10	Scott	Thwaites	Helm Hill
11	Adam	King	Saddleworth
12	Harry	Croft	Skipton
13	Ben	Page	Halifax
14	Jordan	Beard	Rossendale
15	Sean	Egan	Wirral
15	Ashley	Kay	Rossendale
17	James	Ellis	West Cheshire
18	Niall	Gould	East Cheshire
19	Leo	Harvey	Altrincham
20	Matthew	Aleixo	CFR

U16 GIRLS

Pos.	Forename	Surname	Club
1	Laura	Park	Ellenborough
2	April	Stevenson	Horwich RMI
3	Rosie	Stuart	Keswick
4	Emma	Flanagan	Rossendale
4	Rachel	Searson	Blackburn Harriers
6	Hannah	Bateson	Lancs & Morecambe
7	Annika	Jarman	Lancs & Morecambe
8	Nichola	Jackson	Preston
9	Bethan	Faulkner	Horwich RMI
10	Jenny	Dybeck	Ilkley Harriers
11	Heather	Parker	Rossendale
12	Leah	Kay	Stockport
13	Roberta	Jenkinson	Skipton
14	Sarah	Kay	Stockport
15	Amber	Whewell	Stockport
16	Christa	Burgess	Unattached
16	Melanie	Taylor	Blackburn
18	Sarah	Wilson	Pendle

U18 BOYS

Pos.	Forename	Surname	Club
1	Tom	Addison	Helm Hill
2	Philip	Bolton	Rossendale
3	Grant	Cunliffe	Rossendale
4	Jonathan	Hare	Halifax
5	Tom	Priestley	Stockport
6	Liam	Taylor	Helm Hill
7	Rob	Shaw	Keighley & Craven
8	Jack	Thompson	Pendle
9	Lee	Amor	CFR
10	Stuart	Cameron	Stockport
10	Luke	Maude	Skipton
10	Callum	Maxwell	Wirral
13	Thomas	Portman	Wrekin
14	Jackson	Kelly	CFR

U18 GIRLS

Pos.	Forename	Surname	Club
1	Anna	Anderson	Pendle
2	Dionne	Allen	Leigh Harriers
3	Claire	Lilley	Skipton
3	Holly	Page	Halifax
5	Danielle	Allen	Leigh Harriers
5	Emily	Knox	Keswick
7	Holly	Ramsden	Bingley
8	Lucy	Worthington	Glossopdale
9	Alice	Duncan	Unattached
10	Alice	Lilley	Skipton

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Just answer these 3 questions and send your answers by email to Madeleine (**thewatsonsroundhay@yahoo.com**) along with your name and address by Friday 9th November.

1. **Who were the guest stars presenting the prizes at the junior presentation do at Horwich on 14th October? (you can always ask someone if you weren't there!)**
2. **Where was the first championship race held this year?**
3. **The Lantern Pike fell race is held as part of a country show. What is the name of that show?**

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