

The Fellrunner

SPRING 2007



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March

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- 10th Dent - Dentedale Run
- 11th Silecroft - Black Combe
- 11th Lancaster - Trimpell 20
- 24th Coniston - Coniston 14

April

- 7th Barley - Pendle
- 15th Lancaster - 3 Bridges 10K
- 21st Stair - Anniversary Waltz
- 22nd Chipping - Paddys Pole
- 28th Hawkshead - Hawkshead Trail
- 29th Horton In Ribblesdale - 3 Peaks

May

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- 6th Pas Yb Llan - Llangynhafal Loop
- 7th Wray - Wray Caton Moor
- 12th Rowardennan - Ben Lomond
- 13th Buttermere - Sailbeck
- 19th Ambleside - Fairfield Horseshoe
- 20th Ambleside - Windermere Marathon
- 26th Hutton Roof - Hutton Roof Crags Race
- 27th St Johns In The Vale - Helvellyn

June

- 2nd Seathwaite - Duddon
- 3rd Windermere - Garburn Trail
- 5th Braithwaite - Coledale Horseshoe
- 9th Ennerdale - Ennerdale Horseshoe
- 10th Grasmere - Grasmere Gallop
- 13th Tebay - Tebay Fell Race
- 16th Quernmore - Clougha Pike
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July

- 1st Keswick - Skiddaw
- 6,7,8th Saunders Mountain Marathon - TBA
- 14th Glen Clova - Angus Munro
- 15th Kentmere - Kentmere Horseshoe
- 21st Ingleton - Ingleborough
- 22nd Coniston - Coniston Country Fair
- 26th Ambleside - Rydal Round

August

- 3rd Lowther - Lowther Run
- 4th Rosthwaite - Borrowdale
- 18th Newbiggin On Lune - Weasdale Horseshoe
- 19th Sedbergh - Sedbergh Hills
- 26th Grasmere - Grasmere Sports

September

- 1st Fort William - Ben Nevis
- 1st Keswick - Derwentwater Trail
- 2nd Lancaster - Lancaster Half Marathon
- 9th Mountain Trial - Site TBA
- 15th Little Langdale - Three Shires
- 16th Rosthwaite - Dalehead

October

- 6th Coniston - Coniston Trail
- 6th Kettlewell - Great Whernside
- 6th Langdale - Langdale Horseshoe
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November

- 3rd Broughton Mills - Dunnerdale
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The Fellrunner

FEBRUARY 2007

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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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I will start with a huge THANK YOU to Dave Jones for producing such a great magazine for the last six years, as well as for the help he has offered in the hand over of the magazine. The standard he has set of course makes my job that much harder – he will be a tough act to follow!

While we are at the 'Thank You's, there's a huge list of people who I'm most grateful to for their encouragement and help! I have found fell runners to be some of the most generous people I have ever come across – not in the monetary sense of the word of course – and the production of this issue of *The Fellrunner* has done nothing to dispel this view. I won't attempt to name them all - but special thanks go to Chris Knox, Brett & Susan Weeden, Allan Greenwood, Dave Woodhead and Ben Abdelnoor.

A few days ago this magazine was threatening to fill 140 odd pages, so if I have left out an article or if you find the font is a little on the small side, I apologise sincerely, but something had to be done!

This is your magazine, so please let me know if there is anything you'd really like to change or see added to it's content. As a recent debate in the pub after a club run revealed – it will be impossible to please everyone – but suggestions and ideas are always welcome!

Hopefully there will be something in this issue for everyone – politics, profiles on athletes, race reports, training advice, results and much, much more.

One item in the magazine which I feel needs a little bit of explanation is the British Heart Foundation's (BHF) advert for the Three Peaks Challenge. My initial reaction was not to run it. A debate with committee members and the charity convinced me otherwise. I have been assured that the BHF operates as a very responsible event organiser and has been running the event with the full support and permission of all the National Park authorities for over ten years. BHF are at pains to follow and respect the National Park's procedures and guidelines and issue everyone who takes part with environmental/country code information as well as their own BHF codes of conduct expectations. They also support various environmental projects with donations and through their marshals who usually come from such bodies. So who am I to say that they cannot promote this challenge to fellrunners?

I always love to read of the funny, exciting or plain crazy feats that fellrunners get up to. Personally, this winter's highlight has been a torch-lit excursion over Striding Edge in about 4 inches of fresh powder, but time and space have run out, so I never got around to writing the planned article on the adventures of the Ambleside night running crew. Soon it'll be spring and the fading light of head torches, dark, wind blown summits, snowy ridges and ice axes will be a distant memory. The weather seems to finally have turned a corner (I'm writing this on the first clear frosty winter's day!) and I hope you all have some great days out on the fells and a good start to the season if you are racing. Don't forget to write about your exploits and send in the articles.

Britta Sendlhofer



Chairman's Chat

I would like to wish all our members all the very best for 2007 and I hope that you all have a good year's running on the fells.

There have been a number of changes to the committee following the AGM both with regard to personnel and also the positions that they fill. Madeleine has replaced me as treasurer and I in turn have replaced Alan Barlow as chairman, who is now the UKA Competition Management Group chairman. I welcome the new committee members of Mark Hobson (statistician), Britta Sendlhofer (magazine editor) and Rod Sutcliffe (membership representative). I would also like to express my thanks to two members who have resigned for all the work they done, Alan, who has spent nine years on the committee including the last six as chairman and to Dave Jones, who has been on the committee an incredible 19 years with his last two posts being fixtures secretary and magazine editor.

The AGM had quite a lively debate in the general discussion section on whether we should secede from UKA. I will not go into this further as it is mentioned elsewhere in the magazine in detail. All that I will say is that I am disappointed that an ex committee member saw fit to circulate race organisers and clubs on the subject with the facts being reported in a distorted way, especially when he was well aware of the majority of the facts.

The annual dinner and presentation held after the AGM at the Castle Green was again a very successful event and our thanks go to Pete Bland for organising it again. It was a pity that Pete was unable to attend following a knee operation. Congratulations to all the winners, some of whom won multiple age categories.

The membership continues to grow, which, whilst it is good for us as an organisation and the sport, is at some races causing environmental problems through high the number of runners entering.

I look forward to competing more in 2007 than I have in recent years, as this will enable me to meet more of our members and obtain their views more directly.

Tony Varley

The Fellrunner

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 May 10, 2007.

Please try to submit articles as early as possible though – a week (a month!?) before the deadline is much better than a week after! Exceptions can be made for articles that deal with matters occurring close to or after this deadline, but please don't rely on me accepting new content three days before we go to print.

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RESULTS AND RACE REPORTS

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COVER PHOTO Runners climbing Mearley Moor in a rare spell of sunshine during the Tour of Pendle. Photo courtesy of Pete Hartley

by Alan Brentnall

As there has been so much said about UKA, insurance, rule changes, splits and differences, I thought it would be useful to give you my view on the matter.

The problem first manifested itself last year when a draft rule change regarding Endurance Event Officials, was circulated from UK Athletics Technical Subcommittee to the PST. Our Chairman at that time, Alan Barlow, consulted with the FRA Committee and expressed our concerns about the imposition of qualified officials without any consultation, proper reasoning or current infrastructure, and he suggested, in no uncertain terms, that fell running should NOT be included in the list of disciplines affected by this rule change. Unfortunately the advice was not heeded, and Appendix E appeared with these rules in their original state in the 2006 rule book last April.

Subsequently, a meeting between the FRA, David Moorcroft (then Chief Exec, UKA) and Spencer Barden (Head of Endurance, UKA) was organised and, at this meeting, it was immediately apparent that these two senior management figures were totally unaware of the rule change – but they appreciated the effects that the rule change would have on our sport, and seemed anxious to make amends.

So, following this meeting, there were various discussions via email, and these ultimately gave rise to a set of three emails from Bryan Smith (Director, UKA) which between them stated that this rule did NOT apply to fell running. However, because we did not have a single authoritative document clearly spelling out the waiver, the September meeting of the FRA Committee insisted that clarification was sought.

Unfortunately, when Bryan Smith received this request for clarification, he asked for advice on the matter and was informed that all fell running events would indeed need at least one qualified official, and that this was at the insistence of the insurers.

It later turned out that each of these statements was, in fact, incorrect, but, at the time we were unaware that Smith had been misinformed - although some of us believed that the intervention of the insurers in this way would be very unlikely as it would expose them to a financial liability which is entirely avoidable.

None-the-less, despite our concerns, we had to address the problem somehow. We didn't want to lose races in 2007 because of lack of officials – but neither we did we like the idea of "automatic qualification", as we considered that this would probably turn out to be meaningless if ever a case involving such an official were brought to court.

We did seriously discuss disaffiliation from the UKA, and managed to obtain two alternative insurance quotations which were easily affordable and which would

give identical cover to that provided by the current UKA insurance. We even devised a scheme whereby we could use our own insurance and rules, but still cooperate with UKA, providing the same services which we currently provide at a UK level, for instance Championships, Relays and International Selection etc.

However, at an emergency meeting at *The Tickled Trout* in Preston in early October, the FRA Committee could not agree completely to the deal because the majority felt that there were still issues which needed investigation, and, when pushed to make a decision there and then, it opted to stay in the UKA fold – causing the resignation of both Dave Jones (Magazine Editor) and Margaret Chippendale (Fixtures Secretary). I did actually consider resigning myself, but I thought that it would be far better to stay and fight.

Two other things came out of the Preston meeting. We decided to create a new subcommittee which would seek to identify future options for the FRA, looking into all relevant aspects. I also wrote a letter to David Moorcroft deploring the current method of changing rules, and highlighting the difficulties created by the new ruling, and the feelings of the FRA Committee.

This letter ultimately gave rise to a meeting on November 8, 2006, where we talked to both UKA and, more importantly, to their insurers.

After a thorough discussion, we confirmed that:-

- The insurers had nothing to do with the demands for qualified officials.
- There was no reasoned requirement for qualified officials.
- Liability insurance is dependent upon the race organiser being a member of a body affiliated to UKA.
- Liability insurance applies to any helpers under the direction of the race organiser, regardless of whether they are qualified or not.
- Failure to follow best practice does not invalidate insurance, but creates a situation where a negligence case might be brought. The insurance covers the cost of the legal defence for that claim, should it arise.
- BUT best practice should always be followed, as excessive insurance payouts will only lead to higher premiums etc.
- FRA Safety Rules are accepted as best practice by UKA.
- Appendix E would NOT apply to fell running until 2008, by which time it will have been rewritten with input from the FRA.

One thing the eagle-eyed Calendar readers amongst you will have noticed is that breaches of the 2007 FRA Safety Rules and Rules for Competition could cause loss of membership or permit, rather than (as was the case in 2006 and before)

loss of insurance cover. This is a direct recommendation from the insurers, who point out that the FRA do not provide insurance cover, and cannot, therefore, withdraw it, and, more to the point, the insurance is in place to specifically cover such acts of negligence.

On behalf of the FRA I would like to apologise for any misunderstandings which have been caused by the original wording. I assure you that we believed it to be an accurate statement at the time when it was originally used.

I would like to stress that all the work and effort which has gone into managing this problem has been very expensive in terms of FRA Committee members' time and effort and, more importantly, feelings.

Personally, I run for a fell-running-only club, and I do not always see the relevance of UKA's management methods. However, as a committee, we need to cater for ALL our members, and there are many who compete in other athletics disciplines, who run internationally or who have children who also love to run on the hills. These are all issues which need to be catered for in any future fell running management model, and the subcommittee which is looking into the FRA's future options will keep this in view as it carries on gathering information.

I would also like to add that there have been statements made in public about this subcommittee which have been ignorant in every sense of the word, and I feel strongly that the people on this subcommittee should be supported and not publicly abused in this way. After all, they are giving up their own valuable time freely in order to do their best to ensure that we deal with this and any future situations in a way which is based upon solid information, and not just gut feelings.

As for meetings, there have been two meetings since the last issue of *The Fellrunner*, and here are some brief notes. Further information can be obtained by contacting me direct - although the full minutes and notes for the AGM are available on the FRA Website www.fellrunner.org.uk.

FRA AGM – KENDAL, Saturday 18 November 2006

Although not quite as well attended as last year's AGM, we still had over 60 people in attendance - of whom all but one were members. For the first time (to my knowledge) voting was done using ballots - and a very lively and interactive meeting it was too.

The first motion before the AGM sought to introduce a different category of race to cater for distance limits for junior-senior pairs taking part in Mountain Marathon type events. While we still need to be responsible for the welfare of our junior runners, we also need to be realistic about the nature of some of these events, and we need

to encourage juniors to take part in a safe way. The motion was carried by 55 votes to 2 with 3 abstentions.

The second motion was to abolish the little-used facility of postal voting from our constitution. Despite the fact that it has been used to register only four single votes in the last ten years, the abolition of the facility caused some quite heated discussion and the motion was defeated by 47 votes to 9 with 3 abstentions (and one spoilt vote). As there was a definite feeling in the debate that the way that postal voting is presented constitutionally is not very useful, it is now up to the FRA Committee to decide what to do with this issue in the future, and I have it earmarked as a future agenda item.

The final motion asked the FRA to ask UKA to change the British Championship rules by introducing specific veteran team awards, and by having 5 year veteran categories. Neither the proposer nor anybody from his club (on whose behalf he was proposing) was present at the meeting to speak for the motion, and the meeting, therefore elected to withdraw the motion from business. It was pointed out that this need not have been raised as a general meeting motion and could have been sent as a recommendation direct. The meeting none-the-less discussed each part of the motion, and agreed (by show of hands) that it would favour all the changes suggested except the introduction of a V50M relay team. The officer from UKA responsible for dealing with such issues was present at the meeting and took note of this.

Alan Barlow did not stand as Chair, having done the job splendidly for six years; Dave Jones did not stand as Magazine Editor, having filled this and other committee roles for a staggering 19 years. We thank both Alan and Dave for all their service to the FRA and to our sport.

Tony Varley was elected Chairman, Madeleine Watson was elected Treasurer, Britta Sendlhofer

was elected Magazine Editor and Mark Hobson was elected Statistician. Otherwise the Committee Officer posts were filled by the same people who occupied the positions in 2005/2006. Club representatives are Sue Becconsall (she is also Welfare Officer), Graham Breeze, Paul Sanderson and Andy Schofield. Member Representatives are Neil Goldsmith, Sheila Lloyd, Ross Powell and Rod Sutcliffe.

As usual, there was an open discussion on fell running matters after the formal business was complete. This year, the only topic under discussion was the relationship between FRA and UKA. As stated under Secretary's Report above, Keith Burns had sent a motion, which was seconded by Andy Schofield, to the Chairman and Secretary on Thursday 17 November 2006. Although this was too late to be accepted as a formal motion, it did form a basis for discussion.

The original proposal was:- **That the Fell Runners Association secede from UK Athletics governance as soon as possible consistent with maintaining continuity of management of FRA affairs, but in any event, before Feb 1st 2007, and that FRA should independently manage fell racing on behalf of its members.**

After a lengthy and animated debate, a show of hands indicated that the overwhelming majority of those present were in favour of Keith's proposal. However, as the whole membership of the FRA had not been informed of the intention to debate this matter, it would have been unconstitutional for the meeting to decide any action. It was generally agreed, therefore, that it would be a good idea if the facts and options were to be distributed to the whole membership, together with a referendum regarding the future of the UKA-FRA relationship, and the Chairman stated that he would be prepared to have a postal vote on the issue, in the hope that we would then have maximum response.

COMMITTEE MEETING - Ilkley, Saturday 16 December, 2006.

As is usual at the first meeting of the year, the composition of the four standard subcommittees (Championships, International Selection, Disciplinary and Finance) was decided.

There was a useful and constructive discussion about the work of the Future Options subcommittee, the AGM discussion on the relationship between the FRA and UKA and the best ways to inform and solicit the views of the membership on this complex topic.

Although Madeleine is still fulfilling the role, the FRA still requires a Junior Coordinator. Madeleine has successfully redefined the role so that it is more delegatory and organisational - and she has many willing helpers. If you feel you could help with this, or indeed fill the position - please do not hesitate to get in touch.

The meeting discussed the future and format of the Fellrunner magazine. We have a new editor in Britta, and, with the benefit of her knowledge of magazine production outside fell running, she is in a good position to take the magazine forward, and build upon the successful editorship of Dave Jones.

On the Veteran front, the committee agreed that, for the English Championship, ages should be as they are on the day of the race, and that we should continue to allow runners to take awards in multiple categories.

The meeting noted the successful Coaching Course (Levels 3 and 4) which had been put on at the very same venue the previous month. Largely funded by UK Athletics, this course was open to all and attended by people from all parts of the country.

We agreed to accept an offer by AAA to provide funding for English Championship medals. Although the option of AAA medals was offered, you will be pleased to note that the committee chose to stick with the familiar FRA design.

Junior Coordinator

The October 2006 *Fellrunner Magazine* (page 97) reported that Madeleine Watson, then FRA Statistician, had also agreed to take over the vacant role of Junior Coordinator. However since then Madeleine has succeeded me as FRA Treasurer, the position I vacated when I became Chairman at the last AGM.

The post of Co-coordinator is therefore vacant, although Madeleine has agreed to carry on in a temporary capacity until a new person takes over. Fell running will only continue to

prosper as a sport if we encourage junior runners to take up and enjoy the sport through, for example, the junior championship. The FRA Committee has therefore always allowed the Co-ordinator a lot of freedom to do the job as they wish and provided them with the money they need.

With the help of race organisers, Madeleine has already done much of the work for 2007 and so anyone interested in taking up the role would have a very gentle introduction, with Madeleine on hand in support.

The role of Coordinator has changed

recently and it is now one member of a team. So Jim Godwin looks after the statistics, the 2006 Presentation Event was organised by Ian Smith and Madeleine is well on the way to finding lots more people each to do a small role to make up the team.

The post of Co-ordinator is not only vital for the future of fell running but is very enjoyable and rewarding. So if you have any interest in helping out in this aspect of fell running then please have a word with Madeleine (0113 269 2526) or me (01204 669570).

Tony Varley (FRA Chairman)

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UKA News

For those of you who have not seen the FRA accounts I have appended a copy of the Competition Management Accounts in the interests of openness. Sadly one of the items needs some explanation. The amount of £950 was paid to the former chairman Robin Morris in error and we have been struggling to obtain reimbursement. For some reason best known to himself he has refunded £900 to UK Athletics who have promised to repatriate it to be held with the other monies but as I write this the funds are still awaited. The other £50 I understand he has withheld as he advises this is owed in expenses but so far has failed to submit an expenses claim as is usual in such instances. So Robin please send in an expense claim to UKA so the funds can be used for the benefit of running on mountains rather than in the general coffers of UKA.

We have secured £1000 which has been paid towards the costs of the 2006 British Junior Champs held so well in Northern Ireland and a similar sum is to be made available to Wales who are in course of organising the 2007 event.

I have made several requests for suggestions in how the Competition Management Group can improve competition in the UK and still await any response so please get your thinking caps on and get in touch.

Pleased to see that the first coaching course was held at Ilkley in November 2006 and was well attended by coaches throughout Britain. I am sure all who attended will benefit greatly and hopefully so will the sport for the improved expertise. Thanks to all the organisers who gave their time and to UKA for their support, which I understand was in the region of £5000.

Finally I have appended a list of proposed rule changes which would come into effect with the 2008 rule book. Whilst this seems a long way away the process is rather long winded so any proposed changes need to be with me by early March at the latest to have any chance of making it into the new rule book.

Hope to see many of you at events in 2007.

Alan Barlow
Chairman

Competition Management Group

PST ACCOUNT		
1-Aug-04	Opening balance	2,180
8-Nov-04	Refund FRA relay loan	500
19-Nov-04	FRA dinner tickets	(184)
24-May-05	Sponsorship	1,200
19-Nov-05	FRA dinner tickets	(184)
8-Jun-06	Sponsorship	1,200
12-Jun-06	Prize money for trial race	(750)
16-Jun-06	Money paid to R Morris	(950)
31-Jul-06	Closing balance	3,012

Proposed UKA Rule Changes

APPENDIX E Endurance Event Officials

Testing and Grading of Technical Officials

1.4.3 Fell & Hill Running. This section does not apply to Fell & Hill Officials and the appropriate section of the Fell & Hill PST's Safety Requirements referred to in rule 405 will be observed in its stead.

6a. Rule410 Age Limits currently reads:-

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

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

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

- Under 8 - ½ mile (1k)
- Under 10 - 1 mile (2k)
- Under 12 - 2 miles (3k)
- Under 14 - 3 miles (5k)
- Under 16 - 4 miles (6k)
- Under 18 - 6 miles (10k)

amend this to read (changes underlined):-

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

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

The minimum age for competition is six years

- Under 8 - ½ mile (1k)
- Under 10 - 1 mile (2k)
- Under 12 - 2 miles (3k)
- Under 14 - 3 miles (5k)
- Under 16 - 4 miles (6k)
- Under 18 - 6 miles (10k)

For paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or guardian of the junior runner. The minimum age for the junior runner is 14, and the following straight line distance limits must apply for each day of the event.
Under 16 - 12 miles (20k)



Did you know???

... that funding is available from England Athletics to members of the FRA to support them in developing performance and junior initiatives? England Athletics is keen to provide financial support to fell running within the regions. Examples of the type of funding available from England Athletics include grants to attend coaching courses and funding for initiatives which aim to increase participation in fell running by juniors and develop our future champions. If you are organising an event which aims to support these initiatives or are looking to obtain funding to attend a coaching course and would like to obtain funding from England Athletics and are a member of a club affiliated to England Athletics, please contact your Local Athletics Development Group (the secretary of your club should be able to advise you of their contact details), alternatively contact either your local regional manager who will be able to provide advice and information as to what funding is available within your region and how to obtain it; or Alan Barlow, the Chairman of the UK A Competition Management Group.

Contact details for the North West, North East and Yorkshire & Humberside regional managers are listed below:

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England Athletics (North East Region)
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Yorkshire & Humberside

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Eddie Leal

It is with regret that I must report the death of my father, Eddie Leal. He was 84 years old. I shall refer to him as Eddie since this is how everybody knew him.

Eddie was one of the founder members of the Fell Runners Association – membership number 02 (Gerry Charnley was number 01, I believe).

He had been a runner all his life, mainly on the road and cross-country. He was a member of Ryde Harriers on the Isle of Wight and had been I. O. W. Cross Country Champion seven times during a period stretching from 1948 into the 1970's. He also represented Hampshire at Road Running and achieved 1hr 57mins at the Inter Counties '20', run, I think at Finchley.

Eddie moved to Yorkshire in the 1960's and discovered Fell Running. He particularly loved the long, hard, arduous races. He ran the Mountain Trial, Wasdale and especially enjoyed the Ennerdale, a race in which he won the over 50's trophy on three consecutive occasions. He also loved the Ben Nevis Race and ran it many times, the last time when he was 71yrs old.

During the 1960's there was no official calendar or fixture list for fell races and getting accurate information as to when and where they took place was difficult. There were a number of preliminary meetings at Barley and Chapel Stile and finally, on 4th April 1970 the Fell Runners Association was founded, (this at Whitehough School following the Pendle race). Eddie was elected Honorary Secretary. The list of officers and committee elected at that meeting reads like a veritable "Who's Who"

of Fell Running luminaries. (It can be found in full in Bill Smith's excellent book "Stud Marks on the Summits"). I can personally vouch for the long hours of hard work which went into the organisation in those early days. This, of course, set the scene for an organisation which grew in size and influence far beyond the dreams of those early protagonists. He remained secretary until 1973, by which time he had moved back to the Isle of Wight.

He inaugurated many races on the island, including the Marathon – one of the toughest in the UK. The last major event he master-minded (and did most of the hard work for) was the Isle of Wight Fell Race Series. Three races over two days; an 'A' short; 'B' medium and a 'C' long. He was particularly proud of and pleased with those races. Many FRA members will know, having run in them, that the 'namby-pamby south' can produce some interesting hill routes.

Eddie's enthusiasm for fell running led to many forays north with teams from the island and indeed Ryde Harriers won the Southern Counties trophy at the Ben Nevis race on several occasions. He encouraged my brother Andy and I (both erstwhile road, track and cross-country runners) to take to the fells and whilst we have collected a few trophies between us, the greatest pleasure we found, as he did, was just being there, competing. The "Majesty of the Mountains" he called it. He will be missed.

Clive Leal. Haverthwaite, Cumbria.



Eddie Leal at 70, competing in the Ben Nevis Race, 1992

"The name of Eddie Leal is writ large in the annals of the FRA and we offer our deepest sympathies to Eddie's family." BILL SMITH

Tony Ball

1930-2006

A Tribute

Tony Ball of Clayton-le-Moors Harriers passed away in his sleep on November 3rd.

A resident of Aintree in Liverpool, he had worked as a loading bay foreman for a leading firm of printers. He began entering local road races in 1973 and joined Liverpool Pembroke AC, completing twenty marathons along with shorter events. Two years later he became interested in fell racing and soon transferred to Clayton Harriers, while remaining based in Liverpool.

Although he did compete in some Lakeland events, notably the Kentmere Horseshoe on one of the occasions the course was snowbound, most of his racing took place on the Pennines, mainly in short and medium events, but also including the old Three Towers Race, twenty miles over the East Lancashire moors. However, he will probably be best remembered for completing 27 consecutive Snowdon Races, including last year's event at the age of 76, and his ashes are to be scattered on Snowdon's summit.

Tony won many veteran prizes in all the age categories and did numerous runs for charity, including Snowdon, which he ran the last two years for a Breast Cancer charity after his wife Lil became afflicted with the disease. Lil had at one time competed in local road races, her training supervised by Tony, and more recently he had coached his granddaughter Janine to run in some road races.

Tony and Lil did a lot of fell and country walking together and Tony often led walks for a local rambling group. He was also a keen cyclist and in his later years used his cycling to maintain fitness for fell racing. Their sons, David and Tony junior, have both been keen non-League footballers, with the latter once having had a trial for Liverpool FC. They have both run in the Snowdon Race, while David has competed in such events as Wray Caton Moor, Harrock Hill and the old Clitheroe Fell Race.

We extend our deepest sympathies to Lil and her family.



Tony Ball and son David at Wray Country Fair. (Photograph courtesy of Lil Ball.)

Report from Future Options Sub-committee

As you are probably aware, at the 2006 AGM the open session was completely dedicated to discussing the relationship between the FRA and UK Athletics, and the desirability of distancing the two organisations, apparently the preferred option of the overwhelming majority of those present. The reason for this fervour was the fact that UK Athletics had changed rules which directly affected the way we operate our races, and many believed that these changes rendered invalid the liability insurance of almost all the FRA races taking place in 2006. At a meeting in November, it was confirmed by both UK Athletics and their insurance brokers that this latter worry was never a possibility, but this wasn't the first time that fell running has suffered from the fall-out from a UK Athletics decision, and there was a feeling at the AGM that something needed to be done to protect fell running against outside interference, intentional or otherwise.

You may also be aware that, for exactly the same reason, the FRA Executive Committee held an emergency meeting in Preston on October 5th, prior to the AGM, to discuss and decide upon secession from UK Athletics, and that, after virtually coming to an agreement to secede, the meeting could not agree on the specific details of the way forward, and ultimately decided (after a vote) to stay put for the time being. But, in preparation for the next tsunami from Solihull, it was agreed that the committee should get itself fully up-to-speed with all the future options available, and in order to acquire this information it set up a subcommittee with a mandate to report back no later than March 2007.

So, what's this subcommittee up to, and how is it getting on?

Clearly the FRA is capable of running fell running as a sport in England. Despite any connections it has had in the past with AAA, BAF, UK Athletics etc, it has been doing this job perfectly well for years with very little assistance from other organisations. It draws up and polices its own rules, it registers races, it runs championships, it promotes a safe and environmentally-aware sport and it does its level best to maintain the free spirit which is at the heart of fell running, and which attracted most of its members in the first place.

What the subcommittee needs to find out is whether the FRA can carry on doing all this without its close links to UK Athletics, or, to put it another way, what exactly would the sport lose by the FRA's secession.

What the subcommittee also needs to find out is whether the problems in the past (nearly all communications problems) are insurmountable if the FRA was to stay in the UK Athletics fold – and also how any necessary communication might be

achieved if the FRA went totally independent.

The most obvious financial benefit is obtained from UK Athletics in the provision of free public liability insurance for FRA race organisers – and yet it is this very benefit which has caused so many problems. After all, what UK Athletics giveth, it can also taketh away – as it did, without warning, or good reason, for many races in 2004. Surely, some argue, it would be safer for the sport if the FRA provided its own insurance, as it used to. Here the questions which need to be answered by the subcommittee are: a) is such insurance available? b) can we afford it? c) can we do this and stay affiliated to UKA? d) if not, what degree of separation would be necessary for this insurance to work?

The second financial benefit comes in the form of grants for development, and much, but not all, of this affects Junior fell running and Junior development. What the subcommittee needs to find out is whether this funding would still be available if we were not directly accountable to UK Athletics, and, if it isn't, are there alternative sources we could use.

The third benefit isn't exclusively financial – it involves international competition. Whether it concerns events which we put on ourselves, such as the World Masters at Keswick in 2005, events where we compete as a UK team or events where we compete as a team representing England, these events are international athletic events, and, as such, are governed by IAAF who only recognise the national athletic governing body – i.e. England Athletics for English matters, UK Athletics for UK matters. So, while the FRA has an enormous input into these things in terms of selection, administration and organisation, it does this work on behalf of the relevant national body. The subcommittee needs to find out what (if anything) UK Athletics or England Athletics would want to do about these issues if the FRA were disaffiliated; whether they would be likely to accept our services in these circumstances.

The subject of clubs was an issue which was one of the sticky problems at the Preston Emergency Meeting. In the pre-BAF days, clubs affiliated directly to the FRA. Now they affiliate to the appropriate UK Athletics regional body and simply tick a box to say whether they do any fell running. The newly evolving athletics superstructure started out by largely ignoring the powerhouse of free and enthusiastic energy which clubs provide, and much has been made of this by ABAC in their broadsides aimed at UK Athletics management. The subcommittee needs to make an assessment of this situation, in order that the main committee might decide how they would best deal with clubs in the future.

I have mentioned Junior issues above in regard to development, but we also have a duty to look

after the welfare of our young runners. UK Athletics has a well established set of rules and procedures relating to the welfare of young and other vulnerable athletes. The FRA will need to consider whether or not disaffiliation will impact on our ability to be able to link into this support structure, and, in the event that it cannot, whether it would be able to create its own processes.

There are also many issues of communication which need addressing – not least how this should be achieved in future. Not only communication between the FRA and UK Athletics, or England Athletics, but also communication with other disciplines – even with other non-Athletic sports.

On the subject of communication, it should be remembered that the UKA Mountain Running PST (made up exclusively of fellrunners, I might add) was in fact notified of the rule-change which triggered the sequence of events which led us to where we are – but the only response to the rule-change came from the FRA Chairman, Alan Barlow, and not from the PST itself. Hopefully the new situation (whereby the old PST has been replaced, the FRA are guaranteed to be kept in the loop regarding rule changes, and fell running is well represented with two voices at the Endurance Forum which also examines rule changes) will be an improvement.

So these are the tasks, the questions to which the subcommittee is seeking answers. There are other issues, and they are not getting ignored, but we believe that these are the important topics.

How is the subcommittee progressing? Well, we're steadily amassing information which I am sure the membership will find useful when they are called upon to take part in the decision-making process. There are pros and cons to both sides of the argument and, regardless of my own views on the situation, I believe that it is only right and proper that everybody should be fully aware of everything – we don't want to be doing this again some time in the future!

There have been a few attempts to force the subcommittee to take an early stance, and to make a recommendation based upon what it has discovered so far, but this would be wrong – the point of the exercise is to determine the full facts. Besides which, the job of the subcommittee is to present its facts to the main committee so that the recommendation can be made by the full elected body. Then, as the Chairman indicated at the AGM, the recommendation and the facts will be made available to the full membership who will be able to indicate their democratic preferences.

Hopefully, in this article, we have laid out the problem before you. If you feel that you can help, or that you have useful information to contribute, please do not hesitate to contact any of us.

The FRA and UK Athletics – Why it matters!!

Most fellrunners really don't give a damn about UK Athletics, Sport England, England Athletics, NoEAA or any of their various Committees, sub-Committees or anything else. All they want to do is get out on the fells, go to races and perhaps have a crack at the English/British Championship. That is a perfectly healthy attitude to have **BUT**, if it had been left to UK Athletics, we wouldn't have had a Calendar of races for either 2005 or 2007. On both occasions and without any consultation or prior warning they altered the conditions governing either race insurance or the qualifications of race officials in such a way as to make it impossible for races to be registered without falling foul of their conditions. In other words, their actions would have effectively wrecked the competitive side of fellrunning for two years out of the last three. That's why it matters and why I think that it is well past the time when the FRA needs, for the sake of the sport, to leave the interference of UK Athletics behind and run our sport ourselves for the sole benefit of fellrunners.

Had it not been for some frantic, last-minute scabbling negotiations and dubious compromises then the appalling situation depicted above would have come to pass but why it should be necessary for the FRA to be placed in this demeaning position time and time again and be left with far from satisfactory solutions just waiting for the next UK Athletics cock-up is beyond me. I suspect it is also beyond a lot of other FRA Members.

I resigned from the FRA Committee in November because, for the first time in over nineteen years, I was convinced that the FRA Committee was not acting as the Members would wish it to act, nor in the best interests of fellrunning. I don't seem to be alone in this – at the AGM a Motion was put forward for the FRA to secede from UK Athletics and hence return the management of fellrunning to fellrunners. The Chairman refused to let the Motion go forward as it had missed the deadline for submission but he agreed that the issue should be discussed at the end of the meeting. This discussion was quite lengthy and detailed and at its conclusion a vote was taken of all the members present at the AGM to see how people felt – this vote was **"overwhelmingly"** (quoted from the AGM Minutes) in favour of seceding from UK Athletics.

The response to this obvious mandate I would have thought ought to be to immediately ballot the membership and then act according to the result. However, all that has happened is that the sub-Committee formed after the October Committee meeting has been asked to continue looking at the issue yet again!! This sub-Committee has indicated that it probably won't be able to come to any conclusions before the end of March and the next scheduled FRA Committee meeting when the findings can be discussed is in the middle of April, so it may well be that nothing will be

done before the June "Fellrunner" is published and therefore the whole sorry mess will just roll on and on to the next AGM without any resolution. This is what I suspect some present members of the FRA Committee would prefer, although in fairness Tony Varley, as the new Chairman did say that a postal ballot of all members would be held when the sub-committee reported back but that could be an awful long time away.

I really don't want to re-iterate all the dreadful things that UK Athletics have done over the last few years, although I have kept a record of them all. Apart from admitting that our sport is a "low priority" in their concerns they have consistently failed to communicate with us. They have made decisions affecting the sport without consultation. They have given us misleading statements and they have generally proved that they neither care about fellrunning nor are competent to manage it. Despite their many protestations that the relationship would improve it has actually got worse. Why the FRA Committee insists on remaining attached to their coat-tails is a very disturbing mystery. At the AGM a question was asked, following the torrent of criticism of UKA, which sought to find out what the advantages of remaining with them might be – apart from Tony Varley mentioning free race insurance, the usefulness of which has been proven twice already to be extremely suspect, and some financial assistance for the England International Team there was no response from anyone, which is hardly a ringing endorsement!!

I fear very much that this issue, which does affect the structure of our sport in so many ways, may well be swept under the carpet and so I would like to requisition an Extraordinary General Meeting to discuss this single matter and make a decision which reflects the feelings of the Membership. To do this I need the agreement of at least 5% of the Membership – this is not necessarily an agreement with the proposal but an agreement that we need a meeting. I will be circulating race organisers and Club Secretaries about this and provided I get the necessary support, which is 300+ signatures, then I will ask the Secretary to call a meeting. It would be nice if this could be sooner rather than later, so if you're reading this and feel as strongly as I do about the issue then please drop me an email at djonesfra@aol.com stating that you would like such a meeting to be called.

I have been approached by quite a few people enquiring about what would happen if we did secede from UK Athletics and I put the points below on the FRA Forum as a response. However, as the Forum is only read by a relatively small proportion of the membership I thought it would be best to repeat it here – and apologies to those who will therefore have read it twice but I think its arguments are valid.

1. Fellrunning would once again be a sport governed

by fellrunners for fellrunners without any of the intrusive interference we have suffered over the last few years and we would hence avoid the constant worry about what UK Athletics might spring on us next.

2. Our race insurance would be based purely on our own Rules & Safety Requirements and not on the vagaries of UK Athletics' ever-changing conditions. It could be paid for by an increase of £2 per annum on the subs, which would probably still leave enough over to continue to allow FRA race organisers to register their races for nothing and it would still leave the FRA subscription as one of the best deals around!!
3. The FRA would be able to register races anywhere in the UK, which, if race registration were free, would doubtless be a big draw and which would also be a big step towards re-unifying our sport. Remember there is no "English" in the FRA's title and before we threw in our lot with UK Athletics' predecessors it was THE body for fellrunning throughout the country, with representatives from all the Home Countries on its Committee and it all ran like clockwork.
4. Assuming a solid response to 3. above, the FRA Calendar would become a more comprehensive publication and hopefully, in time, the ridiculous plethora of Calendars (no fewer than SIX at present if my maths is right!!) would decrease.
5. English Championships – Senior & Junior. As these are presently funded completely by the FRA then there would be no change.
6. British Championships – Senior & Junior. At present all that UK Athletics contributes towards these Championships are the medals and (occasionally) a small grant for race promotion. The organisation of the whole thing is largely down to the FRA with co-operation from the individual race organisers in the other Home Countries – in fact the UK Athletics' British Fell & Hill Running Relays are still universally referred to as "the FRA Relays". Either the FRA could approach UK Athletics and offer to continue to organise the British Championships for them, with appropriate support, or, if that were refused, just go ahead and organise them anyway – let's face it, no-one else would take on the job – and finance the medals either from central FRA funds or from a separate fund contributed to by the organisers of the constituent Championship races.
7. Scottish, Welsh and Irish Championships – would continue to be organised by the respective committees of those countries as they are now.
8. Internationals. Apart from the fact that a tiny, tiny percentage of fellrunners have any interest at all in International competition I would like to refer to the situation in Orienteering where ALL of their International programme (Start/Potential/Performance at both Senior and Junior levels) is

funded externally from either Sport England or UK Sport. If it works for them then why not for us – we would, after all, be a UK-wide body if we seceded from UK Athletics.

9. Juniors. A large proportion of the finance for Junior affairs comes either from FRA funding, which would presumably continue, or from Grant Funding from a variety of bodies, most of which would still be accessible whether we were part of UK Athletics or not.
10. Clubs. Since the advent of UK Athletics the Club situation has become utterly laughable – thanks to their “just tick the box” method of registering Clubs for different disciplines we now have no fewer than 365 Clubs registered for fellrunning (including the charmingly named “Coffin Dodgers Running Club”, based in Dorset !!). This is clearly a nonsense; of those 365 there are probably about 70 or 80 who have a genuine interest in fellrunning. If we were to revert to the system the FRA applied pre-UK Athletics then Clubs wishing to participate in the team section of the English (or, for that matter, British) Championship could affiliate to the FRA for a nominal sum (£3/£5 ??) and these affiliated Clubs would then once again be a true reflection of the participants in the sport – if the other 290 or so didn't bother then what would have been lost ??

I have heard it said from some people on the FRA Committee that it would be a shame if we were to leave the “athletics family”. If such a family exists then it must be one of the most dysfunctional ones imaginable where the UKA parental attitude seems to consist of lack of communication, arrogance, selfishness, dissimulation, neglect and abuse towards its struggling children.

Maybe it's time for fellrunning to realise that the parental shortcomings are permanent and not temporary, fly the nest and set up a happy home on its own.

I hope some of the points above are helpful. I called my posting on the Forum “A Vision of the Future” and while it is an ideal it is all nevertheless eminently feasible and practical and would, I submit, not only get our sport out of the increasing difficulties our reliance on UK Athletics has caused us but would set us on an altogether healthier course for the future.

If you agree, or think we need a meeting to follow up the feeling expressed so strongly at the AGM, then please drop me that email – djonesfra@aol.com

P.S. Since this article was submitted I understand from Tony Varley, FRA Chairman, that the FRA Committee Meeting on 13th January 2007 was asked to approve of a ballot of the membership on the UK Athletics issue. Details of this no doubt appear elsewhere in the magazine but, as a ballot is obviously the fairest and most democratic way of resolving the matter I'm quite content to happily accept that and not call for an EGM. However, just in case the ballot does not take place – which I'm sure it will – the list of requisition supporters will temporarily stay on my computer. I would like to take this opportunity to thank the many, many members who expressed their support for pursuing this issue – let's hope our views are reflected in the ballot result !!

RESPONSE FROM THE FRA CHAIRMAN

I would like give the response of the FRA committee to the article from Dave Jones.

It has been written in such a way as to give a totally misleading picture of what the actual facts are in certain cases. There are members of the FRA who would even use strong language to describe how the facts have been presented.

- 1) The Chairman (Alan Barlow) refused to allow the motion to go forward as it had missed the deadline for submission. This decision had nothing to do with the chairman, as the FRA constitution clearly states that no motion can be put to the AGM that has not been advertised in the Fellrunner magazine. This is to ensure that the membership has been fully informed of all motions that will be discussed at the AGM and they can therefore attend to register their vote, if they feel so inclined. This rule is obviously in place to avoid the possibility of a hard core of members turning up at an AGM and putting forward a motion and having it accepted that would suit their agenda, but would not necessarily be to the benefit of the majority of members.
- 2) The vote on the discussion at the end was an informal vote and the chairman (Tony Varley I had at this stage been appointed chairman) stated that as it was an informal vote it would not be binding on the committee. Whilst Dave is correct in stating that an overwhelming number of those present were in favour of seceding from UK Athletics we are talking about an AGM attended by 60 members compared with our total membership of approximately 6,000.
- 3) He then says that despite this clear expression of opinion the committee's response was to set up a sub committee to discuss and report on the issue. This is absolute rubbish the sub committee

was formed following a committee meeting in October to discuss the issue, a meeting that Dave attended and after which he subsequently resigned from the committee because he did not get his own way.

- 4) He further says that in view of the strength of the AGM vote (not mentioning that it was informal) the whole of the FRA membership should have the opportunity to express their opinion and that it is an appropriate time to call for an EGM to discuss the matter. Why does he not make any reference to the fact that during the discussion at the AGM I said that I was prepared to go to the full membership in early 2007 with the findings and recommendations of the sub committee for them to decide by holding a postal vote? This would surely be more democratic than holding an EGM with its inherent low attendance.
- 5) He also states that the committee is not operating on a valid mandate from the membership, unless it holds an EGM to obtain the members' views. At the 2005 AGM a motion was passed giving the committee a mandate to secede from UK Athletics at any time they felt it was the correct course of action to take, so perhaps apart from the fact that we have not taken the Dave Jones option can someone explain to me how the committee is not following the members' mandate.

Hopefully after reading this and the recommendations/findings of the FRA sub committee, those of you who are FRA members can make a more balanced judgement of the issue when the postal vote is held.

Tony Varley,
FRA Chairman

In response to a letter circulated to race organisers and club secretaries by Dave Jones in January. The article on the previous page is an updated version of that letter

See page 15 for more details on the postal vote.

Access and Environment

Spring 2007



Well I hope you're all ready for the new season of competition, having burned off the excesses of Christmas and New Year celebrations. With the weather that I've run in through this winter, I'm surprised I've not developed webbed feet, but it's been a good excuse just to have that extra piece of cake and bigger mug of tea afterwards. Highpoints of the autumn must be the volume and variety of fungi reported around the country, the abundant fruit crops and the wild berries – especially the Holly. Is this a sign of a bad Winter? I'll let you know in Summer!

So was 2006 particularly wet? Or /and particularly warm?

Actually yes and no to both, depending on which bit of the UK you're in and whose statistics you read! But generally speaking 2006 was one of the warmest (average mean) since 1914 (the start of most of our national records) though some say it was the warmest since 1659. On the rain front, yes it was particularly wet (only based on a thirty year average though), Scotland achieving close to 120%, NW England 110%, N. Ireland 109% and Wales just over 100%. I gather that North Wales readings were more than 100% and the South a lot less. Anyway, the Met. Office is the place to go for greater detail, though I must just mention the 10th/11th December when 180mm (7 inches) fell at the head of Borrowdale, and a similar site in North Wales recorded 127mm (about 5 inches). But neither of these are close to the record ... a staggering 279mm (11 inches) in the mountainous county of Dorset! Oh and it was set in the 1950's before the current trend of blaming global warming.

Erosion

Now I'm sure that many others of us will have noticed how much water has been flowing down/across/through paths and also noticed the amount of subsequent erosion. We, in general, are possibly the most active users of the uplands in foul weather and so probably see where problems are building up (or more likely washing down). We mostly also accept that we're going to have wet feet out running, I know I do and so don't mind stopping once in a while just to divert water off the path. Often it's just a bunch of leaves or fine gravel that needs clearing out or an innocent (??) tyre groove that may start a problem. So next time you're battling the elements running in a torrent of flowing water, either get out of the river quickly and use the path or take a few well earned moments of rest to see where the water should be going and maybe try to clear the obstruction and protect the path. Apart from slowing the rate of path erosion, you will help to keep the path runnable if and when things start freezing over. Mind you it certainly gets the adrenalin going as you pop round a

familiar bend a tad too fast to avoid the edge to edge polished ice! I've certainly had my share of 'Bambi' moments. Of course by the time this is being read we could well be in a bleak mid-winter with feet of snow covering everything, but having seen Wych Hazel in flower on the 4th of January (three weeks earlier than last year) and shoots of Spanish Bluebells poking through the (still green) grass in Patterdale, I don't think so. Meanwhile back to the paths, if the problem is too big or you'd just rather not try anything, it would still be good to pass a note, with grid reference, on to the footpaths or Rights of Way officer for the area you're in. Years ago local paths were maintained by 'lengthsmen' employed by the parish councils. Other than saving short-term money, I can't see why the jobs don't still exist.

Access

I should point out that there are many others within the FRA who are actively involved in these issues either as volunteers or via employment and I am, on your behalf, always grateful for the work that just quietly gets done out of the limelight with no fuss. There have been one or two issues dealt with elsewhere involving aggressive/abusive runners, I'm sure these were 'one off' things, but even so we all get tarred with the same brush. So please be considerate to others while you are racing.

Knowledge a dangerous thing?

A couple of years ago at this time of the year, we were preparing for the first roll-out of the CroW Act (2000) and I had expressed concern over its implementation. Amongst various issues that have arisen, so far there have only been a couple of (fairly major) hiccups directly affecting fellrunners where uninformed owners/agents have tried to restrict access onto previously open ground by using/misusing certain sections within the Act. Access for anyone on to the moorland around Sheffield, for example, has been restricted to say the least, until the CroW Act opened things up. However this is where problems started for Dark Peak FR (DPFR), other people were picking up races and training run information from their excellent web site and then objecting. DPFR put a lot of effort into sorting their problems out – Bob Berzins article 'Still Free to Run?' is now on their web site and has some very informative links – only to come up against a new 'access group' that are determined to stop their club training runs. Hopefully DPFR will have this latest problem sorted without too much problem.

Wind turbines

Do you think the FRA should have a policy on these?

I've had correspondence on proposals for wind farms in Yorkshire, Cumbria and the Isle of Lewis over

a couple of years and have offered advice on what concerned members may want to personally query on the proposals. But I am unable to speak on behalf of the FRA unless a proposal affects access for one of our events or disrupts a right of way

United Utilities

In 2005 UU had an access issue with the organiser of a race on their land. This was dealt with easily thanks to the access agreement that Mike Rose ironed out with Northwest Water (UU's previous name). The current Catchment Policy Manager had not been told of its existence and with their new recreation policy is keen to re-negotiate. We will stick with what we have for as long as possible: if negotiations are inevitable, we'll do the best we can.

This is their policy for activities/groups without an existing access agreement:

Recreational Charging

United Utilities owns 59,000 hectares of land in some of the most scenic and environmentally sensitive areas of North West England, including the Lake District, Peak District and the Forest of Bowland. We welcome everyone to our estates to enjoy the scenic beauty and admire the wildlife and spectacular landscapes – in fact we have had open access agreements on most of our upland moorlands long before the CROW Act 2000 opened up areas legislatively.

As a responsible landowner and water provider our job is to balance the benefits of public access and recreation with the need for environmental and water quality protection.

At United Utilities' Conservation, Access and Recreation Conference last year (2005) we launched a review into recreational charging for commercial activities on our land. At this year's conference, on November 21, we reported back on the consultation exercise, thanked those who were involved and explained our rationalisation.

For nearly 20 years United Utilities has been a leading supporter of environmental education in the North West region, and some 20,000 children take part in free activities provided by the company each year. In this spirit United Utilities has always maintained the principle that it would not make access charges for educational and charitable activities and there are no plans for this to change.

Charging for organised events or for commercial group operators is nothing new and the purpose of this review was to standardise activities and charging rather than initiate any new charging scheme. The main objective is to monitor land use to ensure that drinking water sources and environmentally sensitive and important sites are protected.

United Utilities currently charges at 5 car parks and we will, in consultation with local organisations, look at extending charging for other high profile sites. Revenue will be used to maintain the estate. The principle for car park charging had been agreed prior to the 2005 conference by CARAC our independent Conservation, Access and Recreation Committee.

Many events are held on United Utilities-owned land – from mountain marathons to vintage car rallies. We welcome these events and they have been successfully held for many years. The review has simply standardised charging and rationalised several aging agreements which were not equitable.



FRA Basic Navigation Courses 2007

Learn the basics of navigation on the fells or come along to improve your navigation skills. Cost £60 FRA members, £75 non-members inclusive of full board.

Courses will comprise instruction and practical sessions on the fells and indoor instruction, with discussions and talks on safety and anything else you request us to cover. There will be a presentation about the FRA. Low key map reading events will also be included.

Ideal for anyone new to the sport of fellrunning.

Spring Course

Friday to Sunday 16th to 18th March 2007.

To be based at Kettlewell Youth Hostel in the Yorkshire Dales.

Autumn Course

Friday to Sunday 21st to 23rd September 2007.

Note: To be based at Langdale (High Close) Youth Hostel, near Ambleside, Cumbria.

For Details of both courses write to:

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

Please enclose an SAE - early booking advisable.

These type of events always require the permission of the landowner. By working with the event organisers, we can minimise damage, e.g. erosion, and avoid sensitive habitats and nesting seasons while recouping the cost of repair for any damage occurred on the day. Anyone wishing to hold an event should contact the local estate team to request a permit and the team will discuss the requirements. The scale of charging is a £30 standard administration charge and £1 per competitor for 1-100 competitors, over 100 is negotiable with the local estate team.

Many commercial operators use United Utilities' estates as their workplace. Where they do so utilising Public Rights of Way (PROW) and CROW land then we ask that they would let us know so we can understand who is using the land, where, when and in what manner. This is to help us target resources more appropriately and also, by working with the operators, to help protect sensitive habitats and species. If groups use United Utilities' estates regularly in this manner then, to avoid the need to make contact every time they visit, we are proposing that they provide us with a rough profile of usage.

Many commercial groups access private land which has no PROW and for this access we will issue annual permits. Where the visits are for educational or charitable purposes then United Utilities will waive any charge. We will issue annual permits to group operators giving them permission to take groups onto land not readily accessible to the general public and to carry out activities that require the landowners' permission. These permits will help to direct activities in a sustainable way ensuring Sites of Special Scientific Interest (SSSIs) and other environmental and heritage designations are protected whilst still allowing enjoyment of the great outdoors and access to land not generally accessible to the public. One permit will be issued to a group operator regardless of how many visits they make to the estates or which of the estates they visit, which will cut down on bureaucracy. We are also talking to Local Education Authorities (LEAs) and are hoping to issue one permit for all the schools within an LEA as many schools carry out their own group visits without using an outdoor activity provider.

United Utilities banned ghyll scrambling on its private (non-PROW, non-CROW) land whilst it commissioned research into the environmental impacts on drinking water catchment. Using the study findings, we will open 4 previously heavily used ghylls (where biodiversity is now limited) as sacrificial streams which groups can use following a code of conduct which will protect sensitive habitats bordering some of these ghylls. People may still access ghylls on CROW land although we would ask them not to in order to protect public drinking water quality and for their own safety.

United Utilities is producing a code of conduct for all visitors to its estates highlighting responsible behaviour and the protection of our raw drinking water. This is currently out for consultation and we welcome all comments.

We are aware that there are concerns about access to climbs, quarries and crags on private land which individuals and groups have accessed for many years. We will be working with interested parties to address this issue and we do not intend to prevent sustainable access to areas which are currently utilised.

14.12.06

I gather the bit about opening four ghylls caused a stir in the scrambling fraternity as something like double that are all still in use around Thirlmere.

Postal Vote

i - The Timescales

- As stated at the 2006 AGM, and also in this edition of The Fellrunner, the Executive Committee has set up a subcommittee of five people who are busy investigating all the facts surrounding the FRA's affiliation to UK Athletics.
- They have been doing this work on your behalf since early November 2006, following the emergency meeting at Preston.
- They will have completed all their work and should be able to report their findings to the main Committee in March 2007.
- The main Committee will then have plenty of time to deliberate on these findings in advance of the April Committee meeting.
- At the April Committee meeting, the Committee will discuss and decide what its position is in regard to the FRA's future association with UK Athletics.
- Following the meeting, the subcommittee's findings and the Committee's recommendations will be sent to each and every FRA member, together with a postal vote giving all members the opportunity to influence the decision regarding the nature of our future association with UK Athletics.

CALENDAR UPDATE



Most members will by now have heard a lot about the debacle created by UK Athletics as a result of their imposition of a new rule which would have meant that in 2007 every fell race Permitted and Insured through the FRA would be required to have at least one UKA Graded Official involved in its organisation. This meant that the start of the 2007 Calendar production process was delayed by over two weeks to allow time for the FRA committee to have an Emergency Meeting to decide what to do about the situation. This delay made it very difficult to publish the Calendar in time to reach members before Christmas. With a lot of help from the printers, Walkers, we just made it! However, I'm afraid a few errors seem to have crept in, a couple of which are corrected below. If anyone finds any more please let me know!

Some people may be surprised to hear that I am still the Fixtures Secretary! In October I had decided not to stand for re-election because I objected so strongly to what UKA had done that I was unwilling to be associated with its implementation. However, at the eleventh hour and as the result of pressure from the FRA, UKA decided to suspend the offending rule, at least for the time being. Since no one else had come forward by then to stand as Fixtures Secretary, I chose to reverse my decision.

At the FRA committee meeting in December there was a discussion about the amount of race information that should be displayed on the FRA website, where it is freely available to members and anyone else. In recent years only details of races registered too late to be included in the printed Calendar and any changes have been displayed on the website. As a trial, the committee has decided to post information on the website for most of the races in the FRA Calendar for January, February and March. Races whose organisers have not indicated their agreement to the data going on the website will

be excluded. After the trial period the committee will decide whether or not to extend it based on committee members' observations and feedback from FRA members and race organisers about what, if any, impact there has been on races eg in terms of the number of people entering. Please make your views known either via the FRA forums on the website or to any committee member.

A full 2007 Calendar Update is maintained 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.

SAT.MAR 3. REALLY WILD BOAR FELL RACE (R). AS. 12.30 p.m. 5m/1400' from Street near Ravenstonedale (GR743015). £3 on day only. Teams (3) free. ER/LK/NS/PM. Over 16. New race. No toilets. Limited parking, please try to share transport. Details: Gary & Debbie Devine, 22 Springbank Road, Farsley, Leeds, West Yorkshire, LS28 5LU. Tel: 01539 620506. Email: ganddevine@hotmail.co.uk

SAT.MAR 10. HIGH CUP NICK FELL RACE (R). **Please note change of date from Sat. March 17th.** All other details unchanged.

SUN.APR 15. LADS LEAP FELL RACE (R). **Please note change of date from Sun. March 25th.** All other details unchanged

SAT.APR 21. CIOCH MHOR HILL RACE. **Please note change of date from Sat. April 14th.** All other details unchanged.

SUN.MAY 27. HELVELLYN FELL RACE (R). **Please note change of date from Sun. May 20th.** All other details unchanged.

SUN.MAY 27. HIGH RIGG ENGLISH JUNIOR CHAMP. RACES (R). **Please note change of date**

from Sun. May 20th. All other details unchanged. TUE.MAY 29. TWO RIGGS FELL RACE (R).

Please note change of date from Tues. May 22nd. All other details unchanged.

THU.JUN 7. BEACON HILL FELL RACE (R). AS. 7.00 p.m. 5.75m/1500' from the the National Park Lordenshaw carpark, Rothbury, Northumberland (GR 053988). £3 on night only. Teams (3) free. ER/LK/PM. Over 16. Records; 46.24 S.Scott 1998; f. 54.53 H. Wooton 2005. No toilets. Details: Paul Appleby, Twiney Riggs, Silverton Lane, Rothbury, Morpeth, Northumberland, NE65 7RJ. Tel: 01669 620871. Email: paulappleby@hotmail.co.uk

SUN.JUN 10. ACCELERATE EDALÉ FELL RACE (R). AS. 11.00 a.m. 4.7m/1328', registration at Edale Village Hall, Edale, Peak District (GR SK124853). £4.50 includes entry to Country Day. ER/LK/NS/PM. Over 16. Records: 31.46 S. Bailey 2005; f. 40.15 N. White 2005. 10 minute walk to start. Part of Edale Country Day. Details: Debbie Smith, 11 Rivelin Park Road, Sheffield, S6 5GD. Tel: 0114 2340486. Email: debs@accelerateuk.com Website: accelerateuk.com

SUN.JUN 10. HARRY ASPINALL STACKSTEADS FAIR FELL RACE (R). **The contact details in the Calendar are incorrect.** The details should be: Steve Clawson, 2 Star Bank, Stacksteads, Lancashire, OL13 0HP. Tel: 01706 879473. Email: s.clawson@tiscali.co.uk Website: rossendaleharriers.co.uk All the other race information is correct.

WED.JUN 20. RIBER RUN (R). BS. 6.30 p.m. 5m/1000' from Lea Green, Main Road, Lea, Matlock (GR324575). £3 on night only. PM. Over 16. Records: 31.08 M. Boulstridge 2003; f. 42.33 P. Leach 2004. Details: Simon Palmer, Park View, Yew Tree Hill, Holloway, Matlock, DE4 5AR. Tel: 01629 534117. Email: simon@peakstructuraldesign.co.uk

SUN.JUN 24. BRADFORD MILLENIUM WAY RELAY (R). 08.00 a.m. 48m/6000' in five stages run in pairs from Bradford & Bingley Rugby Club, Wagon Lane, Bingley (GR116382). £70 per team of 10. Open, men, vets, ladies and mixed (1M/1F each leg) team categories. LK/PM. Over 18. No toilets at some handovers. Details: Michael Moss, 4 Ashfield Road, Shipley, West Yorkshire, BD18 4JX. Tel: 01274 823133. Email: mikemoss@blueyonder.co.uk Website: stbedesac.org.uk

SAT.JUN 30. CORRIEYAIRACK CHALLENGE. 11.00 a.m. Team duathlon from Fort Augustus Abbey (GR NH380091). £30 per team of 3. Teams only. Over 18. Each competitor runs 17m/2300' followed by 26m bike ride on country lanes. Individual records: 3.01.38 A. Wright 1999; f. 3.38.12 L. Wilson 2003. See website for further information. Details: Paul Corrigan, Badaguish Outdoor Centre, Aviemore, PH22 1QU. Tel: 01479 861285. Email:

paul.c@badaguish.org

Website: corrieairack.org

SAT.JUN 30. ELDWICK GALA FELL RACE (R).

Please note change of date from Sat. June 23rd. All other details unchanged.

SUN.JUL 1. LANGDALE GALA FELL RACE (R). CS.

3.00 p.m. 2m/300' from Walthwaite Meadow, Chapel Stile. Pay entry to Gala Field - race entry free. Records: 11.46 G.Bland 2000; f. 14.46 L.Lacon 1999. Also junior races; U10/U12/U14/U17. Details: Dennis Blair, 8 The Glebe, Chapel Stile, Ambleside, Cumbria, LA22 9JT. Tel: 015394 37686.

WED.JUL 4. BLACK ROCKS FELL RACE (R).

BS. 7.30 p.m. 5.5m/850' from Matlock Rugby Club, Cromford Meadows, Cromford, nr Matlock (GR 304569 on White Peak map). £3 on day only. Teams (3) free. PM/LK. Over 16. Records: 32.58 A. Wilton 1994; f. 42.47 C. Howard 2000. Changing, shower and bar facilities. Details: Karl Webster, 17 Carlton Avenue, Darley Dale, Derbyshire, DE4 2HW. Tel: 01629 734091. Email: karl@kandc.plus.com
Website: matlockac.org.uk

TUE.JUL 17. GUN RUN (R). **The contact details in the Calendar are incorrect.**

The details should be: Graham Anderson, Pool Hall, Rushton Spencer, Macclesfield, Cheshire, SK11 0RB.

Tel: 01260 226269. Email: grahamvanya@aol.com
Website: ukresults.net All the other race information is correct.

TUE.JUL 31. CROW HILL RACE. BS. 7.30 p.m. 5m/1000' from Mytholmroyd Community Centre, Mytholmroyd, near Hebden Bridge (GR011260). £3 on night only. Details: Clive Greatorex, 14 Albion Terrace, Heptonstall Road, Hebden Bridge, HX7 6BE. Tel: 01422 842783.
Email: clive@greatorex.fsworld.co.uk

THU.AUG 9. RICKY'S RACE (R). BS. 7.15 p.m. 5m/700' from the Three Stags pub, Darley Bridge, Matlock (GR SK269619). £3 on day only. Teams (3) free. PM. Over 16. Records: 29.48 D. Taylor 2004; f. 35.42 B. Haywood 2004. Details: Karl Webster, 17 Carlton Avenue, Darley Dale, Derbyshire, DE4 2HW. Tel: 01629 734091. Website: matlockac.org.uk

THU.SEP 13. DERBYSHIRE CHEVIN FELL RACE (R). BS. 6.30 p.m. 3m/560' from Milford Social Club, Chevin Road, Milford, Derbyshire, on the A6 road two miles south of Belper at GR 349452 on O.S.Pathfinder 811. £3 on day only. Over 14. Records: 17.28 G.Cudahy 1996; f. 20.21 C. Tomkinson 2002. Also junior race, £1.50; 1.5m/280'. No safety pins. Details: David Denton, 5 Swinney Lane, Belper, Derbyshire, DE56 1EF. Tel: 01773 8800338 and 07774 781658. Email: david_run2005@yahoo.co.uk
Website: runningwithdavid.com

SAT.SEP 15. NINE EDGES ENDURANCE EVENT (R). **Please note change of date from Sat. Oct. 6th.** All other details unchanged

SAT.SEP 22. MORVEN HILL RACE. AS. 1.00 p.m. 5m/2100' from Groddie Dinnet. £3. Teams

free. PM. Over 18. Records: 44.04 A. Anthony 2006; f. 49.47 A. Mudge 2006. Also junior races, £2: U18, Half Morven, 2.5m/1200'; U12, Mini Morven, 1.25m/350'. Prizegiving at Loch Kinord hotel at 3 p.m. SHR Scottish Championship counter. Details: Clare Martin, 10 Bridgeview Place, Aboyne, AB34 5HG. Tel: 013398 85385. Email: m60_jam@hotmail.com
Website: homepages@tesco.net/~deeside.runners

SAT.OCT 6. LANGDALE HORSESHOE (R). **Please note change of date from Sat. Oct. 13th.** All other details unchanged.

SUN.OCT 14. AVIEMORE HIGHLAND HALF MARATHON. 11.00 a.m. 13.1m from Badaguish centre Aviemore (GR NH956114). £14 - email organiser for details. Over 17. Records 1.09.19 S. Pride 2006; f. 1.25.03 M. Todd 2006. Trail run in shadow of the Cairngorm Mountains. Details: Paul Corrigan, Badaguish Outdoor Centre, Aviemore, PH22 1QU. Tel: 01479 861285. Email: paul.c@badaguish.org
Website: corrieairack.org

SAT.DEC 29. KYMIN WINTER RACE. AS. 2.00 p.m. 3.5m/900' from Monmouth Boys School Sports Centre from 1 p.m. £3 on day. Over 14. Marked route on Kymyn's woodland paths and tracks. Route description obtainable from organiser on email request. Details: Rod Jones, 7 Troy Gardens, Monmouth, NP25 5DB. Tel: 01600 772400. Email: rod@rodjonesmountain.fsnet.co.uk



Welsh FRA

2007 WFRA WALES AND BORDERS RACE CALENDAR

This is a comprehensive Calendar, containing details of all Fell races in Wales and the Borders that were available at the time of publication. 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'.

Snowdon Race

This year's race is on the 28th July. Although the closing date for entry is 1st July last year the entry limit of 450 was reached in May so runners are advised not to delay sending in their entry form. The website is being re developed at the moment so if you have difficulty downloading forms can be obtained by emailing info@snowdonrace.com.

P&B have changed their web address

www.pudseyandbramleyac.org.uk

Pudsey & Bramley AC have eventually been able to navigate their way back into Web World.

Kind Regards
Crawford Oliphant P&B

www.pudseyandbramleyac.org.uk

JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES

After our recent trials and tribulations with the Royal Mail, the Foundation has a new PO Box arrangement and can be contacted at:

PO BOX 295, CONGLETON, CHESHIRE CW12 4XZ.

A full report of recent Foundation activity will be in the June edition."

A pictorial history of Keswick Athletic Club

I have started to put together a pictorial history of Keswick Athletic Club. This will include photographs, newsletters and press cuttings and will hopefully cover the entire life of the club from its start in 1972 up to the present day. It is intended to present the history at the club's Open Evening at The Keswick Mountain Festival on Thursday 17th May after which it will be put on the web site.

I would be very grateful if anyone has any relevant items to contact me at:

news@keswick-ac.org.uk

Cheers
Pete Richards,
Chairman

Keswick Athletic Club, High Croft, Dorothy Well, Portinscale, Keswick, Cumbria CA12 5RQ
Tel: 017687 71428

English Championships 2006

The English Championships started with Carding Mill Canter, near Church Stretton on Sunday 4th March. This was a lovely bright crisp day with fantastic views and an excellent race for spectators (the course came back through the start area half way through the race). There was quite a bit of debate about the length of the course. Some people had not been willing to travel for a short race. The courses had been changed to cope with the increased numbers that championship races attract, and the winning times either mean the winners were picking daisies part way round or else the 4 miles was somewhat on the short side. Whatever, it was a good start to the season, with victories in the men's race for Tim Davies of Mercia (on his one and only appearance in the English Championship), with Simon Bailey, also Mercia, second and Lloyd Taggart, Dark Peak, third. In the ladies race Natalie White of Bingley won, with Christine Howard, Matlock, second and Sharon Taylor, Bingley, third. Natalie was not eligible to score for Bingley in the team having recently moved from Holmfirth and as Bingley only had 2 other lady runners they failed to finish a team. In fact there were only 5 complete ladies teams, with Calder Valley coming ahead of Keswick. The men's team race was fairly tight between Pudsey and Bramley and Mercia, with P&B just nipping ahead by 5 points, led by the Hope brothers.

In the other categories, Sally Newman, Calder Valley, started well, coming first lady vet 40, and also first in the new lady vet 45 category. Jan Atkins, Chorley, won the lady vet 60, the first in her clean sweep of 4 races.

Ian Holmes, Bingley, came 6th in the race overall and first vet 40, with Dave Neill, Staffs Moorlands, close behind to be second in the over 40, winning the over 45, but not quite old enough in this first

race to win the vet 50 (honours went to Andy Hauser, Holmfirth). Mike Walsh, Kendal, started well winning the vet 55, but didn't manage to complete 4 races so didn't feature in the medals at the end of the year. Dave Spedding, Keswick, and Kieran Carr, Clayton-le-Moors, were first and second in the vet 60: positions they held in almost all the races and hence the championship overall.

The second race was in the Lakes – the Anniversary Waltz, from Newlands Valley, on Saturday 22nd April. Record numbers of entrants led to much debate about environmental issues, but in the end, it all worked out really well, with superb organisation and some decent weather in the valley. A misty section caused problems for a few runners and it was quite windy on the tops (but what can you expect in April?). Christine Howard was the first woman home, and Rob Jebb, Bingley, the first man. Borrowdale (running on "home" ground) won the men's team, pushing Pudsey & Bramley into second place. Natalie White managed second, and Sharon Taylor another third. Natalie still didn't score in the ladies team, but Bingley managed to win, with Dark Peak second. On the senior men, Ian Holmes came third in the race but second counter in English championships, which was first vet 40. Simon Booth, Borrowdale, was third English. Dave Neill had now had his 50th birthday, and duly won the vet 50, as well as the vet 45. Liz Batt, Dark Peak, was first lady vet 40.

The third race was Lordstones/Wainstones at Carlton Bank Top, North Yorks on Sunday 21st May. This was another really well organised race, with a marquee and other than a brief shower whilst we were waiting to start, a good day weather-wise for running. This was not the most rugged of areas, but it was still quite demanding. Another win for Rob Jebb, with Rob Hope, Pudsey & Bramley, second,

and Lloyd Taggart, third. Natalie White resumed her winning position, Christine Howard was second and Jo Waites, Calder Valley, third. Team victories went to Bingley for the ladies (including Natalie) and Pudsey & Bramley for the men. Dave Neill and Dave Spedding dominated the men's vet categories (need I say more?!)

The fourth race was on Sunday 10th June – the fearsome Ennerdale Horseshoe in the Lakes. Long, hard and this year made harder by the weather being another scorcher (like Wasdale the year before). Some people avoided this race, but others took advantage of absences to gain valuable points. Christine Howard won the women's race, with Helene Diamantides, Carnethy, in second and Jackie Lee, Eryri, in third. Helene was first vet 40 (having an impressive result in this race as she had not long returned to running after daughter number 2 was born). Sally Newman won the lady vet 45 and Wendy Dodds, Clayton-le-Moors, renowned for doing long races, won the lady vet 50 and vet 55. Team victories went, not surprisingly, to locals for the women (Ambleside) and the men (Borrowdale). The men were led home by Simon Booth (who only did 3 championship races), with Rob Jebb second and Lloyd Taggart third. Ian Holmes was fourth overall and first vet 40, Dave Neill 8th overall and first vet 45, and first vet 50.

The next race was the other long race, on Sunday 20th August, at Sedbergh. I have very fond memories of completing the race in 2005 in glorious sunshine. For 2006, however, the misty weather made for some "interesting" results. Sally Newman was part of a group who wandered off course. And Kieran Carr managed to overtake Dave Spedding to gain victory in the vet 60 between the last control and the finish. The ladies finished in what could perhaps be seen as "normal" order of Natalie, Christine and Sharon. And amongst the men Rob Jebb came in first, with Lloyd Taggart not far behind, then Ian Holmes in third (and first vet 40). Bingley were first ladies team and Borrowdale first mens team.

The final race was Thieveley Pike in Lancashire on Saturday 30th September. The last short race of the season has traditionally had a smaller field than the longer races and the short race earlier in the season, and this one was as expected. With many of the medal positions already determined, some runners stayed away. There was still close competition for the team places though. In the open men, Borrowdale were under pressure to turn out a good team, which they duly did, finishing second team behind Pudsey & Bramley. And Bingley ladies also needed to get a good team out to get their fourth counter. They were second ladies team, which was enough to secure first place overall. Looking at individual women, Natalie was first, Christine second, and Jo Waites third. Jo was first back for the victorious Calder Valley team. Neither Rob Jebb nor Ian Holmes ran, and the overall winner was Rob Hope, with Lloyd Taggart second and John Heneghan, Pudsey & Bramley, third. Ian's absence gave Dave Neill victory in the over 40, over 45 and over 50 categories. Jackie Winn won the vet 55: this was one of only two championship races



Above: Thieveley 2006, Natalie White (Bingley) - on her way to victory; right: Lloyd Taggart (DPFR) - 2nd; next page: Rob Hope (P&B) - winner

he did over the year, and he won them both.

The top results for all the categories are given on this page. Many congratulations to the winners. Full results are on the FRA website. Many thanks to Phil & Gill Harris, Wynn & Steve Cliff, David Parry, Colin Dulson, Jonathan Broxap, Pete Booth and their teams of helpers for organising the races. Thanks to all you runners for taking part – and for putting me straight along the way. Over to you now Mark!



English U23 Junior Championships 2007

New for 2007!!!!

Sponsored by Ultimate Outdoors – more details later on exactly what goodies they will provide, but there will be something for the winner of the male and female categories at the end of the season, plus something at each race.

It will be the best four of six races from the two short and two medium races in the English senior championships, plus two linked into the junior championship races. You can do any four races, so you can avoid the “longer” races if you wish.

● Wrekin	(junior)	Sunday 1st April
● Paddy's Pole	(short English senior)	Sunday 22nd April
● Fairfield	(medium English senior)	Saturday 19th May
● Pendle	(junior)	Saturday 28th July
● Weasdale	(medium English senior)	Saturday 18th August
● Great Whernside	(short English senior)	Saturday 6th October

There will be medals for the first 3 men and women, which will be presented at the senior FRA do on Saturday 10th November in Kendal.

For more details, see the championship pages on the FRA website, or contact Madeleine Watson (details under FRA Treasurer).

BY GEOFF HOWARD

First Level 3 Fell and Mountain Running Coach Development Course

Over the weekend of 26/27 November 2006, the first ever course for Fell and Mountain running coaches offered within the UKAthletics (UKA) national qualification framework was piloted at the Cow and Calf Hotel, Ilkley. The tutors, both Ilkley Harriers, were Pete Shields (formerly the FRA's Senior Coach) and Geoff Howard. They were supported by excellent specialist contributions from guest speakers Sarah Rowell (nutrition), Jon Broxap (kit), and orienteering champion Alistair Wood (navigation). Officially designated within the UKA framework as a Level 3 Phase 4 (Technical) module the course was for simplicity known as FMR3 and, despite its full title, did include “hill running”.

FMR3 was developed between the summer of 2005 and Easter 2006 and involved three opportunities for input and comments from individual fell runners and clubs. Fourteen coaches from all four UK home countries attended the course, and their positive and constructive input contributed significantly to its success and to the direction of further development of UKA coaching qualifications in our sport.

The course had a mix of presentations, discussions,

interactive exercises and observation. Ilkley Harriers Lawrence Basham, Jemma Basham and Alison Bennett and Lee Athersmith of Skipton AC kindly gave their time on the (fortunately dry) Saturday afternoon to respond to Pete's exhortations during his ascent, descent etc. practical demonstrations on Ilkley Moor. Lee together with Graham Pearce (Ilkley Harriers) and a group of junior Ilkley Harriers also featured on DVD footage shot for the course.

In brief the course covered: the nature and scope of the sport, the physical aspects of a runner's preparation; the non-physical aspects of a runner's



preparation and training planning; relevant related skills such as navigation; and awareness issues such as safety, welfare and environmental impact.

Course members were: Tracey Brindley, Neil Chapman, Alison Eagle, Nick Harris, Jim Johnston, Mark Johnston, Angela Mudge, Emma Payne, Neil Renton, Mike Robbins, Brenda Robinson, Shirley Wood, Graeme Woodward and Graeme Wrench

PROPOSED NEW INTRODUCTORY LEVEL FELL COACHES' COURSE

A suggestion arose, during the FMR3 feedback session, that in addition to FMR3 (which is intended to be specialist and taken alongside three other UKA Level 3 modules) UKA should also offer an FMR2 course providing a general introduction to fell coaching for those who do not wish to coach beyond Level 2 (particularly for those coaching junior runners).

UKA have responded very positively and have agreed that, subject to there being sufficient demand, they will fund the development of an FMR2 course. It would be a great help if all coaches (or aspiring coaches) who would be interested in attending such a course could express their interest in an e-mail (coachingmodule@fellrunner.org.uk) or by phoning Pete (01943 864755) or Geoff (01943 607799).

The 18th UKA British Fell & Hill Running Relay Championships

or "Calder Valley Fellrunners come of age... well almost"

Photo courtesy of AlWhiteley



Castle Carr Estate

One good reason why you should never miss a club committee meeting.

Rod Sutcliffe, chairman of Calder Valley Fellrunners for the last five years, is a doctor. He also cannot count, so you would be best to ask for a second opinion if he takes your pulse.

As one of the former members of the club, Rod assured us that 2006 was to be the 21st anniversary of the club. We should do something to mark it - how about hosting the British Relays for that year? The FRA agreed and so we put the 14th October 2006 in our collective diaries.

I didn't attend the next club committee meeting. True to form of committees everywhere I was consequently volunteered to organise the relays.

That was in 2004. In June 2006, a few months before the relays, Rod informed the rest of the club that he'd been thinking about it, and in fact 2006 was only our 20th year, our coming of age would actually be in 2007. But by then it was a bit too late to cancel our relay hosting.

Two years of preparation

In October 2004, two years before the British Relays were to take place, we started planning for them. The club is really buoyant, fun to be part of, and fortunate to have some enthusiastic folk who volunteered to help take on the myriad preparation tasks and decisions that needed to be made. Thirza Hyde is a shrinking violet who really needs to learn

to speak out more, and along with Alistair Morris, Amanda Farrell, Barry Shaw, Jez Wilkinson, Jo Buckley and Rose Carnochan we started thinking about where to base the event.

One choice of venue would have been in the town, Mytholmroyd. That would have made parking easier, allowed more teams to enter, and made our job of organisation easier. But one thing about relays is that runners and spectators hang around between legs, and an event like the British Relays deserves a venue in the hills. The private estate of Castle Carr is stunning. It takes my breath away whenever I descend into that valley (which was very few times before this relay event) and would be a perfect setting for the event. We would just have to overcome all the hurdles and make it happen.

The landowners were definitely not one of the hurdles. As a club we've always valued our good relations with the Scholefield family who own or manage (Yorkshire Water own most of the land, and the Scholefields are effectively tenant farmers) virtually all of the moorland in the Calder Valley, including the Castle Carr estate. The Scholefields were supportive and interested in our event. Bo Scholefield said that all they'd want from us was 50p per person to use the private estate, which sounds very reasonable to me! Especially since they would be foregoing the income they get from a shoot in order to let us use the estate.

I met up with Dave Jones, who had just organised the British Relays in Hayfield and had been

appointed by the FRA as "controller" for our event, to get ideas and suggestions from him. Dave was very helpful. He tested the leg 3 navigational route, and it was his suggestion to allow the controls to be visited in any order rather than having a fixed sequence.

Right from the start there were several things I wanted to do in our planning for the relays event.

Firstly, we all agreed that we wanted to make it easy for people to arrive by public transport. As a sport we are close to nature and we felt that we should make it possible for runners to get to a national event easily, without having to use a car. So we put on a pair of free minibuses from Mytholmroyd, with easy access to the main train and bus lines. It cost quite a bit to do so, but I think it was worth doing. I don't know how many people arrived by train but the minibuses certainly proved popular with folk leaving their cars in town - relieving the stress on parking in the estate, which was one of our biggest worries. The minibuses were so popular that about a fortnight before the event it began to look as though they would not be able to cope with the numbers. Lots of club members and readers of the FRA forum came to the rescue by driving their cars between the town and the event centre to ferry those who couldn't get onto the minibuses.

Secondly, I wanted to keep spectators and runners involved before and after their legs. Taking the first and last legs across the upper dam wall halfway through their routes, and the second leg across that dam wall at the end of the leg allowed everyone to watch and cheer their team-mates, rather than having to wait for them to appear. The second leg pairs running down the main thoroughfare didn't meet with the approval of everyone and was my mistake for not anticipating quite how busy it was going to be there. I also hadn't anticipated the third-leg navigators coming down there too - I thought the leg 3 pairs would take a direct line from the shooting butts to the finish, but I guess the path worn by runners on leg 1 drew the eye and led them in that direction. Again the ever-helpful marshals stood in to man that area and shout out when runners were approaching.

The marshal at the bottom of the wood at this point reported: "The most exciting moment was when four pairs and two individual runners all approached the gap in the wall at the same time

but from completely different angles. The resulting melee was a bit blurred. I have a hazy notion that fewer people emerged than collided: the laws of physics suggest that this should result in a massive release of energy. This could explain why (instead of turning left and jogging 50 yards to the finish), one leg 3 pair started off over the dam, intent on another ascent of High Brown Knoll. Fortunately they were intercepted in time and set back on the correct route. Yes, I know it's supposed to be a navigational leg, but there comes a point at which basic humanitarian principles kick in."

And thirdly, I was determined to create routes that would test all aspects of fell running. Each of the fixed legs had elements of tussocks, bogs, fast descents, "technical" descents, runnable climbs, steep climbs, good paths and pathless moors. I spent a long time working on the routes, and then took club members on a run around each of the fixed legs. There were plenty of grumbles about it being "too bloody tough", which I took to be approval!

I was expecting more grumbles from the competitors on the day. The descents to Low Bridge from either direction on the solo legs would be tricky and potentially dangerous, and the section after Rocking Stone on leg 2 was as nasty as any terrain I've ever attempted to run on. But the overwhelming comments afterwards were of enjoyment. So many clubs came up to say that every one of their runners had loved their runs, that it made all the hard work worthwhile.

The sheep batons were Amanda's idea, a fortnight before the event, and the girls spent a couple of long evenings making them, sharing a bottle of wine or two. How many sports would present the competitors in their national relays competition with a baton adorned with a sheep, complete with

Photo courtesy of Thirza Hyde



wobbly eyes and dangly legs? It was difficult to take even the most determined runners seriously with the sheep baton in their hand. One marshal reported a runner falling full length in the mud but managing to keep his arm holding the sheep up. He emerged with the words "at least the sheep's OK!"

The number of clubs and teams entering exceeded our expectations. With each club just allowed one team per category there were 132 teams entered, and that didn't include a few clubs who missed the deadline and contacted us to see if they could get a late entry. 800 runners – that's more than at any previous British Fell Relay. There would have been more than 150 teams entered if clubs had been allowed extra teams as well.

That meant that parking would be even more of a worry. The Castle Carr estate does not contain car parks! And much of it is rough, sloping fields. The club spent several weekends working to create parking areas (the "labour camps" as I referred to them!) It was great that so many people on the day heeded the requests to use the Park&Ride and Park&Walk areas, so we didn't run out of places to

park in the estate. Thank you all for that!

(There's always one, though. One Audi driver drove straight past our marshals directing him into a car park and insisted on parking right next to the event centre despite being directed elsewhere. Getting out of his car he was collared by Amanda and ordered in no uncertain terms to get back in and drive right back to the car park he had been directed into. Which he did. She takes no nonsense, Amanda!)

On the day

We had 92 marshals on the day, 74 from the club (from a total membership of 120) and several from our neighbouring clubs. My spreadsheets detailing who was doing what, when and with whom, looked daunting. One of the parking team leaders reckoned he had to get some toy soldiers out on a board to work out how my instructions for the parking teams were to work. It was daunting on the day too, knowing that with multiple routes criss-crossing, everyone had to know exactly what they were doing. I had anticipated running around in a mad panic on the day of the event, but when it came to it there was hardly anything for me to do. All the marshals did their jobs to the full, and more in many cases, and made the event work smoothly while I could take a back seat.

Leg 1 (5.9 miles, 1480' ascent)

The first leg had a good, runnable ascent all the way to High Brown Knoll, after which it got trickier. A wet, boggy path led to a short but very steep descent to the upper dam wall where the spectators were amassed. Along the dam wall and then steeply up through the woods, on a pathless, tussocky climb up to Warley Moor. The flat trod for the next mile was treacherously narrow – if you didn't watch your feet it would be easy to turn an ankle. Likewise the descent that followed, down to Low Bridge, was very uneven and again treacherous, but could be very fast for good descenders. Then a steep climb, alternately rocky, overgrown or boggy, to the final checkpoint, followed by a fast descent back to the event centre. Finally you may have noticed the short but painful final little climb to the hand-over area(!)

This finish was going to be worse, originally going straight up the dam bank to hand-over on the dam wall, but the day before the event a guy from Yorkshire Water came out and refused us permission to do that, so the hand-over area changed at the last moment. He also didn't like where the marquees were being erected, but the girls sweet-talked him out of demanding that we take them back down!

118 runners set off along the bottom dam wall on the first leg. Tim Davies (Mercia) set off so fast that all the photos I've seen of the leading runners on the dam wall miss him off because he's already gone past!

It was murky for the first leg on High Brown Knoll, though the clag lifted later in the day. At the end of that first climb, Tim was leading and it was great to watch him, closely followed by Jethro Lennox (Shettleston Harriers) dropping at great pace down to the top dam wall and race along, past the spectators and up the steep hill on the far side. The relays had started in earnest.

Natalie White (Bingley) was going a storm, too, building a lead on the chasing ladies by High Brown Knoll – Jo Buckley (Calder Valley), Candice Leah

Photo courtesy of Pete Hartley



Tim Davies (Mercia) leading (and winner of) leg 1

(Clayton) and Lisa Lacon (Holmfirth) following in that order after the first climb.

For the rest of leg 1, Tim and Jethro battled it out on their own at the front. At Low Bridge, before the final climb, Tim was ahead of Jethro, but Jethro gained the lead heading up that difficult, rocky climb. On the fast descent into the hand-over, Tim once more got ahead, finishing 4 seconds ahead of Jethro and giving Mercia Fellrunners the best possible start. At the hand-over, having clearly given everything, Jethro collapsed, but managed to stagger off before the next runners came in, a minute and a half later.

Nick Leigh brought the baton in for Pudsey & Bramley in 3rd place and then Craig Roberts, gaining places steadily on the way round to finish 4th overall, set up Kendal for the lead in the vets' category. Those two just got ahead of Mark Nixon (Edinburgh University) on the descent from the final checkpoint.

Andy Wilton (Staffs Moorlands) and Malcolm Fowler (Cheshire Hill Racers) were battling for second position in the vets. Andy led Malcolm by the end of the climb to High Brown Knoll, but Malcolm got narrowly ahead before the start of the long, fast descent to the finish. He couldn't hold Andy off on this final descent, and Andy brought Staffs Moorlands vets into the hand-over just 7 seconds ahead of Malcolm's Cheshire Hill Racers, in 10th and 11th positions overall.

Meanwhile, Natalie increased her lead in the ladies category, to give Bingley Harriers a 3 minute start on their nearest rivals. Lisa ran superbly through the rough ground in the middle of the first leg, overtaking 18 people, including Jo and Candice, to pull Holmfirth ladies into second place. Not far behind her, just 7 seconds separated Jo (Calder Valley) and Candice (Clayton).

Fastest times:

- 1) 43:43 Tim Davies (Mercia)
- 2) 43:47 Jethro Lennox (Shettleston)
- 3) 45:15 Nick Leigh (Pudsey & Bramley)
- 4) 45:25 Craig Roberts (Kendal vets)
- 5) 45:31 Mark Nixon (Edinburgh Univ)

Fastest ladies:

- 1) 49:40 Natalie White (Bingley)
- 2) 52:44 Lisa Lacon (Holmfirth)
- 3) 53:14 Jo Buckley (Calder Valley)

Fastest vets teams:

- 1) 45:25 Craig Roberts (Kendal)
- 2) 46:30 Andy Wilton (Staffs Moorlands)
- 3) 46:37 Malcolm Fowler (Cheshire Hill Racers)

Leg 2 (pairs, 9.4 miles, 2350' ascent)

The second leg was interestingly described by one of the Springfield Striders as "almost pornographic"(!)

Leg one descent to dam wall



Jo Waites & Sally Newman (CVFR Ladies) closing on Durham FR Vets on leg 2

The first third of the route, past Sheepstones trig point and down to Redacre Wood was fast and runnable with some lovely quick descents, but if you went too hard on this bit you would feel it later. The climb back up to Sheepstones preceded some off-path running to Crow Hill and another good descent to Luddenden Brook. Climbing from there up to Rocking Stone was a test of stamina at this stage, and as for the uneven, wet, testing moorland after this, well when one of the top fellrunners, a previous winner of the Three Peaks and Ben Nevis races, gets there and exclaims: "I'm not f**king running on that!", I guess that sums it up. The marshals here reported that runners would be visible for a few paces and then they'd step in a particularly deep hole and disappear for a while before appearing again. There was one particular spot where one runner in each pair – the one that was running on that side – would invariably drop into the trench there with predictable regularity.

The descent down to the river crossing before the final checkpoint wasn't any easier, and after running hard for 8 miles it would have been very taxing. Some comments from the marshal at the checkpoint here:

"Eventually runners crested the hill opposite. It was the Mercia pair. One of them ran down the slope, the other kept falling over and rolling. In tribute to Galileo's experiment involving dropping things off the leaning tower of Pisa, they reached the bottom at the same time.

"Some pairs breezed along, radiating bonhomie. Others looked as if, having been through a mincer together, they were now blood brothers for life. A few were snarling at each other and bitter divorce was in the air as they passed by. Oddly, the quality of their running bore little relation to their place in the field – the only pair that managed to sprint up the steep slope was in about 102nd position."

The short pull (literally) up to the last checkpoint was finally rewarded with a nice, easy run down

the track that we had recently hacked out from the rampant ferns, with the Castle Carr estate spread out in front of you, for those who took the time to admire the views.

Andi Jones and John Brown were among the favourites to be the fastest pair on this leg, and if the terrain had not been as rough perhaps they would have been. They pulled Salford Harriers up to 3rd place, but were still not as quick as three other teams.

Mercia Fellrunners were clearly set on winning their first relays gold medals, having finished second three times and fourth last year. Tim Werrett and Tom Owens extended Mercia's lead at the front to a minute by posting the second fastest time for the leg. But Danny Hope and John Heneghan were in pursuit, setting the fastest time and moving Pudsey & Bramley into second place.

The leading two teams, Mercia and P&B, now had 2 or 3 minutes lead on Salford and the other fast clubs who were not far behind: Horwich, Bingley and Todmorden in 4th, 5th and 6th.

Amongst the vets teams, Dave Taylor and John Hunt set one of the fastest overall times of the leg to bring Dark Peak vets into first place, with a 3 minute lead over Kendal vets. Gathering behind Kendal were Pudsey & Bramley, Clayton and Carnethy vets teams – gold, bronze and silver medallists respectively from last year. All three were on the charge, gaining lots of ground over the course of leg 2. The Scottish team, Adrian Davies and Stewart Whittle, had overtaken 34 teams overall and 9 vets teams on the leg and had handled the rough terrain after Rocking Stone especially well.

On home turf, Sally Newman and Jo Waites (Calder Valley) would take some beating on leg 2. They each pushed the other on, and set the fastest ladies time for this leg by a massive 8 minutes. Sue Becconsall and Bev Whitfield (Bingley) set off in the lead and posted the second fastest ladies time, but they couldn't hold off the Calder Valley pair who took

The 18th UKA British Fell & Hill Running Relay Championships (or "Calder Valley Fellrunners come of age... well almost")

the lead by Rocking Stone and had extended it to 4½ minutes by the end.

The Eryri ladies, Andrea Roberts and Sarah Leeman, ran strongly on the two climbs up to Sheepstones trig point, overtaking both Clayton and Holmfirth ladies on the ascent out of Redacre woods, to put Eryri into third place amongst the ladies. The competition here was fierce, with Holmfirth, Ilkley (Alison Eagle and Sally Malir having steadily gained places all the way round) and Clayton ladies all hot on the heels of Eryri. Sarah Rowell and Jane Clarke had also posted a fast time for P&B ladies to bring them into contention, passing 7 ladies and 10 men's teams on the way.

As a club, Pudsey & Bramley clearly found this leg to their liking, since all three of their teams featured in the top three times for their category.

Spare a thought for Dave Cummins and Des Crowe of Shettleston. They set off in second place, just seconds behind Mercia. I don't know what happened, but by Sheepstones (CP2) they were in 42nd place! They pulled places back to eventually finish in 26th, but that can't have been the start they were hoping for!

Fastest times:

- 1) 1:13:07 Danny Hope & John Heneghan (P&B)
- 2) 1:13:45 Tim Werrett & Tom Owens (Mercia)
- 3) 1:14:12 Andy Peace & Mat Whitfield (Bingley)
- 4) 1:14:17 Andi Jones & John Brown (Salford)
- 5) 1:15:26 Darren Kay & Brendan Bolland (Horwich)

Fastest ladies:

- 1) 1:25:51 Jo Waites & Sally Newman (CVFR)
- 2) 1:33:59 Sue Beconsall & Bev Whitfield (Bingley)
- 3) 1:34:14 Sarah Rowell & Jane Clarke (P&B)

Fastest vets teams:

- 1) 1:15:46 Dave Taylor & John Hunt (Dark Peak)
- 2) 1:16:28 Adrian Davies & Stewart Whitlie (Carnethy)
- 3) 1:16:33 Richard Pattison & Phil Sheard (P&B)

Leg 3 (pairs navigation)

We had intended to use a detailed, accurate orienteering-style map for the navigational leg. But after producing this map for Dave Jones to have a trial run round, Dave reckoned that many of the teams would be confused by a style of map that they were not familiar with. So we reverted to an OS-based map. The advantages of an orienteering-style map would have been that it is more accurate, shows where the running is slower due to bracken for instance, allows the top navigators to use their skills and removes the advantage that local teams have if they know where there is a path that isn't marked on the map. But it is fairer to teams who aren't map-savvy to use a familiar (OS or Harveys) map.

Anyway, with the controls being visited in any order and no clear route between them, the skill of planning your fastest route and navigating accurately at pace on the moors would be rewarded.

Several teams didn't spot checkpoint 1 on the map, with it being away from the centre of the map, and the number not standing out as much as it might have done (something none of the planning team had noticed), until part way through their

run, or in some cases only after they'd collected all the other controls! As someone commented, our thought process when competing (myself included) is too often: "why bother spending 30 seconds looking at your map and checking you know where you're going, when you can spend 5 minutes running in the wrong direction!"

This was the one leg where we would have no warning of the teams about to come in, since we couldn't be sure where they would appear from. But almost exactly an hour after setting off, James Logue and Chris Heys appeared at the top of the descent into the event centre, to take Horwich into the lead going into the last leg. A deservedly impressive position for the club.

James is a top navigator and over the last few years has been getting quicker and quicker. He has won the last four races that I've organised (except for the local junior school fell race, although come to think of it that big U10 lad with the stubble did look familiar...). Despite this, I thought he would have to give second best to the fresher-faced current British orienteering internationals like the Dark Peak pair of Oli Johnson and Matt Crane, but in the end the only pair that were quicker than James and Chris were Bingley. To quote my clubmate, the Bingley pair were a tall bloke called Jebb and an older guy by the name of Holmes. They can run a bit. However, they hadn't previously been renowned for their expert navigational prowess. It is possible, of course, that one factor in their setting the fastest time on leg 3 was setting off a minute after Horwich, running full pelt to catch them up and thereafter admiring the Horwich pair's expert lines from a few yards back.

Other teams also proved their ability to navigate at pace on the fells. Jon Wright and Mark Goldie put Todmorden Harriers into third place, a well-deserved position for the host club's faster local rivals, though Andrew Wrench did look a little perturbed at the prospect of holding off Mercia's Simon Bailey on the last leg. Oli Johnson & Matt Crane, and Tim Higginbottom & Chris Near also set fast times on this section, setting up Dark Peak and Eryri in 5th and 6th positions respectively going into the last leg.

For some teams, though, the navigational leg is perhaps best forgotten. Both Pudsey & Bramley and Salford, second and third at the start of the leg, dropped out of contention for medals in the challenge to find routes across the moors.

The P&B youngsters could do with some tips from their seniors. Pudsey & Bramley vets, John Aylward and Paul Sheard, set the 4th fastest overall time for leg 3, to pull their club into second place in the vets, less than a minute behind Dark Peak vets, for whom Tim Tett and Joe Blackett had also had a fast run to keep their noses in the lead. Whilst those two teams would be battling it out for gold medals, several minutes back there was just 11 seconds separating Carnethy vets in 3rd and Bowland vets in 4th, after fine runs by Andy Spenceley and Steve Fallon for Carnethy, and Quentin Harding and Ali Welsh for Bowland.

Setting off as first ladies team, Jackie Scarf and Celia Mills of Calder Valley looked nervous before the start, but quickly settled into their run. Jackie said that they took it carefully, staying high where possible, always on a compass bearing and opting to take the longer route past the sailing club lake to their final control (the

shooting butts) in order to avoid having to descend into the valley and climb back out the other side. They kept the local ladies in gold medal position, extending the lead over second place Bingley to 12 minutes. Final leg runner Clare Kenny was keen to have as much time in hand on Sharon Taylor as possible!

Meanwhile, Lucy Griffiths and Rose Taylor took Holmfirth ladies up from 4th to 3rd, coming in just 14 seconds behind Bingley. They weren't as quick, though, as Kirsty Bryan-Jones and Jenny Johnson, or Angela Brand-Barker and Jane Meeks, who brought Dark Peak and Keswick ladies up to 4th and 5th places respectively. The Keswick pair, the fastest ladies on leg 3, had gained a huge 36 places overall and 7 ladies places on this leg. With Eryri and Ilkley ladies just behind, they would be hotly challenged over the final leg for their fifth place.

The marshals at the event centre area tried almost physically to drag one leg 3 team into the hand-over area as they seemed to be running straight past rather than handing their baton over. "No, no", came the cry from the team, "we haven't gone to checkpoint one yet!" as they headed back out onto the moor. I know of at least one other team who also forgot CP1 until the end and took a wide diversion to get to the checkpoint to avoid the embarrassment of running past the event centre!

The Altrincham ladies did spot checkpoint one on the map and headed out to it. Unfortunately they failed to stop and continued on until they'd left the area of the map behind. Impressively they managed to work their way back onto the map and continued on to the other checkpoints, but by this time they'd raised concern back at the event centre. A search was about to be mounted, after almost all the other competitors had left the event, but then they appeared running along the top dam wall towards the last checkpoint. They looked quite happy with their extended run in the Calder Valley sun and keen to bag the final control, but were persuaded by a team-mate to call it a day.

Incidentally the local mountain rescue team has asked for copied of our maps for leg 3, because they are going to use them for training exercises!

Fastest times:

- 1) 0:58:34 Ian Holmes & Rob Jebb (Bingley)
- 2) 0:59:32 James Logue & Chris Heys (Horwich)
- 3) 1:00:41 Tim Higginbottom & Chris Near (Eryri)
- 4) 1:01:24 John Aylward & Paul Sheard (P&B vets)
- 5) 1:01:30 Jon Wright & Mark Goldie (Todmorden)

Fastest ladies:

- 1) 1:15:26 Angela Brand-Barker & Jane Meeks (Keswick)



Jon Emberton and Richard Greenwood, CVFR

Photo courtesy of Al Whiteley

- 2) 1:16:56 Kirsty Bryan-Jones & Jenny Johnson (Dark Peak)
- 3) 1:17:00 Angela Mudge & Lucy Colquoun (Carnethy)

Fastest vets teams:

- 1) 1:01:24 John Aylward & Paul Sheard (P&B)
- 2) 1:03:21 Tim Tett & Joe Blackett (Dark Peak)
- 3) 1:04:29 Quentin Harding & Ali Welsh (Bowland)

Leg 4 (5.9 miles, 1480' ascent)

The route of the last leg was similar to the first leg, but the circuit on the moor was run in the opposite direction. This made for a very tricky first descent after checkpoint 1, but a long, fast descent from High Brown Knoll right down to the finish.

Interestingly, the fastest men on leg 4 set faster times than leg 1, but it was the other way round for the ladies: the top ladies times were faster on the first leg than the last leg.

Alistair Brownlee (Bingley) got the jump on Russell Maddams (Horwich) at the start of leg 4. As the Horwich and Bingley third leg runners came into the hand-over area with seconds separating them, Alistair was ready, grabbed the baton and set off. Unfortunately, Russell hadn't expected them so soon, and was summoned from the refreshments area at a run by the frantic yelling of his team mates. It wouldn't have mattered, though, because Alistair set a tremendous pace all the way round. He was never going to be caught and Bingley Harriers won the 18th UKA British Relays by a clear 3 minutes.

Simon Bailey, setting off for Mercia outside the medals in 4th place, caught Andrew Wrench of Todmorden early on and then Russell Maddams by High Brown Knoll, to bring Mercia Fellrunners the silver medals - the fourth time Mercia have been bridesmaids and never yet the bride. Russell finished less than a minute behind Simon for Horwich RMI Harriers to be awarded well-deserved bronze medals. From 13th last year to 3rd this year for the Horwich lads.

Last year's champions, Dark Peak had to settle for fourth place this year, Lloyd Taggart running hard, overtaking Andrew Wrench (who earned Todmorden 5th place, a superb performance by the club) but not managing to catch the leading trio.

Behind those five clubs, both Skipton AC and Northumberland Fellrunners had also done tremendously, beating many more-fancied clubs. After the provisional results had been published it was brought to the organisers' attention that Nick Swinburn, for Northumberland on leg 4, had inadvertently turned off the flagged route at the standing stone before High Brown Knoll, thinking it was the summit, and had cut out a small section that included checkpoint 5. If he had stuck to the route his time would probably have been about a minute more than his posted time of 41:08, which would still have made him faster than anyone on leg 4 or leg 1, so it was very unfortunate. It was clear that his shortcut had not been deliberate, so we gave him a 3-minute time penalty rather than disqualifying him. It felt mean to impose a penalty on the lad, but it was the fairest thing to do. Even with that penalty, Nick's time was the fourth fastest for the leg.

Along with Nick, Lee Athersmith for Skipton had ran superbly, gaining 3 places over the course of the route to bring Skipton home in 6th place, with

Northumberland in 7th after the time penalty.

On their way round, the youngsters Nick and Lee had overtaken the two leading vets teams battling for gold. Alan Ward managed to keep ahead of Paul Stevenson to bring Dark Peak vets the gold medals to make up for their younger compatriots missing out on medals, and Pudsey & Bramley vets, the champions from last year, took the silver.

Bowland vets had been creeping up the results all the way through the event (and indeed over the last few years), and on their final leg Mike Whyatt set the second fastest vets time to take them into bronze medal position, following their fifth place last year. He had set off just 11 seconds after Adam Ward of Carnethy vets, who finished in fourth place this year - they had been second the previous year.

The fastest vets time on the final leg was set by Dave Neil, who brought Staffs Moorlands vets from 9th vets position to 5th, an improvement of one place on 2005.

Amongst the ladies, Clare Kenny will understandably have cast worrying looks behind her at the very fast ladies starting later, but she needn't have worried, bringing the host club Calder Valley ladies in for gold medals with a 5 minute lead, to big cheers at the event centre.

Two of the fast ladies behind Clare were Sharon Taylor and Liz Batt. Sharon ran strongly to keep Bingley ladies in the silver medal position, while Liz ran the fastest ladies time of the leg to overtake Helen Shirley of Holmfirth Harriers and bring the bronze medals to Dark Peak ladies, after finishing 9th last year. Helen came in for an excellent fourth place for Holmfirth ladies.

Jayne Knowles, the fourth leg runner for Altrincham ladies, started in the mass start, got ahead of all but one of the other mass-start runners as well as several of the earlier starters, and finished before her team's third leg runners had come in, which caused my results spreadsheet to throw a bit of a wobbly!

Fastest times:

- 1) 42:17 Simon Bailey (Mercia)
 - 2) 42:31 Alistair Brownlee (Bingley)
 - 3) 42:54 Lloyd Taggart (Dark Peak)
 - 4) 44:08* Nick Swinburn (Northumberland)
 - 5) 44:12 Lee Athersmith (Skipton)
- * Nick's time includes a 3 minute penalty for missing checkpoint 5

Fastest ladies:

- 1) 53:33 Liz Batt (Dark Peak)
- 2) 54:27 Jayne Knowles (Altrincham)
- 3) 54:40 Sharon Taylor (Bingley)

Fastest vets teams:

- 1) 46:20 Dave Neil (Staffs Moorlands)
- 2) 46:33 Mike Whyatt (Bowland)
- 3) 47:22 Alan Ward (Dark Peak)

Aftermath

Sorting out the remnants of the event the next day, it was great to see so little litter dropped by runners. No damaged walls, either. Along with the willingness of so many people to park their cars outside the event centre and either walk or use the minibus, it shows that we as fellrunners are much more conscious of



Helen Francis anchors Holmfirth Harriers Ladies

Photo courtesy of Allan Greenwood

looking after our beautiful environment than some scaremongers had feared. Long may it continue.

There were more emotional moments in the following days, too. On the Sunday while we were in the estate clearing things away, Frank Scholefield, the landowner and father of Bo, who I'd been dealing with over the use of the estate, drove up. "So", he says, "I hear you had a thousand people here yesterday. At £3 per car and £1 per person that money will come in useful for us. Offset the loss we made in turning away a shoot for this weekend." My face dropped. I'd agreed 50p per person with Bo, but that had been just a casual, verbal agreement. He hadn't really wanted to talk about the money, and Frank was the senior. The amount that Frank wanted would mean we would stand to make a serious loss for the privilege of hosting the event.

That evening I had a conversation with Bo and then Frank. Frank said: "Now lad, about that money. I was only joking. We don't want any money from you, it's our contribution to your event." Taken aback, I insisted on paying them something. He refused to take any money, but instead he asked us to donate it to his favourite charity, the Maurice Jagger Centre in Halifax that helps the old and disabled. How's that for landowners! So we donated to the Maurice Jagger Centre the £350 that we had originally promised Bo, and also donated £150 to the local mountain rescue (CVSRT).

Frank Scholefield was delighted to hear that the local ladies had won gold medals - "that'll be summat for me to tell them in the pub tonight!"

Now that it's all over, it will be good to get reacquainted with my wife and kids. I'm looking forward to the next British relays in Bowland, where my only worry will be about how slow I am rather than whether the toilets are going to turn up on the right day, or whether I'll be able to get the timer paper back from the pub I left it in the night before.

Doing the OMM after the relays, I looked on that event with renewed awe: not for the toughness of the courses, but for the organisation it must take. Considering how much work went into these relays I found it hard to imagine that work multiplied for something like the OMM.

We were very grateful to our sponsors: Russell Gill, the manager of the Skipton branch of Ultimate Outdoors as well as a fellow fellrunner, was

tremendous in getting Ultimate Outdoors to supply all the prizes and the water afterwards. Pete Bland Sports as always generously sponsored the British Championships and provided the race numbers. Even the Halifax Courier sponsored us in order to get a scoop on the results for the paper!

If you enjoyed the event, come along to our races on the same moors. The Wadsworth Trog (affectionately known as "The Beast") in early February is the local classic, though it has probably past by the time this Fellrunner comes out. Then there's our summer weekend celebration of fell-running: the Midsummer Madness set of three races: Friday 22nd to Sunday 24th June. It's a great weekend of running, beer and camaraderie.

Final signoff from a Dark Peak runner who was thanking a marshal after his run. As he spoke his eyes drifted across Rocking Stone Flat, he remarked "God, it's bleak up there, though." And that's saying something, coming from Dark Peak!

Final top positions

Men's teams (64 teams started)

1.	3:44:53	Bingley Harriers
2.	3:48:19	Mercia FR
3.	3:49:11	Horwich RMI Harriers
4.	3:51:09	Dark Peak FR
5.	3:51:31	Todmorden Harriers
6.	3:55:19	Skipton AC
7.	3:55:38	Northumberland FR
8.	3:57:12	Eryri Harriers
9.	3:59:55	Calder Valley FR
10.	4:04:20	Mynydd Du
11.	4:10:40	Pudsey & Bramley
12.	4:14:45	Wharfedale Harriers
13.	4:14:46	Holmfirth Harriers
14.	4:14:57	Bowland FR
15.	4:15:12	Keighley & Craven
16.	4:17:37	Clayton-le-Moors
17.	4:20:45	Shettleston Harriers
18.	4:21:55	Salford Harriers
19.	4:23:10	Rossendale Harriers
20.	4:23:34	Ilkley Harriers

Ladies teams (24 teams started)

1.	4:44:09	Calder Valley FR
2.	4:49:15	Bingley Harriers
3.	4:50:37	Dark Peak FR
4.	4:52:10	Holmfirth Harriers
5.	4:59:00	Ilkley Harriers
6.	5:01:07	Eryri Harriers
7.	5:02:16	Keswick AC
8.	5:06:18	Clayton-le-Moors
9.	5:30:09	Rossendale Harriers
10.	5:32:20	Todmorden Harriers

Male Veteran teams (30 teams started)

1.	3:56:03	Dark Peak FR
2.	3:57:35	Pudsey & Bramley
3.	4:01:56	Bowland FR
4.	4:05:10	Carnethy
5.	4:11:38	Staffs Moorlands AC
6.	4:14:13	Clayton-le-Moors
7.	4:15:24	Mercia FR
8.	4:16:35	Kendal AAC
9.	4:17:01	Horwich RMI Harriers
10.	4:28:14	Pennine FR

Edale Mountain Rescue Team

New Base Appeal

Due to redevelopment at Lafarge Cement Works close to Hope, Derbyshire, Edale Mountain Rescue Team have relocated their existing base which was housed in a bay of the existing maintenance workshop into temporary accommodation elsewhere on the site, whilst the maintenance workshop is refurbished to provide office accommodation for Lafarge.

Lafarge have provided three bays of the same building which are being converted into a purpose built rescue and training centre for the team. This new facility should be operational by Easter 2007.

Lafarge have been very generous with their support but the team still needs to find £150,000 by December 2007 to pay for the construction work and fitting out.



EDALE MOUNTAIN RESCUE TEAM

The team attends a hundred incidents each year, helping climbers, walkers, mountain bikers and tourists in distress. Incidents occur on many well know areas, Kinder Scout, Losehill, Win Hill, the Derwent Moors, Stanage, Burbage and Froggatt to name a few of the more frequent locations.

The team is a charitable organisation, funded entirely by public donation and consists of 50 volunteers who turn out at all times of the

day and night to help those in trouble.



The Edale Mountain Rescue Team and Lord Mayor

If you would like to contribute to the appeal please send donations to the Team Chairman Neil Roden at Edale Mountain Rescue Team, PO Box 6490, Bakewell, DE45 1XR.

To find out more about the team visit the website www.edalemountainrescue.co.uk.

Colossus

A Profile of Ian Holmes

When Dave Jones asked me to write my first Profile for *The Fellrunner Magazine*, full of braggadocio, the first name I suggested was Ian Holmes.

Dave, in his wisdom, suggested that perhaps I was inadequately equipped to tackle, in his words, “the colossus of fell running” and sent me away to learn my craft, initially at the feet of Scoffer.

I hope I am now ready.

Show Us Your Medals!

Colossus?

Ian has been the outstanding figure of English fell running over the past decade and more.

He has won 5 Open English Championships (between 1996-2003), 4 British Championships (between 1996-2000) and he surprised no-one by winning the English and British Vet 40 Championships in his first year as a vet in 2006. He is a multiple winner at, for example, Ben Nevis (5 wins between 1994-2004), Jura (4), Borrowdale (2), Langdale (2). He has won at Peris, the Three Peaks and so on.

On a European and World stage he has two Silver (1994/98) and two Bronze (1993/97) medals and he is the most famous runner in Indonesia after triple consecutive victories in the Mount Kinabalu race (1997-9).

In Yorkshire he has effectively been invincible over

the short races over Haworth Moor near his home in Keighley and he has been Yorkshire Champion 6 times between 1994-2006.

Although a runner since his school days, as Rob Grillo noted in *Staying the Distance*, he first gained prominence with a record breaking run in September 1990 at Scafell Pike. He won again in 1993, 2001 and 2004 and his other multiple wins in short/medium races include Burnsall (5), Buckden Pike (4), Buttermere Sailbeck (3), Coniston (5) and Snowdon (3). His most recent wins at Burnsall and Coniston in 2006 were, of course, as a Vet 40.

With regard to his 2004 win at Scafell Pike, Ian also won the Ben Nevis and Snowdon races that year so he really was “King of the Mountains”. No one else has ever achieved this unique challenge of winning the races to the summits of England, Scotland and Wales in the same year.

When I spoke with him he claimed that his most memorable race was that first win at Scafell Pike. However he then vividly described the 1999 Championship Anniversary Waltz race which was held after heavy snow and in which he actually came second to Gavin Bland. “Gavin and I were together and coming off Dalehead you just couldn’t see the boulders or rabbit holes for the deep snow but Gavin was just sprinting down so I followed him. It was stupid but we were still together coming off Cat Bells. I don’t believe in keeping my sprint finish until the end and Gavin was fast so I dug in a



2006 Harriers v Cyclists

Photo courtesy of Mick Watson

mile from the end but got onto a boggy patch and Gavin just sailed past. He won by two seconds! That became the story of the 1999 season for me, Gavin kept just beating me and he went on to win both Championships”.

Despite his apparent dominance of the English fell running scene, of the six races that make up the Lakeland Classic Trophy series Ian has never won four of them: Ennerdale, Wasdale, Duddon Valley and the Three Shires, although he has had second and third places. “I don’t have a problem with these races but being Yorkshire-based it is always going to be difficult for me competing against the Borrowdale lads who train over these courses and can recce them easily. Simon Booth may have won Borrowdale 10 times but he still goes out to recce it to make sure he remembers all the best lines”.

Ian preferred the earlier “4 races” to the current “4 from 6 races” formula for the British Championship and in fact he only does races like Ennerdale when they are Championship counters. In his only start at Wasdale he DNF!

Are there races he regrets not winning? “Not really. Sometimes I wish I had listened to someone like Sarah Rowell and focused on doing better in World Trophy races, which are so competitive you have to focus on training for them and not do things like the Ben but when you are young you think you can do everything. You can’t, but basically I don’t believe in looking backwards and having regrets.”

Although he agrees that WMRT races are somewhat different from fell racing he points out that they deserve respect and fell runners should be well equipped to deal with the lap format of undulating hills in contrast with road and cross country runners who might be faster on the flat but are not used to hills.

And what about the Bob Graham? “Well of course I’ve thought about it and maybe I’ll try it when I’m a bit older. I think Billy (Bland) walked round it in 17 hours but there is only one Billy. I would be happy just to do it in less than 24 hours!”

Background

Anyone who has met Ian or has seen interviews of him on television or video will know him to be incredibly modest about his achievements, which he just attributes to “genetics”. His father was a fell runner and won Burnsall in his day so understandably this is a race Ian likes to win. Often at school he played Rugby but gave this up when around 17 years with a back injury and so his second-choice sport of running came to the fore. He also gave up the excessive beer drinking that is associated with rugby but this was without any regret.

His first race was when he was around 10 years



Ian Holmes and Rob Jebb at Wherside in 2006

Photo courtesy of Mick Watson

old at Malham Show when he was third so I was not surprised that his son Louis, who is now 7, is a young, but perhaps not yet quite as competitive, member of the local Keighley & Craven AC.

Ian significantly improved his fitness in the early 1990s when for a couple of years he worked as a ski instructor/walking guide near Bolzano in the Italian, but mostly German speaking, Tyrol and trained hard at 5000 feet of altitude.

Ian has loved skiing since his first experience at 11 with school and in his teens his Christmas/Birthday presents (his birthday is in December) were always skiing trips. So ending up as a skiing instructor hardly counted as working at all.

After leaving school he thought of becoming a motor mechanic but actually worked for the textile company his father owned for a year or so. Then with school friend Colin Moses he did a one year C&G course in Recreation & Leisure. After a year at the Bewerley Park Outdoor Education Centre, near Pateley Bridge, he eventually ended up in Bolzano with his wife-to-be Zena (they were married in 1995) who looked after the hotel. However whilst life was good for Ian during this two year period Zena, who is a nurse, was under employed merely running the hotel and so they eventually returned to England where Ian started working for a whirlpool/ spa manufacturer.

However the time spent training on his own at altitude, inspired by Ron Hill's *The Long Hard Road*, made fell running on his return to England seem relatively easy; hence a decade of dominance.

Ian has not lost his love for Italy and finishing well up in the Snowdon International Race in most years means that he has been invited to run in the Trofeo Vanoni Relay in Morbegno some ten times. It was time spent in Italy that cured (?) him of his vegetarianism. He said he became a vegetarian because of the disgusting meat he was fed when working at Bewerley Park but "in Italy they don't recognise vegetarians and just give you a fried egg so I started eating decent meat again".

When I asked who had inspired him in his early days he immediately mentioned the slightly older Ian Ferguson who would take Ian and Colin Moses away for adventure weekends. Andy Peace, who is a few years younger and who is Ian Ferguson's cousin, joined the group later. He also gave credit to Ian Ferguson for bringing on Rob Jebb by making him train hard, with very visible results.

Training

Sarah Rowell in her excellent, still relevant and woefully underrated *Off-Road Running* (Crowood Press 2002) reported that Ian trained twelve sessions a week. I had forgotten this until I rang Ian to set up a meeting and suggested that we meet on a "non-training day". His bemused response was that he trained every day which is when I remembered that I was talking to Ian and not with Lloyd and Jackie!

He outlined his schedule, based around two runs a day (with his dog) of between 2-7 miles, two sessions up to 50 minutes on Saturday and then maybe an hour on Sunday, all usually over Haworth Moor since his home lies between Keighley and Haworth. So perhaps his race success is not simply down to "genetics" after all?

I was surprised there were no long 3 hour Sunday runs but he said that with a family he could not really



Photo courtesy of Pete Hartley



do this. However given the “doubles” that Andy Peace and Rob Jebb have achieved in the running and cycling Three Peaks Races, Ian is now thinking that it would be nice to win both these events in 2007 in the Vet 40 category—something no one has done.

So he might now have to do some longer runs to prepare properly for the Three Peaks Race and on the advice of Rob Jebb he has already bought a new bike to replace his 15 year old model: “it is amazing the difference good equipment can make”.

I had heard that he once cycled to the Ben (around 300 miles), won the race and then cycled home but he said this was untrue. Yes, his Bingley chums cycled the 300 miles trip over three days but he only joined them at Carlisle, so he did not cycle all the way, he only came 9th in the race and anyway he got a lift back. Which all made me feel a lot better.

So running, cycling, sailing? His father has a 28 foot boat so Ian can sail and he has competed in the Scottish Islands Peaks Race “which was interesting, just the once. In fact I was later offered payment to do the Three Peaks Yacht Race but I turned it down because I am just not that keen on sailing”.

I enquired about injuries but he dismissed repetitive running injuries as “something you just run through”. However he has had two serious injuries but neither was a conventional “running injury”. One was when he was cycling and flew over the bonnet of a car to land on his head. Fortunately he was wearing a helmet, although the helmet did not prevent him damaging an ankle ligament.

His other serious injury was in one of the few races over Haworth Moor which he did not win when he tore his knee open on a metal spike after falling on the stone slabs coming down from Top Withins. The fact that he did not win his umpteenth race on Haworth Moor generated bigger headlines than if he had!

Off-Road Running contains a succinct summary of Ian’s career, training, etc much of which he confirmed as still valid when we met five years after publication. The book also contains “Ian’s Top Tips” which refer to:

- goal setting
- training
- joining the right sort of club
- race recceing
- having a race plan.

To which Ian added “and when you pass someone put in extra effort to demoralise them” and, as mentioned earlier, “don’t save your sprint finish to the last 100 yards. If you are going to leave people for dead then do it early in case it doesn’t come off and you can have another go”.

I am sure Ian likes winning, and he has had a lot of practice, but I formed the impression that he might prefer coming second in a tough race to winning by a mile and he agreed. “Of course you look round on the start line and decide whether you have got serious competition or not; and I do prefer to have tough competition”.

After all, it is only by vanquishing the very, very good that one can become truly great.

Veteran 40

I wondered when he felt he was at his best in terms of speed, experience etc and surprisingly he went back to 1996 when he was 30 and won the first of his English and British Championships battling with Mark Kinch who had won in both 1994 and 1995.

However Ian turned 40 in December 2005 and it would have been difficult to get decent odds on him not winning the English and British Vet 40 Championships in 2006. This he did; whilst still coming third in the English Men’s Open Championship behind Rob Jebb (Bingley) and Lloyd Taggart (Dark Peak). He told me that for the last year or so he had taken it easy but the prospect of winning the Vet 40 Medals had remotivated him. “Whilst getting up in the morning at 6.15am has never been a problem for me you do need goals to retain your motivation”. I knew from a previous conversation that he does not bother to get the results sheets for races and has no idea how many records he holds. However he has noted that whilst Dave Spedding (Keswick) has won British Championships as a V40, V50 and V60 no one has ever won the Championship in the Open category as well.

His motivation appears to be intact.

Record Breaking & Descending

Immediately before we met BBC2 Scotland had shown a programme on the 2006 Ben Nevis race which included Kenny Stuart suggesting that several people were capable of breaking his 1984 record. So, I asked, “as a 5 times winner who always takes it easy on the climb why haven’t you broken Kenny’s record?” “I need to take it easy on the climb” he said “so I have something for the race back down. I don’t want to get to the top and have nothing left. We all have to run our own races. Robb has to go off fast because he needs to get some distance on the runners who are better descenders. Whatever the event different runners must run their own races although you often find you come back together near the finish”.

In 2004 at the Snowdon International Race Ian was ninth at the summit 1’52” behind Julian Rancon (France) whom he beat into second place by 26 seconds. Was this one of his greatest descending

triumphs?

“Well there were good cash prizes that year and I knew at the top I could easily make up five places or so and on the way down I kept seeing runners in front and I thought, well if I pass him that is another few hundred Euros, so I dug in and dug in again and I won! Whilst I have never run for the money, if you can catch the bloke in front, then you may as well try”.

I asked if he ever reflected that his reward for being the top fell runner in the country might be £25 on a good day whereas his equivalent in some other sports might earn £25,000 in 90 minutes, even on a bad day. “Market forces” was his response, “I don’t look back and I don’t believe in ‘what if?’”

With regard to his great descending skill he also vividly recalled his third victory on Mount Kinabalu. At the top he thought “I’ve no chance of making up the deficit” but near the run-in he saw the front runner slowing and Simon Booth coming up behind “and I wasn’t going to let him get past so...” another great victory with all three finishing within 10 seconds.

I asked him the secret of his famed descending skills but modestly he again just described it as “genetics” and being “small and light”. For the record he is 5’8” and weighs around 9 stones.

And Away From The Fells?

“Well I did the (very hilly) Bradford Marathon when I was around 16. Ian Ferguson had entered it and I just ran round with Colin Moses. But after around 16 miles we were walking. I think I did it in around 3.40 but I hadn’t trained and I was wearing a pair of old trainers. It made the Ben feel easy later”. At the other extreme in the F&M year of 2001 he did a 10K road race. “I did 31’10” and it was very windy so I am sure I could run faster than that”. But he has never bothered to try.

It should be noted that running for a prestigious, multi-discipline club like Bingley Harriers means that Ian has won Gold Medals in Road Relays and Cross Country events. He is an outstanding all-round runner, not “just” a brilliant fell runner.

Ian Drunk? Really?

I mentioned to someone who shall be nameless that Ian had always seemed to me to be a shy, reserved and modest individual. The response was a dry “well you have obviously never seen him drunk with his head in his food then Graham!” And what about all those escapades with Ian Ferguson/ Colin Moses/ Andy Peace? Are they suitable for a journal that might be read before the 9.00pm curfew?

Ian’s response was little more than a sheepish smile.

Crushing Dreams

In *Off-Road Running* Sarah Rowell quoted Ian as saying “however fit you are, if you are going to win ... you have to be prepared for it to hurt”. Reflecting on Ian’s mental attitude and his training regime I was reminded of the words of Simon Barnes, Chief Sportswriter of *The Times* and author of *The Meaning of Sport*, who wrote “no Champion gets there by simple means, by easy unspoiled, natural talent. To be a champion can only ever be a hard ... journey. It must involve a willingness not only to express a natural talent, but also to leave all the rest

heartbroken”.

Maybe Ian doesn't think in quite such terms as he goes training in the early dark hours of a winter morning; but he does turn out in those early dark winter hours.

There cannot be a good fell runner anywhere who has not stood alongside Ian on the starting line and not dreamt of beating this great, five times English Fell Champion but, as Steve Redgrave, the five times Olympic Champion, has made clear: it is the job of a Champion to crush such dreams.

And Finally

Ian has probably been interviewed for more newspapers, television programmes, videos, books and articles than any other English fell runner. As we parted I said it had been a privilege to meet him and I apologised for going over the same old ground. I enquired if there was any subject he felt I should have asked him about but his response was that in interviews he just tried to be honest with the questioner.

Perhaps there is no finer adjective than “honest” to describe one of the immortals of fell running.

Photo courtesy of Pete Hartley



Above: The early days – Ian Holmes at Burnsall in 1990 - not in top 10

The world at his feet

In September 2006 one of Britain's most exciting talents, 18 year old Alistair Brownlee became the World Junior Triathlon Champion in Lausanne, Switzerland, capping a marvellous day of sport to remember along with Tim Don and Will Clarke they put the **Great back in to Britain.**

To most of you Ali as he is affectionately known, seems a shy retiring kind of guy, until you really get to know him, then his very dry sense of humour and cheeky grin let's him get away with murder. It also hides a very determined and strong willed individual, whose athletic ability is without question.

On the fell running scene he won the Under 16 British title in 2004, finished silver medallist in 2005, won the Black Forest Teenager Games in 2003, second in 2004, (due to argee bargee at the finish), and fourth at the Susa Marco Germanetto Memorial Races, all representing England. In his beloved home county he has amassed six Yorkshire fell running gold medals, winning twice at U14, U16 and U18, and also represented the Yorkshire Inter County senior team twice finishing seventeenth at Wrekin in 2005 helping the team to gold. A year later at Settle Hills he finished an astonishing second overall to Andi Jones to win an individual silver medal to become the youngest ever medallist in this event, and help the Yorkshire lads to team silver medals.

Regarding the World Mountain Running Trophy Ali has never managed to get it right on the day, so far, with **only** seventeenth in Turkey last year being his highest position, Ali does set himself very high standards hence the word **only**, although for someone so young he has been to an amazing four World Trophy events.

Ali's commitment is never in question and nothing emphasises this more than when as a 14 year old he was swimming, cycling and running around Rivington to qualify for the European Youth Triathlon Relay Team for Austria, at 7am in the morning. Then a mere 3 hours later he took part in the Black Forest Teenager Games trials race up Rivington Pike, surprisingly this task was one task too many. Consolation was the England team won gold in Austria.

Recently the British Triathlon Association asked Ali if he could take one thing on to a desert island what would it be, no thought was required as he quickly responded with **'running shoes of course'.**

Now studying medicine at Cambridge University, Ali has had quite an hectic year fitting in such things as; winning the European Duathlon Championships, second in the World Duathlon champs, third in the European Triathlon champs, and winner of the National Triathlon and Duathlon championships. On the cross country scene he won the English Schools, finished fourth in the English National and has now won six Yorkshire cross country titles, plus competing in numerous 'not so' showcase events. One of these was winning the Withins Skyline fell race in October, where he was the surprise guest celebrity, below he gives his slant on the whole day, and later on the World Triathlon Championships.

The Brownlee athletic ability doesn't just centre around Ali, he has two younger brothers, Jonathan is National Duathlon and Triathlon Champion for his age, he finished second junior in the Salford Tri which was a European cup race, won the junior London Triathlon and anchored the European Youth Relay Triathlon Team to gold. On the fells he is the current British and Irish Champion, Yorkshire U16 fells champion and recently won the 2007 Yorkshire U17 cross country title. Then there is Edward, who is just starting out on his career, already last year he became the Bradford Schools Cross Country Champion, and finished 3rd in the Yorkshire Triathlon series of races. Rumour is rife that the Brownlee Bombers are planning a major coup by winning the prestigious Bunny Run Relay title!

For the too young to remember fell runners amongst us, Jack Maitland mentioned in Ali's memoirs is a former British Fell Champion, Scottish Hill Running Champion, International Orienteer and fell runner, plus he won the British Duathlon and Scottish Triathlon Championships, the Everest Marathon and the Mount Cameroon race to name but a few of his achievements.

ALI'S MEMOIRS

Withins Skyline Race, Haworth, England 2006

'I have participated in most of the Haworth Moor races but never in the Withins Skyline. There was a free weekend in my calendar so I thought "why not give it a go" and more importantly I fancied some chocolate. Dave had asked me to turn up early in order to act as his "surprise Guest celebratory" and start the junior races in the quarry. The first job he had me doing on arrival was signing autographs and he bet that I would have more than 100 to do. Thankfully the number barely got into double figures.

A speech wasn't required at the start line, "go" was all that was required. After watching the juniors run and cheering them on I warmed up for my race, happy in the knowledge that my duties were over. Then Dave told me that I also had to start the senior race! After the photographs, I walked forward, said "go" in front of the large field. I'm not known for my speedy starts and it was definitely the first time I've ever left the quarry in first place. I might ask if I can start next year's race!

I ran hard up the Stoop and followed Dave's instructions to run along the boundary ditch until I saw the wooden posts. It was a little strange as this was the first race I had ever been leading that didn't have a flag every few feet and I was very pleased to see the building at top of Withins.

From the top of the waterfalls I ran as fast as I could and fell over my feet just before the road crossing. I couldn't finish a race without being covered in mud!

At the presentation I was given an amazing cake with a picture of myself on it along with a selection of chocolate, beer and Halloween goodies.

Thanks again Dave and Eileen for enough chocolate to last even me a month!

Photo courtesy of Dave Woodhead



World Triathlon Champs–Lausanne, Switzerland 2006

I arrived in Lausanne on a Wednesday evening to find out that we were staying in a five-star hotel only metres from the start and finish of the race. Lausanne is a small city on Lake Geneva in Switzerland. At the beginning of September I was there to race in the world junior triathlon championships. I had qualified for the race European triathlon championships by coming third. I was part of the junior boys team that also included my brother Jonathan (the better looking one) and Ritchie Nicholl. We had come to race against 100 other juniors from all over the world in a sprint distance race on the Saturday morning.

In the few days before the race I took time to look at the course. We went swimming in the lake and cycled round the course in a convoy that seemed to include every triathlete in the world. What can I say about a swim course except that it was flat and wet? We had been told that the bike course was very tough with a long climb at about 10% after the first kilometre. I don't know how they measure gradients in Switzerland but it's not the same as they do it in Yorkshire as it was barely a rise but still something for a triathlon course which are not known for their alpine climbs. The run was flatter than a pancake along the side of the lake with the only altitude gain being the climb up a curb half way round.

The team went to the Olympic museum for

the race briefing which managed to make lots of coaches very cross and me very confused. We got lost trying to find the registration and had to climb along a wall to the disgust of many of the customers of the posh restaurant on the other side of the window. The rest of the time was spent bouncing off the walls in enforced rest and relaxation.

The race was at seven o'clock which meant that I got up at four to eat, to make sure that I didn't get a stitch. After a lot of waiting I went down to the start of the race and was given the number tattoos to put on my arms and legs. I put mine on upside down and back to front before Jack Maitland offered to give me a hand. It was dark and six o'clock in the morning! We spent a bit of time discussing team tactics which involved my brother slowing down the pack as I made a bid for glory down the final decent.

I put my wetsuit on and went for a warm-up swim and run. Just before the start I lined up and walked out onto the pontoon. As there was a very large field we had to jump into the water instead of a dive start. At the sound of a horn, 104 athletes attempted to push off the pontoon and you can imagine the carnage that followed. After about ten strokes I was forced underwater for what seemed like an eternity. When I finally surfaced I could see the whole field in front of me. Race over I thought! I put my head down

Photo courtesy of David Brett



A muddy Ali at The Stoop in 2002

and swam as hard as I could. Towards the end I recognised one of the best French athletes coming past me and sprinted to get on his feet. About ten meters from the finish I caught up with my brother (recognisable by his bright yellow goggles) and scrambled out of the water. Fortunately there was a steep uphill to climb to the top of a bridge followed by a steep descent which allowed me to catch a few more athletes. I ran into transition, ripped my wetsuit off and grabbed my bike off the rail. The first few minutes of the bike were very intense as I cycled as hard as possible to try and catch the lead group. Once I had, the rest of the bike was fairly steady. After 5km my brother crashed after a bit of a confrontation with one of the Chinese athletes. About half way round one of the Athletes asked me if I was Alistair or Jonathon. I told them that I was Jonny and they were happy until a coach shouted "go Alistair" at which point there were attacks. I was confident of running faster than all of the athletes around me and I knew last years world champion, a very rapid American had been held up in the swim (a fiver well spent).

I came into second transition in the large front group and ran past my racking point because I saw my shoes some where else. I didn't think anyone else was stupid enough to use bright blue racing shoes.

After leaving transition the last athlete from my bike group I ran very hard for the first kilometre of the run in order to catch up the leaders. At the first turn around I was amazed to have enough in my legs to speed up and pull away from the Russian athlete in second place.

Coming up to the line someone handed me a flag and I realised how lucky I had been and that I was going to win. At the line I was interviewed by the commentator and posed for some photographs. The medal presentation took place soon afterwards, the national anthem was played, the Union Jack rose and I received my medal. It was an amazing experience!

Photo courtesy of Nigel Farrow



WMRA Grand Prix 2006

The 2006 WMRA Grand Prix series comprised six mainly uphill races in the European Alps, except for the final race in Gibraltar.

Jonathan Wyatt, New Zealand's five times World Trophy champion again won the series for the fifth consecutive year. He has been dominant in GP races since the 2001 season, winning all 21 GP races that he has contested. In this 2006 series he won five races missing out on a race that was two weeks after he was attacked by dogs whilst out training before the World Trophy in Turkey. After medical attention he recovered to run the event but failed by only a few seconds to beat the winner, Colombia's Rolando Ortiz.

Four GBR runners scored points in at least two GP races to achieve a place in the final rankings of 35 men. Martin Cox, who has competed each year in the WMRA GP series, enjoyed his best year since 2002 by finishing in third place behind Jono and the 2006 European champion Marco Gaiardo.

Tom Cornthwaite, a member of the English U23 team at Smarna Gora (see a report elsewhere), scored points in that race and at Gibraltar to gain 14th ranking. John Brown also competed in two races to finish in 22nd place, whilst Brian Walton, Horwich ran in five GP races, gaining points in two of these races to be the only Vet 50 at 31st in the rankings.

Anna Pichtova, Czech Republic topped the GP rankings for the first time in her career. Previously she had concentrated on marathon running with some MR races at the World Trophy & European Championship events. In 2006 Anna focused on mountain running to win five GP races, become European Champion for the second time and achieve her fifth success at Mt Kinabalu.

Anne Buckley regained her fitness to compete in three GP races and achieve 9th place amongst 25 women in the final rankings. Several other GBR runners also competed at GP races, among these Andy Norman & Rachel Thompson at Grossglockner, and Andrew Robertshaw & John Blair-Fish at Telfes.

Anna Pichtova's successful mountain running year ended tragically on the way with Melissa Moon & Izabela Zatorska to the Obuda Ranch race in Nigeria, which Anna had won in 2005. In a car accident Melissa Moon was unhurt and even managed to run the race, but both Anna and Izabela suffered serious injuries from which they are now in the early stages of recovery.

The WMRA 2007 GP series will consist of 4 races: Sierre – Crans Montana, the 2008 World Trophy venue and the regular GP fixtures at Grossglockner, Schlickeralm – Telfes and Smarna Gora.

Key

Race				
1	G-H	Grossglockner	23 July	Heiligenblut, Austria
2	G-K	Grintovec	30 July	Kamnik, Slovenia
3	S-T	Schlickeralm	6 August	Telfes, Austria
4	B-S	Course Bains	24 September	Saillon, Switzerland
5	SMG	Smarna Gora	7 October	Ljubljana, Slovenia
6	R-G	Rock Gibraltar	28 October	Gibraltar

Note: Best 4 results (out of 6) count towards final rankings.



Photo courtesy of Pete Hartley

WMRA Grand Prix Results 2006

			Race								Races No.	TOTAL POINTS
MEN RANK	FINAL RANKINGS		1 G-H	2 G-K	3 S-T	4 B-S	5 SMG	6 R-G				
1	Wyatt	Jonathan	72	NZL	100	100	100		100	130	5	430
2	Gaiardo	Marco	70	ITA	90		90	100	90		4	370
3	Cox	Martin	69	GBR	85		75	70		104	4	334
4	Dlugosz	Andrzej	78	POL		60	35		85	110	4	290
5	Kroell	Markus	72	AUT			70	80	70	65	4	285
6	Kosovelj	Mitja	84	SLO		70		60	75	71	4	276
7	Skalsky	Roman	75	CZE	70	90			55	52	4	267
8	Du Bois	Ben	75	AUS	80	85	85	14			4	264
9	Rancon	Julien	80	FRA		50	55	55	65	84	5	259
10	Brydl	Pavel	80	CZE	75	75	22	20		41	5	213
11	Lamovec	Peter	84	SLO				90	80		2	170
12	Zeiler	Timo	81	GER	40		65			58	3	163
13	Salamun	Igor	65	SLO		55		50	22		3	127
14	Cornthwaite	Tom	85	GBR					40	78	2	118
15	Valour	Paul	82	FRA				22	50	37	3	109

			Race								Races No.	TOTAL POINTS
WOMEN RANK	FINAL RANKINGS		1 G-H	2 G-K	3 S-T	4 B-S	5 SMG	6 R-G				
1	Pichtova	Anna	73	CZE	100	100	100	100		130	5	430
2	Kosovelj	Mateja	86	SLO		90		80	100	117	4	387
3	Milesova	Iva	77	CZE	90	85	75	75		110	5	360
4	Zatorska	Izabela	62	POL	85	80	80		85	91	5	341
5	Frost	Anna	81	NZL		70	85	60	70	84	5	309
6	Krkoc	Lucija	86	SLO		55		40	90	97	4	282
7	Lilge	Carina	60	AUT	75		50	70	55		4	250
8	Roberti	Maria	66	ITA			90	50	75		3	215
9	Buckley	Anne	67	GBR	55			45		104	3	204
10	Laznik	Waltraud	72	AUT	80		65				2	145

See www.wmra.info for 2006 GP results and 2007 GP details

Anne Buckley

Anne Buckley, as many within our sport know, is an effervescent character once the racing is complete. But come race day, you will find an iron-willed champion as her running CV testifies.

Her recent performance at the world trophy in Turkey represents an outstanding achievement considering she was nursing injury throughout the summer months of 2006 and is still trying to return to her full complement of training, months after the event.

As is often the case with elite athletes like Anne, their weakness is their strength of determination and sometimes-bloody mindedness in getting the job done.

A number of concerted efforts by Anne to move up the level of her performances, resulted in significant improvements before her body became run down from the pressure of intense training. While this benefited her training partners including the likes of Tegla Loroupe (World Marathon Champion from Kenya who has PB's of 10k in 30-32, 67-32 21k, and 2hr 20-43 for the marathon), Anne was left depleted for a number of years with a viral infection similar to glandular fever or M.E.

Such experience has taught Anne the benefits of rest and recuperation in preparing for a major event. This was shown with her outstanding run at Bursa where she was one of the first British athletes to finish in the World Trophy race. This is made even more spectacular when one realises that much of her preparation was done via cross training. She put a strong emphasis on cycling, like many of our top mountain runners including Victoria Wilkinson (11th at Bursa), Andy Peace (Top

Brit in Bursa), Alistair Brownlee (1st English Junior in Bursa) and Rob Hope.

Although Anne was an avid racer in her twenties, she has now realised the benefit of an appropriate taper to reach the top of the ladder in terms of her individual performance. Like Mo Farah, the recent European XC Champion, she has benefited from the advice of Alan Storey the National Endurance coach. Realising that during hard training phases YOU ARE AT YOUR MOST VULNERABLE, with illness and injury just around the corner. Hence the need for a significant taper, with no hard sessions within 10 days of a major race, is of great importance. Such fatigue creeps up, as you get fitter & all of the tough training/racing appears easier. This is when it is important to assess levels of, sometimes, invisible fatigue.

In 2007 expect to see Anne competing with her titanium determination at the forefront of races and mixing her strength work with her flat racing speed to optimise her performance in the mountain running championships across the world.

If you see her at a race this summer, she will be easy to spot with her lithe like figure and smiling face usually at the head of the field.

If you manage to catch her after the race she is more likely to resemble a pussycat than the iron-willed champion that she is. Anne is a 'charming geezer', full of smiles to put you at ease and warm the cockles of your heart with many anecdotes of her world-class adventures in life!



Club : Salford Harriers & Hunters' Bog Trotters (Scotland)

Achievements and Personal Bests

Fell and Mountain Running

World Trophy	1991	Zermatt, Switzerland	17th
	1995	Edinburgh, Scotland	23rd
	1996	Telfes, Austria	13th
	1997	Upice, Czech Republic	12th
	2003	Alaska, USA	22nd
	2006	Bursa, Turkey	33rd

International Snowdon Race 1991 - Winner
Trofeo Vanoni, Morbegno, Italy 1991 - Winner
Swiss Karrimor Mountain Marathon 1992 - Winner (partner Karen Darke)
Nike Mourn Mountain Challenge 1996 - Winner
Alpine Grand Prix 1997 - 2nd
Matterhornlauf 1997 - Winner

Road Running

Personal Bests			
5km	16:42	Salford	1996
10km	33:44	Midnight Sun 10km, Norway	1993
10 Miles	55:41	Nene Valley	1999
Half Marathon	75:53	Leyland	1998
Marathon	2:43:54	Millennium Marathon, New Zealand	2000
Winner Millennium Marathon, Hamilton, New Zealand 1st January 2000			

Track

Personal Bests			
800m	2:13.3		1989
1500m	4:27.7		1989
3000m	9:39.55		1991
5000m	16:45		1993
10,000m	35:10.55		1993
Northern 5000m Champion 1991			
Northern 10000m Champion 1993			

Cross Country

English National Championships	1993	26th
	1996	23rd
	1998	5th
Scottish National Championships	1997	3rd
	2000	3rd
North of England Championships	1997	Winner
	1998	3rd
Nottinghamshire County Champion 1991, 1996, 1997		



Above: Anne Buckley & senior women's team at World Trophy 2006; left: World Trophy Turkey 2006

Photos courtesy of Pete Hartley

Smarna Gora

2006 Race Report

Background

The trial for this year's World Trophy, held at Snowdon on August 13th, also incorporated an under 23 selection race for an England vest, the idea of which was to bridge the development gap between junior and senior international competition. The squad initially included three men and three women aged between 19 and 22 on January 1st 2006. The Smarna Gora World Mountain Running Association grand prix race in Slovenia, on Saturday October 7th, was chosen as a suitable venue. Race organiser Tomo Sarf was contacted and he offered to provide entry, accommodation and transport in Slovenia. This is not an uncommon offer from European organisers and perhaps one of the most striking differences between domestic and many foreign races.

The Squad

NAME	AGE
TOM CORNTHWAITE	21
ADAM GRICE	20
ANDY ELLIS	21
RACHEL CROWE	21
KATIE INGRAM	21
ALISON O'NEIL <i>Unable to attend due to studies</i>	

Team Management

Having pursued the idea and done most of the donkey work former Junior Coordinator Steve Fletcher was forced to stand down from team management with just over a week to go, due to work commitments. England team manager Mark Croasdale asked if I was able to take over at short notice and after a few days of arranging cover at work I agreed. Steve passed on all the information he had and filled me in with his philosophy behind the venture, namely that he wanted to give young athletes the experience of racing in Europe and where possible develop the ability for them to do so off their own bat. I agreed with both these aims and hope my management style was one of guidance rather than leadership.

Travel

Fifteen years ago, when I went racing regularly in Europe, I found the travelling was a challenge in itself. Despite the advent of cheap air travel it does not seem to have changed much. Getting out of Greater London for "up north" any time after 8 o'clock at night is still impossible. The present security situation has only added to the problem. A full day was spent at Stansted airport on the Thursday before the race, waiting for squad members, before catching our flight out. Similarly on the way back nine hours were spent between flights. Hopefully for athletes who are encouraged to try it for future events, arranging their travel as an individual would allow a more user friendly itinerary. This is what I discovered over a decade ago, when I would prefer to fly from Manchester and connect at foreign airports rather than go via London.

Race Profile

Smarna Gora, located just 10km NW from the centre of the capital city Ljubljana, is the most important recreational area of the capital and the most visited mountain in Slovenia. In spite of its name ("gora" means "mountain") it is just a small hill with two peaks: higher Grmada (676m) and lower Šmarna Gora (669 m) with an old church and a famous inn. In 2001, 2002, 2004 and 2006 it has been the penultimate race in the WMRA grand prix.

Nearly 90% of the route is on narrow trails in dense woodland, as can be seen from the photo. It follows a rather convoluted figure of eight course first ascending Grmada, on the left, then dropping sharply back down onto the initial path before climbing to the right up Smarna Gora. The forest and steep descents give the race what Europeans call a technical aspect, in other words you have got to be good at descending. In this respect it closely resembles *The Wrekin Fell Race* in British fell running, apart from the uphill finish.

The profile of the two 350m plus climbs in the 10km circuit clearly shows the toughness of the event which Jonathan Wyatt's 38-14 course record tends to understate.

Race Organisation

Apart from initial hiccups at both Ljubljana airport and our accommodation, due to poor English by our hosts and total lack of Sloven by ourselves, Tomo Sarf's organization cannot be faulted. Transport was provided for us to view the course the day before the race. This was absolutely essential since the real nature of the course only becomes apparent once visited. The evening before the race Tomo gave a dinner for all invited athletes after which he presented the plan for the following day. Everything was covered including an early breakfast from 6.00am, essential for a 10.00am start. Once again on race day travel from our hotel was easy to arrange. It also helped for the journey home that accommodation was only ten minutes from the airport.

The Race

The weather forecast for Saturday was spot on. In the morning it was foggy with temperatures around 8 to 10 degrees, rising during the day up to 20 degrees, with sun on the summit. This gave one of the most spectacular cloud inversions I have witnessed.

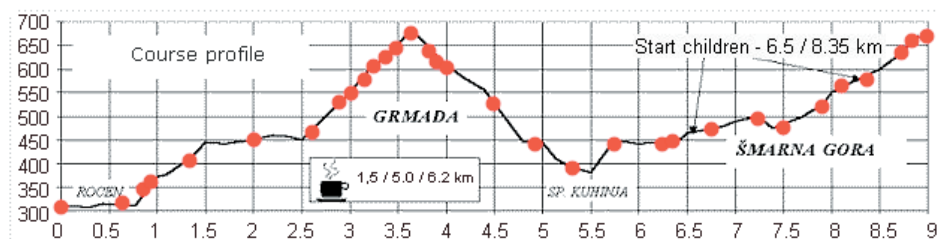
As the race finishes at the top of Smarna Gora

post race kit is taken, half an hour before the start, via military off road vehicles to the summit. A free meal and refreshments are provided at the finish and after the presentations the warm down involves a two mile steep descent to the bottom.

After the usual fast start the race settled down behind course record holder and former world champion Jonathan Wyatt. At halfway Tom, Adam & Andy, in that order, were all in the top 20. Their descending looking most impressive compared to many of the Europeans. In the women's race Rachel and Katie were edging into the top 10. The descent however helped to split them up with Katie finding it to her liking and Rachel struggling to keep her footing. By the top of the second climb these positions had been consolidated with Tom giving everything to hang onto 12th and a place among the prizes. Adam finished brilliantly for 14th and Andy just slipped back slightly in the last mile to 23rd. Katie kept her advantage from the descent to take 8th and Rachel powered her way back up the climb to finish 12th.

Conclusion

International racing is not just about turning up at the start line, it also involves coping with the whole experience and coming up with a result. With this in mind I was not only impressed by the performance of everyone on the squad but also the mental attitude shown. Some have come up through the junior ranks only to be plagued by injury like Katie, others are relatively new to the sport in general such as Adam. Yet as a first attempt at a WMRA grand prix race and for some their first international competition the results are very pleasing. To put some perspective in terms of standard I would say Tom's position would equate to about 60th, in this years World Trophy, when considering the athletes around him. Now take into account the age of the team and the potential years of development in front of them and I am most encouraged for the future. In the short term, Tom has emailed me to say he has got an invitation to run at the last grand prix race of the season in Gibraltar based on the points he obtained at Smarna Gora. He is now in the process of organizing his travel out there. Just as importantly the rest of the squad have contacted me to say they all enjoyed the experience and how much it has motivated them. The sport should be most pleased with this, since keeping talented youngsters interested until they are able to compete on equal terms with older athletes



Rachel, Adam, Katie, Tom and Andy



Above: Katie made it onto the podium in her category as 3rd Lady



would appear difficult in today's society. This is even more so if time and effort is going to be put into junior development.

Enough of the philosophising by me. It is just left to say how much I enjoyed the event. It took me back to when I was competing seriously and I'd forgotten how much I missed it. Unfortunately commitments that stop me getting out onto the fells as many times as I would like also mean I am not looking to team manage on a permanent basis. However I can recommend the experience to anyone who's interested.

The Results

	Grmada	Šmarna Gora	Position
Jonathan Wyatt	22:13:9	38:49:1	1st
Tom Cornthwaite	25:29:5	44:07:4	12th
Adam Grice	26:01:1	44:42:0	14th
Andy Ellis	27:00:1	46:53:7	23rd
Mateja Kosovelja	27:22:1	46:15:5	1st
Katie Ingram*	31:44:7	54:25:5	8th
Rachel Crowe	33:07:2	55:50:9	12th

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Q WHAT IS OSTEOPATHY?

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Coaching

(and other important matters)

Britta said, "Write an article about coaching" and that's what I tried to do. Trouble is there seemed to be all this other stuff to get out of the way first. So apologies to any other coaches who may be reading.

Other important matters

I think I always suffered from the classic runner's malaise. Well, it's a fairly selfish way to occupy your time isn't it? Its not like a team sport where you're all relying on each other for your fun? – A little physical activity as hors d'oeuvre to full on male bonding in the bar. No, for us runners its kit on and out you go; the more you do the better you get. Recipe for disaster for most of us: – 'Where's Sel?' – 'Out for a run.' – 'Not coming to the pub then?'

In quite a short time you find that all your friends have very skinny arms, muscular thighs and are doing sixty miles a week. Conversations about the latest film or Leeds' recent loan signing (OK I'm scraping the barrel a bit here,) have entirely passed you by in favour of how many 400s at 65 seconds Pete managed last night. – No, not that Pete.

And when you do get your training partners into the pub, there's always one so and so who orders a lime and lemon and makes everyone else feel terrible. He'll be the one who's only done 20 miles since last Tuesday but was still first to the top of 'washing machine hill'. Every club has one; never actually gets round to racing cos he needs to peak on a Tuesday night. You don't see him if he's one degree below full fitness and even then if Frank beats him on the prime, that'll be him til the spring.

The other thing about running is there's no reason ever to stop – we've all got mates down the club who are 60+ and still going strong (some of us are struggling for mates under 60!). The point being that if you're sufficiently determined to survive the odd long term injury, and most of us can strike out 'determined' and substitute 'pig-headed', then there's nothing to stop you from carrying on kidding yourself that you're an athlete until you're well into your seventies.

This is the difference isn't it? This is where other sports pale, because there comes a time for the footballer when he just can't hack it any more. The rigger man is exactly the same, he loses his place in the 4th XV to the spotty 17 year old and what does he do? If he wants to keep a lifetime's worth of mates he has two choices – he either goes on the Committee or he takes his Coaching Badge. And BINGO! His sport goes one up on poor old fell running whose old geezers just keep jogging along.

Other important matters: Why we don't like coaches

You know what its like as a fell runner in an ordinary athletics club. If you're lucky there'll be three or four of you over in the corner; you're planning to do eight

miles across the fields in the pitch dark while they're on the track with the coach. 'They' of course don't plan anything; grown men and women they may be, but do they think for themselves about recovery times between their pyramid sets; or how 6 X 800 might affect their 10K Road Race on Saturday? Not a chance – leave it to the guy with the whistle!

And when you join them for a session and one of you shows a little talent, that's when it starts turning belly up. "Come along on Saturday..."; "You'd do really well in the steeplechase..."; "Support your club..."; "You've got real talent..."; "Join my group...". Which is all fine and dandy, except that we all know where its leading to: – "Its all this running up and down hills that's slowing you down..."; "If you're serious about this 5000..."; "Do you really need to do this fell race?...". And so it goes on. Which is why amongst fell runners of a certain age (ie most of us), coaches have got a really bad rep.

They're just not on your wavelength. It's hard for them to understand that if you go to them for some advice, the advice you want is how to become a better fell runner - not how to convert to track / cross country / pole vaulting. I'm afraid the pole vaulting is quite a serious point: I remember one lad, a sound 80 mile a weeker who was in the top 10 at Mytholmroyd one year; went to the coach for a bit

The more you did the better you got. I did lots! I did enough to test the theory and at 90 miles a week I wasn't getting any better – I was barely getting up! And still I didn't recognise a need for coaching.

of advice; got conned into 'helping out' the Track & Field team; found himself pole vaulting two metres something; dead chuffed because he'd won a point. We never saw him again. Bloody coaches!

And now I am one. Where did it all go wrong?

Other important matters: Why we shouldn't be so biased

Never had any coaching myself of course; had some schoolteachers who sent the class out for cross country and sat and waited for us to come back; some who actually noticed which saddoes



proceeded to get above walking pace and stuck us into the school team. A school team which, needless to say, was made up entirely of those who couldn't make the football/rugby side. A school team which, nevertheless, nearly got on the podium at the Northerns (not that there ever was an actual podium you understand, its just an expression, it was one of your 'virtual' podiums). Nobody else at school ever noticed. The Rugby Team (Grammar School) always got first dibs at Assembly, even when they lost! They went on tour to Wales - we went to Disley.

Running Clubs are full of people like me. People who desperately wanted to be good at sport; who'd tried soccer and cricket, tennis and rugby, badminton, squash and swimming, golf. ...ok not golf; got to draw a line somewhere. Anyway, you get the picture, I was crap at everything. And then I tried fell running ... yes I know – still crap. Somehow it didn't matter with fell running; just doing it was so far out that it got respect – in Wakefield anyway! And the more you did the better you got. I did lots! I did enough to test the theory and at 90 miles a week I wasn't getting any better – I was barely getting up!

And still I didn't recognise a need for coaching. Why bother when you can read all the books: Lydiard, Cerutti, Peter Coe. I've read 'em all; there's not much I can't tell you about resistance training on sand dunes (in Wakefield we made do with pit heaps - I have a theory on this by the way: Have you noticed how Britain's dramatic decline in distance running has coincided with the disappearance of all our slag heaps? I have.). Slight digression here, forgive me.

We would read avidly all there was to read about training techniques, and still we'd turn every session into a race up each hill, and the final three miles would always be a sprint. We didn't want some coach coming in to spoil all our fun. When I was at Uni in Birmingham I sometimes trained with a guy called Roger Hackney. He was doing 20 miles a week; I was doing 60. He steeple-chased at the Olympics; I didn't. Talent + coaching = simple.

Coaching (Well almost)

And now we come to the real nub - the point of the whole article! Britta wanted a piece about

coaching and she asked me, but I'm not qualified to do anything technical. Every Fellrunner contains an erudite piece from somebody very well qualified to give you lots of very detailed information on how to improve your performance. Sorry guys; you're not going to get that from me. All I can do is tell you about my experience.

You see my other life outside running has revolved around children for the last 30 odd years, other people's and my own. At the age of 16 I helped set up a youth group for kids in trouble in my home town. That led naturally to becoming a social worker and starting a long apprenticeship for the job I do now – which is working with children and families in a Sure Start Programme in Barrow. Throughout my career I've constantly listened to adults moaning about kids: "Hanging round street corners ...", "No respect ...", "No motivation ...". But what I've constantly seen is adults leaving kids to their own devices and getting on with their own thing. So what I tend to say to these adults is, "What are **you** doing about it?", "How much time do **you** spend with kids – your own or other people's?", "**It doesn't matter what you do. Just do something!**"

And it translates into fell running doesn't it? The number of times we'll have an earnest conversation

about the low proportion of 20 year olds at races. Do we ever think of doing something about it? No, it's easier to carry on moaning. So no, this article isn't going to give you the elixir of personal success, instead it's going to suggest that you consider taking one step back from yourself. To suggest that if you've ever thought, even for one tiny moment, of offering to help out with the Juniors in your club, or of setting up a Junior group if there isn't one, then don't just think about it, **DO IT!**

I got involved because I wanted my kids to have the same amazing experience of running that I've had. Three of us in the village set up *Broughton Runners* four years ago and we soon had 15 kids, from the age of 9 upwards, coming along each week. They compete at orienteering and cross country as well as fell running but some don't compete at all, they just enjoy their Tuesday nights. I thought at first it would be a bit of a chore to be honest, but very quickly it became one of the most enjoyable parts of my week. The enthusiasm of the kids was infectious – they love being stretched and they love competing with each other (interestingly even the ones who don't win!).

At odd times in the busiest of days I'll find myself thinking about a different exercise for a warm-up,

or a better way to use the village hall which is the venue for half our winter sessions. The fact is that coaching now consumes me in just the same way as running itself does – ie with a tendency to the *obsessional!* The kids don't let me get away with it for long though; there'll be someone who's feeling sick, or all the girls wanting the toilet. Some of our youngsters have masses of ability – we have two running cross country for Cumbria and another three ranked in the top 10 orienteers in the country. Frankly we get as much of a buzz out of the slower ones, watching the shaping of little characters, growing with the effort. Truth is it's not a chore - it's a privilege!

Don't worry about the technical stuff, there's courses available for all that, and there's pots of money for anyone doing sport with kids. "**It doesn't matter what you do - Just do something!**" There's certainly more going on for juniors in Cumbria than there was ten years ago. There's groups of little fellrunners springing up all over the place. What about in your county? What about in your club? **What about you?**

With special thanks to John Kidger, June Birkett, Val Gill and Richard Lecky-Thomson.

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The world at our feet – literally

The Great Wall of China; not technically a fell run, but 'Great' for a reason, and for us that turned out to be hill training. November 2005, and we're 2½ months into a round the world trip.

It all started four years ago. Ross ran his first fell race (Duddon valley), became hooked instantly and joined Macclesfield Harriers to run with his new friends – Mark Hartell and Mark McDermott. Not long after I threw in the supporter's towel and decided to have a go at The Three Shires. The M6 soon became a good friend, whisking us up to the Lakes on a Friday night for training and racing most weekends. However, Monday always loomed large and after a few years on the Lakeland race scene we decided the 2/5 ratio of fun/work was not good enough. We wanted more – more time, more running, more mountains!

The question of where was easy to answer. If you want to run amongst some of the biggest and best mountain scenery in the world then Nepal, Australia, New Zealand, Chile, Argentina, Peru, Ecuador and the USA will naturally be on the list. We managed to piece together an itinerary that got us to all these countries when the weather would be good (or at least stable) and then added a few extra stop offs (Beijing, Tokyo, Hong Kong, Sydney, San Francisco and New York) to make the most of our ticket.

To enable us to move light and fast whether in the mountains, in cities or in between, we opted to take as little as possible and flew out of Heathrow with a 30 litre Kimm sack each (including tent, sleeping bag and all clothing) coupled with a Raidlight front pouch (the latter being great for safely storing money, passports, camera, etc. and also super handy for snacks on the go).

First stop – Delhi

Not conducive to good running, but excellent for toughening up our digestive systems and with a new cheesecloth outfit each it was on to Katmandu four days later.

Delhi belly out of the system and an 8 hour bus journey under our belts we arrived in Jiri to trek into the Kumbu valley in the footsteps of Hillary. As neither of us had been over 3,600m before the plan was to take the acclimatisation seriously and steadily and then start to quicken our pace once the heart and lungs were (literally) up to speed.

However, a run-in with Maoists wanting 5,000 rupees (£40) each at the end of a long day one, put a premature end to our best laid plans. We'd expected to run into Maoists and expected to pay 1,000 rupees, so the lack of funds and the presence of a great big rifle meant we had to turn round. Back to



Jiri then back to Katmandu on that 8 hour bus trip.

Two days later we made an exciting landing on the 450m uphill runway at Lukla. As the main route into Everest base camp (south side), and therefore massively popular with tourists, there was no threat of Maoists on this route due to the military presence at key points. We could do little more than walk to Kala Pattar (the classic Everest viewpoint at 5550m) as the rarefied air was making its presence felt.

The scenery was simply stunning and after Kala Pattar it was all down hill; which meant running, and boy did it feel good. The legs and lungs welcomed the stretch, the weather was sunny, yet cold and life felt great. Travelling light was easy to do as tea houses were more than frequent and always ready to offer delicious masala tea, huge portions of Dal Bhaat and a firm, but cheap bed. Instead of heading straight back to Lukla, we took a right turn at Dingboche and headed up and round into the Gokyo valley for more fantastic views of Everest, Nuptse, Lhotse, Cho Oyu, Ama Dablam and a lot more besides.

The running was getting easier and with the heart and lungs now on side, we were able to push on and cover a typical two days walking in a day. The Everest marathon was being held at the end of November and as we passed through villages we got several shouts of 'marathon?' One day definitely ...but not

on this trip.

After two weeks in the Khumbu we headed north to Pokhara and the Annapurnas. There's a classic trek which circumnavigates the Annapurna massif and is usually undertaken in 16-21 days. Feeling fit we set off in fine style and managed to complete the 220 mile trip (we took in additional side trips to Tilicho Tal and up towards Annapurna base camp) in 12 days. On well trodden paths the running was good. I'd left England with Inov-8 Terros which seemed to be holding up well, as were all key joints and organs. The descent off the Thorong La pass (5416m) was fast (mainly due to the freezing temperature, even on a sunny day) and the novelty of runners was a source of amusement for local porters, who joined us for a quick mile towards the end.

Nepal really was everything we hoped it would be and much more. Amazing people, great food and breathtaking scenery in more ways than one.

Two months came to an end all too quickly and so it was on to China. We had flights to use in the Asian part of our ticket and had booked stop offs in Beijing, Hong Kong and Tokyo. City centre running isn't really our thing, but a run on the Great Wall of China was too good an opportunity to miss. It was a beautiful autumn day, it was quiet and it was bloody good training. Lots of hills, a handful of technical sections on the tiny steps and older parts and some steep down hills in-between.



Now it's common sense to me that a big run is followed by a big meal. Fortunately in Beijing these aren't hard to come by. I've never had hot and sour soup or sweet and sour chicken like it. It's a good job there was more running to come.

A few days later we touched down in Perth. We found Australia to be a land of extremes. Extreme heat – it was 42F in the Blue Mountains on Boxing Day, extreme cold (well for them anyway) – it was snowing the day before we raced in the Victorian Alps, extremely dangerous wildlife – we came across snakes whilst out running on more than one occasion and extremely dense bush – the hills were covered, which made the going slow and often pretty dull. By all accounts Tasmania is the place to head for decent running, but budget kept us on the mainland, and we did actually manage to get some good runs in the Grampians and the Victorian Alps.

Australians are also extremely friendly. Following a visit to a running shop in Perth, we found ourselves out the following day enjoying a fast 12 mile run on a disused railway line with the West Coast marathon club. We then ran the inaugural 'Feathertop Skyline race' – which went out and back along the razorback (a ridge believe it or not that is more Fairfield like than Striding Edge) and onto Mt Feathertop. I opted for the 30km route, whereas Ross completed the 50km. Despite the race only being a few hours, it was made into an event where all competitors stayed for the weekend in a ski lodge and shared copious amounts of pasta and wine. The only other race we took part in was the Nike Bolt in Melbourne. It was a 5 km run (or sprint

in most cases) out to a bridge and back. Now I don't like to get out of bed for anything less than 10km, but the opportunity to try out any pair of Nikes for the duration of the race, the compulsory post-race BBQ and raffle (in which Ross won a pair of £100 Nikes) made it all worth while.

After Christmas with friends in Sydney (and short outings round the botanical gardens dodging fruit bats) it was touch down in Christchurch for New Year's Eve. As we left the airport we knew we'd done the right thing bringing our flight out of Sydney forward a week. The mountains on the skyline were winking at us and we were more than ready to be back amongst them.

Fortunately Inov-8 had beaten us to the South Island by 2 days, and so it was with a brand new pair of Mudrocs that we headed off in our hire car to see what all the fuss was about.

Now January/February are supposed to be summer months, but then so is July/August in the UK. We arrived in Arthur's Pass to rain and a lot of snow. We were advised by the Department of Conservation office to 'come back later.' Not really an option when you live in England, but as we had two months, it was reasonable. So armed with the Lonely Planet tramping guide we set off round the South Island, running the most popular treks. This included the Routeburn, the Kepler (which is also run as a race and would be amazing as the route had a bit of everything), Travers-Sabine, to name but a few.

We left the UK with a Laserlite tent which is a bit tight for two tall people on a good day. We



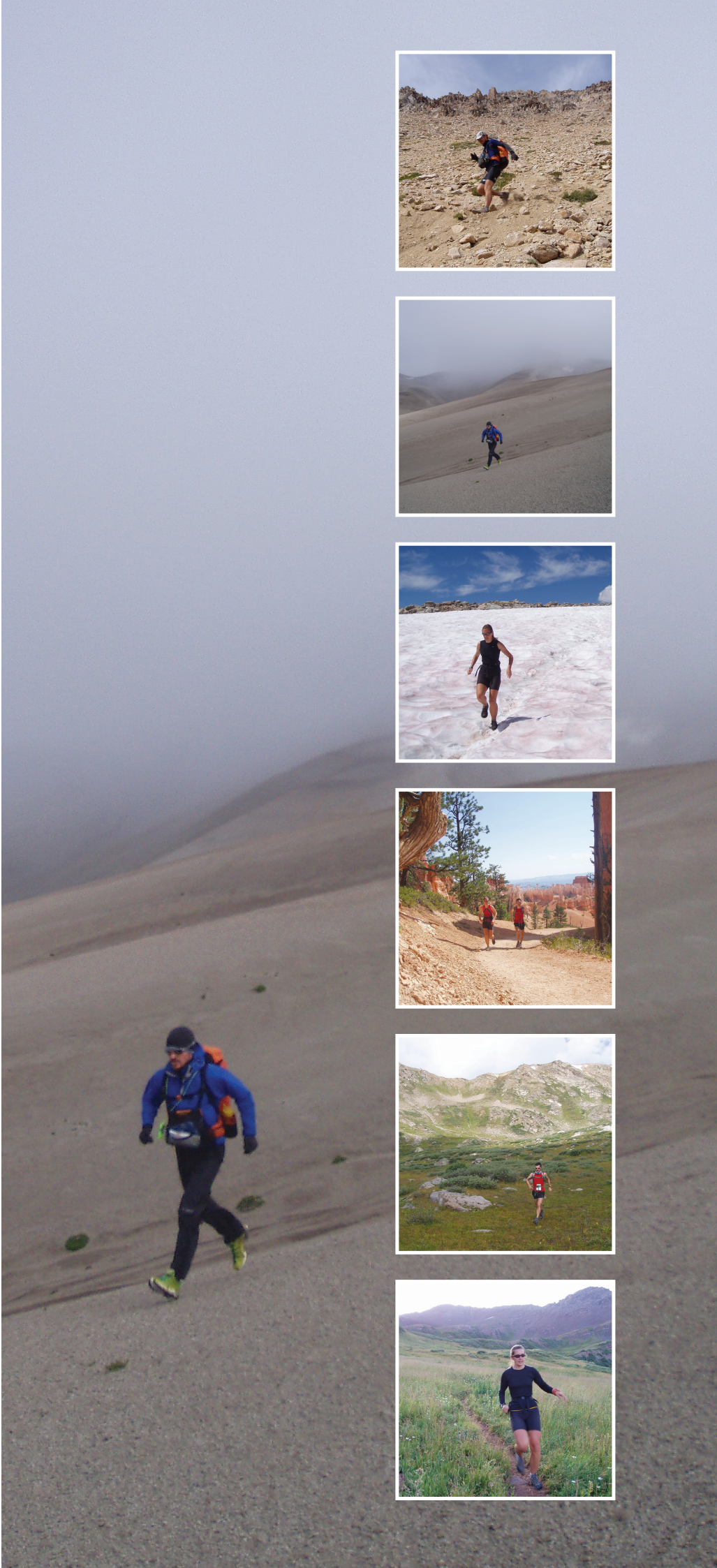
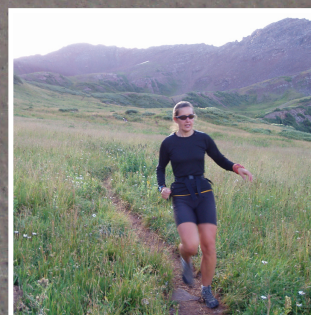
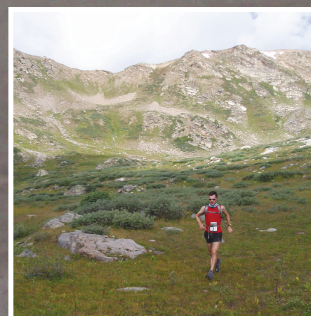
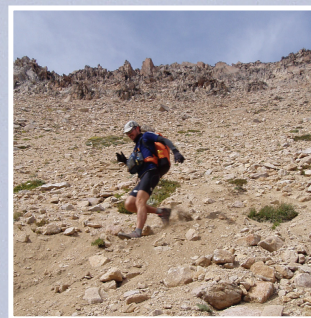
soon decided to pick up a cheap tent for camping out of the car (we were going to camp for over 50 consecutive nights after all) and save the Laserlite for mountain trips. For the outdoor enthusiast NZ has lots going for it – two of the best for us were Back Country huts (mostly unmanned huts that range in quality from brand new mini pine lodges to house of horrors garden shed sized places) that you can stay in using pre-paid vouchers and secondly Back Country Cuisine – freeze dried camping food that includes a roast lamb dinner variety. Boil water, wait 10 minutes, stir, pour and hey presto – a roast dinner that could almost have been cooked up by my Mum – excellent.

We ran three races whilst on the South Island – the Mount Terako Extreme Challenge (12 miles, 4200ft), The Goat Alpine Adventure (16 miles, 4000ft) and the Avalanche Peak (16 miles, 3500ft). I'd taken my Holmfirth Harriers vest with me so was pleasantly surprised to be picked out and cheered on by marshals at two of the races. The organisation of all events was very structured and formal – pre-race emails and briefings (we were told for the Avalanche Peak race that if the helicopters couldn't fly to pick people off the mountain if needs be, the race would be cancelled!), but the actual running was good and involved the longest scree descents (over 1,000ft) I've ever had the pleasure of throwing myself down. Like the Aussies, the Kiwis were super friendly and as we attended three races in a matter of weeks we saw a lot of the same faces (several of which were Brits). Entering the races wasn't cheap (about £40 each) but we did include race t-shirts and goodie bags – condoms and chocolate, guaranteed to improve race performance!

New Zealand seems very British in places and so by the end of February we were looking forward to getting somewhere a bit more foreign. Once the body clocks had adjusted to the 17 hour difference of flying to Chile we headed south to Patagonia. Stepping off the plane I felt like I was back in the Pennines – bleak and wild for as far as the eye could see! A welcome sight nonetheless. March and April were spent running multi-day trekking routes thanks to our Lonely Planet bible. We followed the Andes north (crossing several times over the Chilean/Argentinean border) ticking off the Paine circuit and Torres Del Paine, Fitz Roy and Cerro Torre and circumnavigations of many of Chile's finest volcanoes – Puyehue, Villaricca and Lonquimay. The volcanic landscapes were visually stunning but awful for running amongst – the ground was incredibly porous so every other step sank into the ground and filled our shoes with small pumice stones – great for the hard skin, less good for the expensive wool socks we were going through. Water was also scarce and when we did find it, the smell of sulphur didn't exactly make it an appetising prospect.

However, the Argentinean steaks were every bit as good as we'd heard and of course, excellent (cheap) red wine was readily available.

May found us in Peru. We wanted to see the big mountains so skipped the Machu Pichu queue and headed north instead to Huaraz. At 3,000m this town was to be our base for the next six weeks. We completed two big treks from here, 1) Santa Cruz / Alpamayo base camp and 2) Huayhuash circuit (the highlight of the latter being the views of Siula Grande, the peak Joe Simpson had his epic on).



Running was fairly limited in Peru, the combination of altitude (we were permanently above 3000m and crossing passes daily between 4,200m and 5,000m) and fact that we had to carry all food put the brakes on a bit. But we still managed to do both treks in a fast lightweight style the latter completed in 6 days when at least 12 is the norm. We also both hit our trips low point, when struggling to shake off flu type symptoms left us laid up for a couple of weeks.

We arrived in Ecuador feeling fresh and ready to make the most of our last few weeks on the South American continent. Whilst most of the country were watching the World Cup, we were out running round volcanoes (Cotopaxi & Chimborazo) and testing our navigation in Parc Cajas. The latter was like a mini Lake District with over 250 small lakes. Not ideal when trying to locate yourself in the middle of a cloud. Being only 50 miles south of the equator we naively expected sunshine and dry conditions. It was something of a surprise therefore to wake up to a few inches of snow on our first night out. Still it gave us a brief taste of what we'd missed at home and what we had to look forward to in a few months time.

And so onwards and upwards to California. Two months left of our trip and too much still to do. We started with Yosemite – famous for climbing, but equally good for running. There were plenty of opportunities for decent outings along the rim, so we made the most of them whilst adjusting to the summer heat. After a week we decided three bear encounters were enough and headed south to Mt Whitney (the highest mountain in the 48 states at 14,450 ft). 22 miles and 6500 ft to the top and back – a good day out with lots of technical rocky running and unfit Americans. We enjoyed the long climb and descent so headed east in pursuit of other 'fourteeners.' Our road trip took us through Utah, where we stopped for a 16 mile run though the unique landscape of Bryce Canyon. Upon passing a

group of rangers they commented 'you are the first people we've seen running here.' Four hours later we understood why. It was hot and it was dry and it was highly representative of the Utah landscape.

Next stop: Colorado. The Collegiate and Rocky mountains provided some excellent running – long climbs, rocky ridges and fast grassy descents. We ticked off a handful of fourteeners, usually starting around 5am to make sure we were up and off before the afternoon thunderstorms rolled in. Pikes Peak was a source of amusement to us. The 'Pikes Peak marathon' was soon to be held and subsequently there were a lot of people out training. The course is marathon distance to the top and back with 7,000ft of climbing thrown in for good measure. As we approached the top we noticed a lot of people running up and down the last 1,000 feet. Any confusion was cleared up when we reached the top, discovered a road and car park and were asked 'Are you doing a 3-2-1 work out?' We were quick to reply that 'no, we started from the bottom, have come to the top and are going back again.' ONLY in America will they train for a mountain race by driving to the top!

We also had a short stop in Aspen to enjoy the Maroon Bells wilderness. The running in America, (particularly Colorado) was better than what we had expected, there was plenty of scope for long outings, but the trails were hard and rocky and we were really missing wet, muddy trainers. We are certainly looking forward to returning some time to run one of their 100 ultras!

And so it was with a heavy heart, and much lighter bank account we boarded our last flight.

Overall our gear lasted the distance. The Kimm AR30 Jirishanca packs were awesome – withstanding everything we put them through comfortably including 38 encounters with baggage handlers. However the Laserlite is starting to fall apart, perhaps

because we had over 50 nights with the pair of us squashed into it. As you'd expect we went through running shoes at a pretty rapid rate. I managed to keep myself in Inov-8s which appear to have been made for the green grass of the UK, as the sole wore very quickly when I was on rough terrain further afield. Ross used a mixture on Salomons and Montrail. The latter proved very good over most of terrain but he'll never buy another pair of Salomons again, as they had a tendency to fall apart remarkably quickly (sometimes after just 150 miles).

We landed back on home soil early September. It's good to be home and great to be back into the British fell running scene. What we have here is unique – the no fuss nature of the events, the low key banter and the mile after mile of open fell just waiting to be explored.

Our first race back was the Langdale. The rough stuff was something of a shock after two months of running on rocky trails in the States, but it was with a big smile on my face that I sank into the first bog. It's been great catching up with friends and seeing all the usual suspects lining up for another dose of fell fun.

After a year following the sun, we're hoping for a long, cold winter. We need to get plenty of training in; after all, we've a whole year to catch up on.



THE GRAND EPICUREAN ADVENTURE

It started as a simple little idea, well they always do don't they. Breakfast at Pete's Eats in Llanberis, dinner in the Nant Ddu Lodge in the Brecon Beacons. Simple really. Throw in Snowdon and Pen y Fan after breakfast and before dinner respectively, oh, and the little matter of cycling between the two. Well, the idea still had a gorgeous simplicity about it.

And then we got thinking, one hundred and fifteen miles of cycling and a couple of mountains was going to require significant refuelling. So, having worshipped at the "Belton" temple of eating excess the principal feeding stations were identified first. The ice cream parlour in Beddgelert, fish and chips in Barmouth, whisky tasting at Tylwch, near Llandidloes and second helpings in Rhayader were to be our cardinal stops. And then it seemed such a shame to cycle past Cadair Idris and Plynlimon and not run up them, so I guess things just kinda mushroomed!

With some concession for age, and to give us enough time for eating we decided to divide the adventure into two bite-sized chunks. We would eat our way through Wales over a weekend in July, the four cardinal summits of Wales and the north to south cycle ample activity to generate an appetite for epicurean indulgence.

So at 8am precisely on the first weekend in July we had our first big test, the queue for breakfast at Pete's Eats. And then crisis as the order of mandatory big breakfasts and a pint of tea for each of the 12 participants and several assorted supporters caused concern in the kitchen and threatened early losses against the schedule. This was pegged back by some pretty aggressive eating and we emerged into the already baking heat in time for our rendezvous with a Smale family of Todmorden raiders before the gentle cycle up the Llanberis pass and our first climb of the day. In a reprise of our Cambrian Way route from Ynys Ettws up the imposing northern flank of Crib Goch we were rapidly into some serious climbing and the big breakfasts began to sit more comfortably within. Hats, sun block and buffs were to become weekend 'de rigueur' as both we and the sun climbed ever upward. Our only surprise, the immaculately ironed shirt modelled by Chris, adding a certain sartorial elegance to our morning. A worthwhile sacrifice of time perhaps, as we tottered happily along the pinnacles to Crib y Ddysgl and onto Snowdon itself. A gentle gallop down to Bethania saw off the first section of the day and we plunged gratefully and with some sizzling into the river to cool off. The schedule was rather historical now after our steady morning meander across Snowdon, but we knew we could claw some time

back with a rapid ice cream stop in Beddgelert, all you could eat before it melted! Then onto the bikes for the next leg to Barmouth.

On the sun drenched coastal roads we saw the first evidence of a peleton in evolution. Dougie hogging the fresh breeze at the front while others lurked in the less fragrant midst of the pack, coming up for air whenever the pace slackened. Huw, by far the class of the bunch (and half my age), was clearly cruising, father John shadowing his every move from the older part of the peleton. The miles sailed by easily and it barely seemed lunchtime as Rod "The Rally" directed us off the main road down a short cut to the seaside cartoon reality of the Barmouth promenade and fish and chips for all.

We did make rather a meal of this stop languishing awhile in the sun before setting off across the rickety estuary bridge and the road into Mid-Wales. Our post-prandial torpor was soon shattered by an increase in pace and some wicked sharp climbs up the network of lanes skirting the base of Cadair, to that particular car park at the start of the Pony path. Here we had sheltered in the murk on an equivalent weekend 2 years previously, our Cambrian Way attempt in the balance as the wind howled and the rain lashed down. What a difference a bit of global carbon excess had made as in balmy conditions trendy cycling gear gave way to familiar fell running garb and the second neatly pressed shirt

of the day.

The race route of Cadair was taken at distinctly less than racing pace with several hours of cycling and running in our legs and cod in our stomachs we plodded upwards, constantly drinking and seeking text updates on England vs. Portugal as we climbed. Rooney was off as we reached the summit plateau but somehow that seemed unimportant as we relished the opportunity to take in the magnificent views to north, south, west and east in a grand photo call. 'Mole' route one straight down the cwm is the fell-runners route off Cadair even on dodgy legs after a days activity. Bad news reached us as we skirted Llyn Cau, extra time, and still no sign of a breakthrough. A familiar tale of football woe was about to unfold as the joy of reaching the Minifordd car park was tempered by the all so predictable agony of the penalty shoot out. Not only that, time was pressing, the siren call of a pub in Llangurig with pints of beer and lashings of dinner more of a temptation for many than the serious alpine climb from Machynlleth to Dylife. Mutiny held sway and we retired to the bus, a promise of retribution next year our only solace.

I am a bit fuzzy about the events that evening, indeed they are probably not printable in these pages. Suffice it to say the Steam Bunny court was in session and serious penalties were apportioned by Wheeze to deserving and non-deserving cases alike. No mercy was shown. No favour was given. Which



The rickety bridge at Barmouth, Cadair Idris in the background

Penyfan, top, knackered!



sweat as we crawled up that final shoulder to the summit plateau, Mark fading rapidly as terminal hypoglycaemia set in. After photos of some fairly tired looking souls a dodderly jog down to Storey Arms, a final lightning transition and 'devil take the hindmost' in the 47 mph downhill dash to the Nant Ddu and the end of our journey.

The facts; 84 miles of cycling (we missed out the Machynlleth/Dylife section), 25 miles of running and 8,900 ft of climbing. Cycling time 5hrs 37mins, running time 8hrs 51mins, giving a total time on the move of 14 hours and 28mins. Eating time, well frankly a lot and probably best not recorded!

My thanks to all who took part in our weekend extravaganza, runners, riders, supporters and families; Wheeze, Moley and Mrs Mole, Andy Mullett, Martin and Kay Lucas, John and Jane Aggleton on their wedding anniversary weekend together with son Huw, Dougie Adlam and Sarah, Keri and family James, Mark Bryant, Rod "The Rally" Jones, Chris, Kathryn, Edward and Oliver Smale. Some special memories of a very special weekend and the promise to do the same again next year. Not once but twice. Once with traditional weekend feasting and then once in a day, just so we can get into Martin Stones 'Long Distance Summary' at the back of the magazine! Sad, or just plain stupid?

Toffer

meant that crawling out of our pits for the 7am start the next day was exquisite punishment for all.

Creaking limbs and aching brains resulted in a tussocky trudge at funereal pace from Hafren forest up onto the Plynlimon range. A brisker funereal trot along the runnable ridges saw us to the bleak Plynlimon top. Some were creaking more than others by this stage. Keri, dodgy calf now completely blown was in survival jog back down to Hafren, trial by bike all that could now be hoped for. This was particularly frustrating for him, as the only participant with pedigree in this sort of endeavour, having completed the Cardinal summits some years previously with Tom Gibbs in considerably less than a day.

Revival of sorts beckoned with the compulsory pit stop at Tylwch, chez Moley, for feasting, whisky tasting, pond diving and sneaky forum posting. Such hedonism was all too brief as we turned our wheels toward Rhayader and the long cycle south to the Brecon Beacons while the Todmordenites headed north and home.

The back roads to Rhayader were a whoop, not least the downhill dash into town as we plunged downwards at just under 50 mph! Things were getting serious now, with several hours to go before Pen y Fan. Keri's calf was "done for" (medical jargon) and he retreated to his Kangoo. Martin and Moley exchanged places in the blood wagon as the remainder of the peleton plunged seriously south. The sun blazed, the tarmac melted as on the road temperatures touched 37 degrees. The pace quickened as we chain-ganged the section to Builth, the back road down the Wye and finally over into the Beacons. We could see Pen y Fan now, no more than an hour away. With everyone back in the saddle the final push to Cwm Llwh began and happily we realised that we would be home in time for tea!

With a less than leisurely transition at Cwm Llwh we dragged ourselves toward our final summit. This was a desperate plod, no breeze to cool us, hosing



"Its that way down" Matt(Moley) showing the route off Cadair

Marsahll arts

or The day I nearly changed the face of English fell running



Sometimes I like to reflect on my achievements. Sometimes this makes me whimper a little. One day I nearly changed the future of English fell running, but not in a good way.

This is what happened...

Before we start let me say that I actually like marshalling. Some people hate it and their running muscles get twitchy when they have to watch a race go by and they are stuck at some gate or wall turning just counting heads or giving directions, but I like it. For a start it sounds a bit Wild West, as in 'The Marshall's coming over yonder boy, and he's one badass hombre' I also like dressing up in a fluorescent yellow jacket with writing on the back. Alright, it may make you look like the only straight member of the Village People, but it gives you authority. I have repeatedly asked the club to invest in some special marshalling hats to finish off the ensemble, but some people just have no imagination.

Anyway, on the day I nearly changed the face of fell running I was assigned marshalling duties at the bottom of the steep moorland slope that falls away from Stoodley Pike. My job was to stay at my post and invite the 200 muddy runners, who would be descending the slope, to turn left along a muddy path at the bottom, rather than go straight ahead into the dry stone wall that rings the moor.

For those of you who aren't familiar with Stoodley Pike, it's basically a 100 feet tall obelisk that some Victorian worthies put on a big hill for no good reason. It overlooks and to a large extent dominates Todmorden to a degree that it has a talismanic quality for the town. Its image is on the town crest, Tod Harriers' logo, and probably the toilet paper in the mayor's private bog in the town hall.

I remember being a cherubic little boy sat on the back seat of a Morris 1300. We used to know we were truly on holiday when Blackpool Tower appeared on the horizon, and equally we would know we were back home when we could see the 'Pike' on the skyline. I recommend that every town should have at least one Stoodley Pike, maybe more if you can afford them.

On this day I and my co-marshall, or Deputy as I liked to call him, were less than 500 yards downhill from this giant unmissable structure but couldn't see a damn thing. A thick, sodden mist was everywhere and made the hillside smell like a wet dog that's been allowed in the back seat of the car. Silk-fine rain drizzled through the cold air and bulbous drops formed on the bog grass that covers the moor and soaked everything



below knee height.

And there were cows, or rather young bull type things peering at us out of the mist. This worried me.

The technical term is bullocks (you can say it in polite company, honest. Try it). They have a reputation for being a touch feisty, but in mitigation, I think we'd all be somewhat grouchy and prone to tantrums if someone had chopped off our testicles with a pair of old shears¹. This particular group of bovine delinquents were right on the race descent, on the bit where the runners would be at maximum velocity and minimum control. This sudden intrusion of runners into the lives of these animals was sure to annoy them. Now, with some animals that would be ok, rabbits for instance, or guinea pigs, you could rile these all day and they wouldn't be capable of seriously disrupting a fell race. However, an annoyed bullock could cause havoc. I don't even think the new fangled 'Risk Assessment' covered bullock trampling or goring. Something had to be done. A man's gotta do etc. etc. I stepped up. Marshall Duffield was in town and he was, as they say, one badass hombre.

The beasts in question were undoubtedly from one of the three or four farms that bordered the moor. These farms and their proprietors have always been ridiculously accommodating to our club when we've staged races and I was surprised to see that the bulls weren't safely in their little bullock house (bullock coop? bullock kennel?) away from all the excitement. The tried and tested usual procedure was that the race organiser goes to see Farmer Rolf in the weeks preceding the race. Rolf is the man who sorts things. We like Rolf. A lot. Rolf doesn't own the moor but acts as a sort of fixer who liaises with the other farmers and sorts out permissions, the opening of gates, and the safe penning of livestock. Obviously this time the system had somehow failed, perhaps somebody had written the wrong date in his or her diary. I don't know, but something needed doing and Marshall D was there and

he was, as we have already found out, a very badass hombre.

The Deputy was practising the 'leaning against the wall and trying not to get your feet wet' school of fell race administration. He'd fastened up his coat to such a level that his mouth and ears were both covered, making any meaningful communication difficult. I think he said 'Nobody mentioned teasing bullocks' but he could just as easily been protesting about being cold. I really couldn't tell.

The route had been flagged using short bamboo canes with big clumps of red tape attached. I plucked one out of the boggy ground and approached the nearest bullock. I waved the cane at it in what I thought was an authoritative manner and made various 'whoa!' noises in an attempt to move the animal to a safe distance. It just wasn't impressed. I think perhaps the lump of red tape made it look like I was waving a pom-pom. I could see the bulls thinking, 'What's this bloody cheerleader doing shouting at me?'

It stared at me and put its head down. Its mates lined up behind it. I think they were doing the bullock version of the 'fight, fight, fight' chant we used to do at school. Its eyes narrowed. I stood my ground and played Clint Eastwood to its Lee van Cleef and we stared into each other's eyes, both looking for a chink of weakness. Who would blink first?

Seconds passed.

More seconds passed. It would have been more dramatic with a soundtrack but Morricone was busy that day.

It charged forward a few steps. Its nostrils steaming.

I was rooted to the spot. My heart jumped about in my chest like a frog in a bucket. I tried to stay calm before I remembered that I had my fluorescent jacket on, and if you can't be cool in one of those you might as well forget it. I waved my little bamboo stick. The brute stopped and grunted. Then it turned and ran off, over the moor. All its silly mates followed it. I'd won.

They were safely out of the way; I could just about see them in the mist, settled and chastened about 100 yards away from the descent path. I think they must have been muttering to each other about Marshall Duffield and his infamous hombre badassness.

Time passes slowly marshalling. Some 20 minutes later the only change in the weather had been a strong wind that had started to blow across the moor. There was now an occasional fleeting view of the Pike on offer as the lumps of mist that had been covering everything were blown rapidly towards Burnley. Deputy Andrew was retreating further and further into his clothing like a hibernating tortoise who'd managed to blagg a sponsorship deal with Gore-Tex.

Then the first runners came into view, and the future of English Fell running was nearly altered beyond recognition.

Pay attention...

The first figure skipping down the rough ground was a Bingley vest. He was followed after about 100 yards by a great gaggle of runners sporting vests of various hues, P+B, Dark Peak, Calder Valley, and my own dear Tod. In this group were the people whose names you see on results making up the top thirty or so of most Pennine fell races. The nearly great and good. Quite a few of them would improve and one or two of them could be the future of English fell running, but all that was dependent on them surviving this day.

The Bingley vest is already a legend and was pulling away from the rest of the field with every step. He was also getting level to half a dozen bullocks who were starting to look unsettled. They were exchanging bully looks that were getting increasingly panicky to my untrained eye.

Hindsight is a wonderful thing. If you talk to a man who knows about these things he'll tell you that bullocks are just like silly teenage lads, think they're hard as nails but when they get scared they'll try to run home to their mothers. Unfortunately, what I didn't know and was about to find out was that home for these boys was back across the race descent at the farm over the other side of the moor. I had had a fifty-fifty chance of putting them on the correct side of the descent and I had guessed wrongly. I suddenly realised that I had six large and now clearly terrified bullocks trying to get home by running across the very ground I had tried to clear them off, on a direct collision course with the Bingley vest. If they somehow, by a miracle, missed the Bingley vest, they would almost certainly plough into the nearly great and good group. Marshall Duffield may be the baddest of the bad in the badass hombre, but at that moment he shat himself.

If you've ever been near six bullocks stampeding you'll know how frightening it is. The clattering hooves do make the ground shake in a very real way and slackens the most iron of bowels. A very rudimentary internet search suggests that your average year old bullock weighs over 1000lbs. A similar search doesn't tell you how much a 40 year old fell runner weighs but I'm prepared to bet substantial sum of money that it's less. When the collision came there could only be one winner. It would be like he had been run over by a express train full of steak and kidney pies.

I shut my eyes. The Deputy zipped his coat up even further. He was now completely cocooned and oblivious. My fists tightened in my pockets.

The Bingley vest is a legend for good reason. He is one of the finest fell runners ever to have lived and despite having passed his fortieth birthday can still



outrun stampeding bulls. I don't think he even noticed them careering across the descent behind him, but he was safe. He had a race to win.

The nearly great and good spotted their predicament with only a nanosecond to spare and did a collective extra step and checked their pace. One or two of them swore, which on balance was fair enough.

I held my breath.

Mercifully, wonderfully, the beasts passed a couple of feet before them as a single clattering mass, like a train that was passing in front of them at a level crossing, missing them all.

Then I remembered that I'd stopped breathing and started again. I thanked God, Allah and the Giant Pumpkin. There were no atheists on the front line that day, no sir. A massacre had been narrowly averted.

Anyway, the Bingley vest won the race by a country mile and the nearly great and good all seemed to see

the funny side. The Deputy was later persuaded out of his jacket by the promise of a pint of Black Sheep Bitter and a small packet of 'Mr Scratchy's Pork Scratchings'. As I handed in my marshal's jacket my face had a thousand yard stare, like a gunfighter who had just seen too much. That day I went to the edge. That day I nearly changed the face of English fell running.

As an interesting postscript to the story, I can claim revenge for the human species. A few weeks later I was mountain biking on that same track. There is a sharp corner on a downhill section. I swept around it without knowing that a bullock was standing around the other side. The bullock was likewise unaware that a mountain bike was coming towards its jacksy at a rate that would surely sting a bit. You probably don't call them buttocks on a bullock, so excuse my ignorance but that's where my front wheel had lodged itself, right between them. With a good deal of force. It surprised me how firmly it was stuck and if I'm ever short of somewhere to park my bike again and there's cows about, I'll know what to do.

I'm not 100% that this was the same animal that had given me so much grief on the day of the race, but frankly I didn't care and don't think it's wrong to want the whole species to pay for my distress. This moment of revenge was sweet.

The unfortunate creature ran off with tears in its eyes. It looked back at me as if to say, '**Marshall Duffield, you certainly are one badass hombre!**'

(Footnotes)

¹ I have no way of knowing if this is really how they do it. Please don't start lobbying DEFRA



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CORE STABILITY



- What's it all about?!

Core Stability

'Core stability', 'Pilates' and 'The Alexander Technique' are hot phrases at the moment, but as a runner, do you understand and realize the importance of these types of exercises to you? The terms refer to exercise programmes which focus on the correction of body alignment and posture during routine daily activities but also more active sports related activities.

I have been teaching these types of exercises for over 20 years. The ideas aren't new, but the fitness world has recently introduced them into classes and videos making people and athletes more aware of their importance.

I intend to spread this subject over 2 articles. There is plenty of information available both published and on the web for anybody who wants to research it further.

The core muscles are the ones which are deep in the centre of the body mainly attaching to the spine, pelvis and scapulae (shoulder blades). They act as a solid foundation whilst the limbs move around the torso – they are stabilizers of the body – hence the term - core stability. You can test this by putting your fingers onto your low back and then practice stepping forwards and backwards – as you place your right foot down on the floor – the muscles on the left of your spine contract to stabilize your body as you take the weight. This occurs without you even thinking about it.



Standing - maintain 'zipped' position and lift leg behind

If you consider the number of steps in a 10 mile run – the core muscles have to work for a long period of time maintaining the stability in the centre of the body – if they aren't trained appropriately they will not support you adequately for this duration of time and fatigue can set in. This can then lead to an altered running style, possibly resulting in injury. To run, your core stability muscles require specific endurance training to maintain the correct body alignment for every step - for the whole duration of the run. It is easy to focus on cardiovascular training, upper body training, speed/strength/stamina training, but how many of you incorporate 2-3 core stability sessions per week? From the athletes I see – from club level to international level - very few of you incorporate these types of exercises yet they should be an essential part of your training.

The 'core' muscles are the transverses abdominis, multifidus, internal oblique, paraspinal, and the pelvic floor muscles. They are nature's corset. As I've said – these muscles are stabilizers – not movers – doing 100 sit-ups focuses on the rectus abdominis muscle down the centre of the abdomen which gives you a 6-pack, but unless the core stability muscles are specifically targeted prior to the exercise, the core stability muscles won't be working effectively.

How to Contract the Core Stability Muscles.

To be able to train these muscles, it is important to recognize how to contract them effectively. Whilst it is something which you have to practice initially, it will eventually become 2nd nature. It is like learning to drive a car, you initially have to think about every action – mirrors, gear, hand position on the wheel etc. but eventually you do it without even thinking.

This first exercise is the most important and must be perfected before progressing.

- 1 Lie on your back with your knees bent but your feet fixed on the floor.
- 2 Place a small pillow under your head or a rolled up towel under your neck to offer some light support.
- 3 Position your hands on your abdomen and make them rock up towards your chest by flattening your back against the floor, then rock them back down towards your feet by lifting your spine away from the floor (if you have a back problem, do not push too far into this position).
- 4 Now position your abdomen so that it is central to these 2 movements – your pelvis should now be in a 'neutral' position with a small gap between the floor and your lower back.
- 5 Breathe in and relax your stomach muscles.
- 6 As you breathe out, pretend that you are zipping up a pair of tight jeans (Pilates instructors refer to this activity as 'zipping up'). Draw your abdomen

in as though your belly button is going towards the floor, but keep your hands on your stomach to make sure that the pelvis itself doesn't move - you are hollowing your abdomen but the pelvis must stay in its neutral position and not rock up or down. You can also pretend that you are trying to stop yourself passing urine which helps you to focus on which muscles you need to contract (or as 1 guy once said to me – pretend you are on the way home from the pub after 10 pints and desperately need a wee, you are just about to relieve yourself when a policeman appears around the corner – the muscles you would contract to stop yourself are the ones you need to focus on!)

- 7 Learn to 'relax' in this position – breathe in and out normally but keep the abdomen hollowed maintaining the co-contraction of the core stability muscles for 10 seconds. Remember - this isn't a forceful movement – it is a gentle contraction of the muscles as the aim is to train the muscles for endurance not strength. If you can see your abdominal muscles bulging or your 6-pack you are using the rectus abdominis muscle – not the right muscle – your abdomen should be hollowed.

This exercise can take weeks or months to perfect, but this must be mastered before moving onto the more complex exercises.

Basic Core Stability Exercises

Once you feel you have mastered the ability to contract the core stability muscles and can remain relaxed whilst breathing normally, try these other exercises :

- a) In the same position as before, straighten one leg down to the floor then slide it back again whilst maintaining that neutral 'zipped' position. Try doing alternate legs.
- b) Same position as previous, take alternate arms above the head and then back to the abdomen. Be aware of keeping the shoulder blades against the floor, if your chest rises away from the floor as you do it the core muscles aren't maintaining that 'zipped' position. Don't worry if you can't get your hands onto the floor above your head, it is better to maintain the hollowed abdominal position.
- c) Still on your back with your knees bent and feet on the floor, 'zip up', then lift one leg off the floor towards the chest until the hip and knee are approx at 90°, hold for 5 seconds then lower. Repeat with the other leg – keeping 'zipped' all the time.
- d) Same starting position, this time let one knee roll out to the side and back in again. Keep 'zipped' and make sure that the other knee doesn't move during the exercise. Repeat with the other leg.

- e) Lie on your stomach, arms by your side, 'zip up', then lift 1 leg up behind, hold for approx 5 seconds then lower and repeat with the other leg.
- f) Practice standing in the 'zipped' position. The feet should be slightly apart, hips over the feet, abdomen 'zipped', knees relaxed and slightly bent – not locked straight, shoulder blades down, chin parallel to the floor, then pretend that a piece of elastic is pulling from the top of your head towards the ceiling making you as tall as possible.
- g) Once you can stand in the 'zipped' position, lift one foot off the floor and bend the knee behind – maintain the position and don't let the pelvis move **at all!!!!** This can be progressed by closing 1 eye, then 2 eyes whilst maintaining the position. This is an excellent exercise to improve your balance, co-ordination and control for running. How many times do you lift your foot off the floor when out running? Can you maintain your 'zipped' position whilst doing it in a controlled situation at home? If not – what's happening to your running style whilst out training and racing?

These are very basic exercises, but they are important to master before moving on. The 'zipped' position is one which you should be able to achieve whatever activity you are doing.



Keep abdomen 'zipped' and raise leg behind - do not allow any back movement - only leg lift!

Food for Thought!

Runners are often advised to get orthotics because they pronate. If the core stability muscles are weak – or not strong enough for your particular style of running - the torso isn't being stabilized whilst your arms and legs are moving. This could result in other problems :-

- 1 in the pelvis and gluteal muscles (in the buttocks) resulting in poor hip and pelvic control,
- 2 in the hamstrings because the pelvis isn't in a neutral position so they are either being pulled tighter or aren't under the appropriate tension
- 3 in the ilio-tibial band and lateral quadriceps problems due to the lack of hip and pelvis control

- 4 in the knee due to poor control from the quadriceps, gluts and hamstrings resulting in a tendency to let the knee drift inwards
- 5 in the foot and ankle due to the increased pronation as a result of the mal-alignment of the leg due to the lack of stability from the core!!!!!!

I am a supporter and supplier of orthotics at the right time and in the right place – but before jumping to the conclusion that you need orthotics, you may need to do some core stability exercises to help to correct the alignment of your lower limb!

Proof of the Pudding

Research has shown that core stability training is essential to reduce the incidence of sports injuries. I work closely with an international athlete and over the last 18 months we have focused on improving the core stability. Initially this was only for a few minutes per day as the muscles fatigued quickly, but as the strength improved this was changed to 2-3 half hour sessions per week. The result - a long-term injury has resolved, the running style has improved and there have been some excellent race results.

Try it and see – start with just a few minutes each day so that you are ready to move onto the next stage by the next article. It will definitely make a difference to your performance and subsequently your results.



Starting position



Leg raised so hip and knee at approx 90 degrees

Manx News

The final round of the 2006 Manx Fell Running League at Creg Ny Baa saw the end of an era in Manx fell running when timekeeper Walter Kennaugh announced it would be his last race behind the stopwatch. Walter, who is 87 years of age, timed his first race back in 1981, coincidentally at Creg Ny Baa. Seldom missing a race, Walter's enthusiasm, friendly approach and encouragement to all those around him will be truly missed on the fell running scene. All your friends at Manx Fell Runners wish you all the best Walter and look forward to seeing you from time to time at local events.

Manx Fell Runners have been competing further afield over the last few months. Back in September Simon Skillicorn, Tom Cringle, Mike Quine, Dave Collister, Cal Partington, Dave Newton, Ian Ronan and Richie Stevenson travelled to the English Championship race at Thieveley Pike. Cal Partington finished 5th veteran athlete and a superb 16th overall. Manx Fell Running Champion Simon Skillicorn was pick of the bunch amongst the male contingent finishing an excellent 39th, fellow senior athletes Tom Cringle and Dave Collister finished 75th and 114th respectively. Veteran 40 Mike Quine was 105th and Ian Ronan, veteran 45 was 151st. In the veteran 50 category Dave Newton was 155th, followed closely by Richie Stevenson 158th. In October Cal Partington, Tom Cringle, Mike Quine, Dave Collister, Richard Sille and Simon Skillicorn competed the British Fell Relay Championships finishing a creditable 37th. Tom and Mike worked well on the second leg improving the team's position by 32 places, with Dave and Richard improving a further 24 on the navigational leg.

On par with 2005 there was another excellent show of junior fell runners at the Isle of Man Junior Fell Running Championships held last November at Peel. The youngsters braved hail showers and a biting wind to tackle the tough climb and tricky descent, made even more challenging by the recent heavy rain.

Ryan Fairclough and Rachael Franklin took the titles of Isle of Man Junior Champions for 2006, Ryan competing in the under 18 age category and Rachael in the under 16 age group. Rachael obviously had the advantage over her older rivals as she regularly competes in other local short fell races, performing extremely well.

In the under 16 boys age category Lewis Morris was first, second was

Sam Brand, with Tom Richmond third. Incredibly they finished second, third and fourth in the overall standings. Lewis and Sam competed in 2005 and both boys make a significant improvement on their times from last year. There was a similar scenario in the under 14 boys with winner Tom Kelly finishing sixth overall, in second place was Mark Lean, seventh overall and third was Andrew Crennell, eighth overall. All three boys improved on their times from last year.

Top performances were not exclusive to the boys. In the under 14 girls age category Hannah Scarlett mixed it at the front of the field finishing an amazing 11th and second girl overall. She was followed home in 17th overall by Rachel Johnstone, with Maxine Smalley third and 21st overall. The girls in the under 16 age group had it tough with 2006 Champ Rachael Franklin to compete against. However Bronwen Kaneen and Polly Rogerson stuck to the task finishing in close company, just three seconds apart and second and third respectively. Bronwen's sister Ciara headed home the under 18's, with Steph Lace second.

The Winter Hill League is a series of three races, held monthly, October to December. The well-marked courses, of two to three miles, are an ideal introduction to the sport of fell running, with some technical terrain, tough climbs and thrilling descents. The event in 2006 attracted the experienced fell runner, track and road athletes, juniors and newcomers alike. Simon Skillicorn's domination of the fells continued on the hills with three wins and a successive hat-trick of Winter Hill League titles. Rose Hooton, who has won this title on numerous occasions, was a consistent performer over all three races and comfortably regained the title.

Manx Fell Runners are delighted to receive the news that the 2007 Manx Mountain Marathon will be included in the Montrail Ultra-running Championship. The series of 12 races of the best mountain and trail events of marathon distance and beyond are described as "an exciting new race series with over £7000 in prizes". The premier event in the Manx Fell League, the Manx Mountain Marathon, takes place on Easter Saturday 7th April. The route traverses the backbone of fells from the north to the south of the Island, a distance of 31 miles, over the twelve highest peaks, ascending a total of 8,000 feet. For further information visit www.runfurther.com and www.manxfellrunners.co.uk

NIMRA News

British Senior Championship

The first round of the British Championship 2007 series is based in Newcastle, Co Down over the Donard-Commedagh route on 31 March. This medium race, a local championship event in 2006, was last used as a Br Championship counter in 2004, when the winners were Simon Bailey and Angela Mudge. An information pack and entry form is available on the Web site while a list of confirmed entries will be published on the site from March onwards. If you fancy a weekend away before Easter, come to Ireland for a good time and a great race.

British and Irish Junior Championship

Last October our Mid-Ulster club hosted the British & Irish junior Championships, with teams at under 16 and under 18 from five countries. As usual the main effort is to see if any Celtic country can beat the English! Scotland succeeded at taking gold in the under 16 boys team, with overall England having four team medals, Ireland three, Scotland and Wales two and ourselves one team medal. To round things off, Bashir Hussain, English team manager, won the open race and was impressed by the course – to quote *"It had everything, rough heather/grassy terrain/steep climbs/gentle climbs & a long fast descent"*.

Northern Ireland Championship

After the final Spelga Skyline race in September, both men's and ladies' titles were tied. Neil Carty and Brian Ervine, both former champions, finished on equal points with Des Woods in third position. Shileen O'Kane and Fiona Maxwell shared the ladies' trophy, with Alwynne Shannon in third place. While Shileen has been champion before, this is Fiona's first full year of mountain running although she comes with considerable orienteering experience. For the first time ever Newcastle AC were toppled from the first team position, with this spot being taken by Mourne Runners. A record 43 athletes completed the five required races to count for the Championship.

Calendar 2007

For 2007 we decided that the Championship should be four out of six races to reduce the pressure on elite athletes. However, to satisfy those who want more competition, we have introduced an eleven race Grand Prix series, covering a wider spread over the year, with more variety in the race styles. Of course this raised some controversy at our AGM but this was of a very minor nature compared to what I observed at the FRA AGM. I was surprised at how happy the English were to be lead by Celtic, and in particular Scottish pressures! I find it amazing that an AGM can so lightly ignore the experience of an outgoing chairman and drop him off the FRA committee, when much of his work over the past six years has been to soften some of the silly or more inappropriate UKA decisions. Within Northern Ireland at this point in time, we have good working relations with other branches of athletics, with most NIMRA members also competing in cross-country and road races, some in track events and many making regular use of track facilities for speed work. Hence I suspect that we as an association, unlike some other UK regions, would see no particular merit in being more independent of main stream athletics.

Ian Taylor

NIMRA Dinner 2006

Northern Ireland Mountain Running at its recent annual dinner recognised the tremendous contribution made to the development of mountain running by three founder members. They – Jim Hayes, Jim Patterson and Denis Rankin – helped to form the association 27 years ago and are still active promoters and participants today.

Jim Hayes, cross country international in the 1970s, was perhaps the prime mover in the formation of an association, was Northern Ireland champion, has been a committee member for 27 years and is currently President. He has just completed all the 212 Irish '2000s' and was selected for a vet60 team at the recent British Masters Cross Country.

Jim Patterson has been Northern Ireland Champion, British Champion at vet50 category in 1997, 1998 and 1999 and represented us at the World Trophy numerous times. He completed the Bob Graham round in 1975 and regularly scored highly in elite mountain marathon events. Retirement from full time work means he has more opportunity to train, fulfil his current role as chair of NIMRA and pass on his skills through coaching.

Denis Rankin, always superfit with little seeming effort, but with not quite the speed of the two Jims, made up for it in endurance. With Jim P, Denis completed the Bob Graham round and numerous mountain marathons and in 2001 completed a round of all the Scottish Munros. Denis's strongest asset is his organisational ability, first as secretary of NIMRA, later as a race organiser and now for many years as chief coordinator of the Mourne Mountain Marathon.

In recognition of their contributions, of their new vet60 status and in anticipation of their appearance at future races, we presented each of them with a pair of Welsh fell running shoes.

Ian Taylor, NIMRA secretary



Denis Rankin, Jim Patterson and Jim Hayes, founder members of the Northern Ireland Mountain Running Association (NIMRA – formerly NIFRA).

Welsh FRA

2006 was another very successful year for the Welsh Fell Runners Association. Membership is rising steadily and the number of WFRA insured races is increasing each year.

WFRA CHAMPIONSHIPS AND SERIES 2006

These again proved very popular in 2006. Joe Blackett, the overall winner of both the Open / Welsh Championship and South Wales Series travelled all the way from the north east of England (by public transport) to participate! Congratulations to all the prizewinners. I would like to thank the sponsors - **Ultimate Outdoors, Innovate** and **Benard's Gallery** who all donated prizes.



Open / Welsh Championships

Prizewinners

Men under 40

1. Ian Hughes	Shrewsbury	382pts (4)*
2. John Syms	MDC	348pts (5)
3. Scott Butterworth	Eryri	345pts (4)

Men over 40

1. Joe Blackett	Dark Peak	402pts (4)
2. Dave Powell	Aberystwyth	338pts (4)
3. Kean Rowlands	Clwydian	298pts (4)

Men over 50

1. Ross Powell	WFRA	293pts (5)
2. Mike Blake	Eryri	283pts (4)
3. Graham McAra	Cheshire	266pts (3)

Men over 60

1. Alwyn Oliver	Eryri	282pts (4)
2. Don Williams	Eryri	252pts (3)
3. John Morris	Buckley	230pts (3)

Female under 40

1. Andrea Roberts	Eryri	310pts (4)
2. Anna Bartlett	Shrewsbury	260pts (3)
3. Sandra Rowlands	Clwydian	246pts (4)

Female over 40

1. Gill Evans	Shepshed	285pts (4)
2. Ellie Salisbury	Eryri	165pts (3)

Female over 50

1. Maggie Oliver	Eryri	125pts (3)
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North Wales Series

Prizewinners

Male under 40

1. Richard Roberts	Eryri	561pts (6)*
2. Scott Butterworth	Eryri	556pts (7)
3. Nigel Rowlands	Clwydian	464pts (6)

Male over 40

1. Steve Gilliland	Bro Dysynni	585pts (6)
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2. Huw Lewis	Buckley	540pts (8)
3. Dave Powell	Aberystwyth	507pts (6)

Male over 50

1. Graham McAra	Cheshire	538pts (7)
2. Ross Powell	WFRA	466pts (8)
3. Mike Blake	Eryri	463pts (7)

Male over 60

1. Don Williams	Eryri	533pts (8)
2. John Morris	Buckley	476pts (8)
3. Emyr Davies	Eryri	403pts (5)

Female under 40

1. Anna Bartlett	Shrewsbury	520pts (6)
2. Andrea Roberts	Eryri	480pts (8)
3. Dawn Urquhart	Buckley	396pts (7)

Female over 40

1. Gill Evans	Shepshed	414pts (6)
2. Ellie Salisbury	Eryri	300pts (5)

Female over 50

1. Maggie Oliver	Eryri	351pts (6)
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South Wales Series

Prizewinners

Men under 40

1. Tony Robson	Pennine	333pts (4)*
2. Mathew Collins	MDC	324pts (3)
3. Andrew Blackmore	MDC	311pts (4)

Men over 40

1. Joe Blackett	Dark Peak	404pts (4)
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Men over 50

1. Richard Hooley	MDC	310pts (4)
2. John Darby	Mynydd Du	310pts (6)

Men over 60

1. Gary Gunner	Croft Ambrey	252pts (4)
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Female under 40

1. Helen Bennett	MDC	248pts (4)
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Female over 40

1. Alice Bedwell	MDC	152pts (2)
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(*) indicates number of races completed

WFRA OPEN/WELSH CHAMPIONSHIPS & SERIES 2007

Details are in the 2007 FRA Fixtures Calendar and on the WFRA website. These are Open Championships and Series. Runners do not have to have membership of any particular organization or have Welsh qualification to participate.

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.

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.

Email: geoffclegg@wfra.org.uk

It's all about the races

5th Lakeland Classics Trophy 2006

The purpose of the Lakeland Classics Trophy has always been to support the six constituent races and in particular those defined as "Super Long" i.e. Duddon Valley, Ennerdale and the fearsome Wasdale.

The LCT organisers were therefore delighted when Richard Eastman, who organises the Wasdale Fell Race, agreed to present the LCT Trophies at the FRA Annual Presentation Evening last November.

And they were almost as pleased with the generous cheque that Richard and the Cumberland Fell Runners Association provided to sponsor the Bentham Pottery Mugs for 2006. Runners do not pay anything towards the LCT and so sponsors are needed every year to provide for the mugs. First praise goes to Lloyd Taggart for winning the Trophy at his initial attempt—perhaps inspired by looking at the Ladies Trophy held by his partner Jackie Lee for the last two years? Scoffer, along with Wendy Dodds, won their 5th mugs, an award

for every year. Jackie received her 3rd consecutive mug, Dennis Lucas gained a 3rd and Mike Robinson secured his 3rd mug by again being the highest scorer who competed in all 6 races. Just completing all 6 races is an achievement because Duddon Valley and Ennerdale are often, as in 2006, held on consecutive weekends but impressively 8 runners completed the full series in 2006 taking the total that have completed all 6 races in any one year to 12.

And Borrowdale took the team prize for the 4th time.

However it is not always the case that prizes go to the usual suspects because, for example, the V40 prize has now been won by 5 different runners i.e. Allan Miller (Kendal), Julian Rank (Holmfirth), Gary Thorpe (Ambleside), Leigh Warburton (Bowland) and in 2006 Andrew Davies (Borrowdale).

Full Results can be accessed via the FRA and Ambleside websites.

Review of 2006

In 2002, the first year of the Trophy, 38 runners (4 female) and 12 teams completed the series but for 2006 the totals had reached 91 runners (11 female) and 17 teams.

So the Trophy Organisers, whilst conscious that pride goes before a fall, are pleased with the growing interest in the Trophy. Not for its own sake but because it has helped rekindle interest in the classic races which make up the series:

Finishers	Wasdale	Ennerdale
2006	128	224*
2005	141*	95
2004	49#	85
2003	53	Cancelled—low entry
2002	54	30

Notes: * Championship Race, # Clash with a Championship Race

Of course Championship status helps entries but that there would be 128 finishers at Wasdale in a year when it was not a Championship counter would have been beyond belief in the dark days a few years ago when the Wasdale and Ennerdale races could only achieve a few dozen finishers.

In 2007 Duddon Valley (the third Super Long LCT counter) ranks for both the British and English Championships and given that it had 126 finishers in 2006 it seems likely that the total of 197 finishers in 2002, when it was a Championship counter, will be easily exceeded.

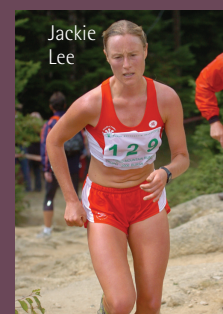
Trophy & Category Winners

Slate Trophies

Male Trophy	Lloyd Taggart	Dark Peak
Female Trophy	Helene Diamantides	Carnethy
Team Trophy	Borrowdale	

Bentham Pottery "Lakeland Classics Trophy 2006" Mugs (12)

First Male	Lloyd Taggart	Dark Peak	
Second	Pete Vale	Mercia	
Third	John Heneghan	P&B	
Vet 40	(5th)	Andrew Davies	Borrowdale
Vet 50	(17th)	Willie Bell	CFR
Vet 60	(64th)	Dennis Lucas	Rochdale
Highest 6 Race Score	(8th)	Mike Robinson	Dark Peak
First Female	(11th)	Helene Diamantides	Carnethy
	(and Vet 40)		
Second	(26th)	Jackie Lee	Eryri
Vet 50	(62nd)	Wendy Dodds	CLM
Team Counters	(4th)	Andrew Schofield	
(Borrowdale)	(5th)	Andrew Davies	
	(7th)	Paul Cornforth	



Year	2003	2004	2005	2006
Total Super Long Finishers	127	192	325	478

Overall the total number of runners completing the 3 Super Long races has shown a steady increase since 2003 when Ennerdale was cancelled for lack of interest when it clashed with Pen Y Ghent which was a British and English Championship counter.

The recent upsurge in interest in the Super Long races prompted Brian Martin to examine overall performances in all six LCT events and these were reported in *The Fellrunner Magazine* as *Lakeland Classics-Top 20 Men All Time Ranking* (June 2005) and *Lakeland Classics-Ladies All Time Ranking* (June 2006). No sooner had this later review been completed than outstanding performances by Helene Diamantides in all 3 Super Long races and Jackie Lee's record breaking run at Wasdale (4.19.08) meant the survey had to be revised for the October 2006 magazine. So 2006 brought both qualitative and quantitative improvement.

With regard to the Long Races (Borrowdale, Three Shires, Langdale Horseshoe) and at the risk of vainglory, there appears to have been an increase in entries for these races since the LCT was initiated. These three races come later in the calendar than the Super Long events and it appears that entries are moving upwards as runners ensure that they

complete at least one Long event to supplement two Super Longs and so complete a LCT series.

Thank You

Race organisers/ helpers, Brian Martin, Britta Sendlhofer (Ambleside AC), and the runners who support these great races.

LCT 2007

Same locations, same races and by including 36 peaks, 40,000 feet and over 100 miles of running, a lot more fun than a Bob Graham!



Pete Vale (Mercia) and Jim Davies (Borr)



Photos courtesy of Pete Hartley

Wendy Dodds

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“Could you help out?”

FRA NAVIGATION COURSES

The course director for the September course at Elterwater Youth Hostel gives an insight into what goes on particularly from the instructor perspective and then asks the question “Could you help out?”

There are two weekend courses on offer each year, the Easter one being held at Kettlewell Youth Hostel and directed by Stephen Batley. The contact for both is Margaret Batley, continuing a crucial role carried out for many years.

There has been a small core of volunteers loosely attached to each course who are approached to help each year. They have a wealth of navigational expertise and experience between them which they pass on to course members. In the last couple of years, both courses have filled up rapidly and it is great that navigational skills are being looked upon as necessary for successful and safe enjoyment of the sport in all its extremes. The backgrounds of course members vary from athletes moving into fell running who have no navigational skills, through to fell runners looking to improve skills for events such as mountain marathons.

The two courses have evolved separately but are run along similar lines. The Elterwater course is the longest running and provided the format in the capable hands of Ken Ledward and Peter Knott. Changes have been made over the years, the most significant being an accent more on the practical skills and less of the talk. Also the courses are now more aimed at novice to improving navigators.

Course members and instructors arrive on the Friday evening. Then follows a theory session on basic navigational skills, lasting for about ninety minutes and delivered with help from instructors and using Steve’s big model compass.

At Elterwater, the Saturday morning begins with a short jog before breakfast led by one or more of the instructors. I’m probably out in the wood putting out checkpoints for later and measuring out a 50 metre pacing line. After breakfast there are introductions, an outline of the programme and the formation of groups for the day. Then it is over to the instructors to deliver and prepare members for the later events. We aim at group sizes of 1:4 of hopefully something like equal navigational ability. Some may not have understood all of the basics the night before and there is a quick review if necessary before setting out for the fell via the pacing line. Colour maps of the area are provided and the first to be used is a 1:10000 orienteering map of Silver Howe for most of the instruction.

Instructors have developed many of their own unique ways of putting over the basics of

‘navigation at speed’ but all are provided with a list of topics to cover and some suggested checkpoints to visit. Shadowing, splitting groups for different route choices, solo races between points and no end of instructor trickery hopefully increases confidence before a rendezvous at 3pm. Hopefully I arrive slightly early with my group and can shoot off to lay some checkpoints. There then follows a solo navigation exercise of 10 checkpoints, 5 in open fell followed by 5 in woodland. The latter prove to be quite a challenge. All this is closely supervised by the instructors following their groups through. The other problem is that we have introduced a new map for the exercise – a specially commissioned 1:5000 orienteering map of Walthwaite Bottom. Levels of achievement vary as is to be expected and maybe I need to make it a little easier but there is nothing at stake except personal satisfaction that something has been learnt from the day. Credit to Steve here, because I picked up the idea of finishing with this solo event from his Kettlewell course and it is this interchange of ideas which has moulded the two highly successful courses.

Back at the hostel, refreshment, a debrief and some theory. Tea and then preparation for the Night Navigation Event (or “Death by Bracken”). This starts early for the instructors who go out to place the 10 checkpoints. Not as easy as you might think! Elterwater Common has seen much reduced sheep grazing since foot and mouth and the bracken is at its highest by September, so much trampling is necessary even to find some checkpoints but their heroic efforts help the course members who are soon following, in pairs wearing full body cover (helps keep out the ticks). The first ever night event was held in heavy rain but all insisted on going out. Since then we have had full moons, a firework display over Ambleside, music from a local wedding reception and one course member virtually lighting up the whole common with her spotlight. Fun it might be, but it is also a serious test of their navigation for one hour, then it is to the pub to swap stories, closely followed by the instructors who have been keeping a close eye on proceedings from their various vantage points but have then had to collect the checkpoints.

Sunday dawns and some go out for an early jog again, maybe even visiting the common to see where they went wrong the previous night.

How easy it seems in the light. After breakfast, some further theory and a short talk on the role of the FRA (as our sponsor), given over the last few courses by Chris Knox, who has now become our most recent new instructor. Course members sometimes want us to cover particular topics and from instructors there is considerable input. Some have even prepared material and visual aids over the years.

Then follows the preparation for the afternoon and final test event – the 10km Silver Howe Chase (or “Death by Knolls”). Instructors are once again out early – there are 10 checkpoints to be placed and then patrolled. Nervous course members are given a choice of a shorter course, being shadowed by an instructor or (rarely) going in pairs. Encouragement and a helping hand is available out on the course. The vast majority take the plunge, apprehension turns to delight and satisfaction and even some competitive spirit. The instructors see their efforts rewarded and after some refreshment and a final debrief, with thanks all round, the course ends. It is then that we reflect on how much has been achieved by the course members.

COULD YOU BE A PART OF ALL THIS – AS AN INSTRUCTOR?

Were you on a previous course and did well? Are you an experienced runner and navigator and would like to put a little something back into the sport very informally? We have had some new faces along of late, but do need others, for both courses.

Please contact me via johngibbison@hotmail.com or 01524 417694 or via Margaret (see advert).

URGENTLY – we would appreciate help at Kettlewell in March.

For instruction, that is your next available course, generally considered to be technically easier than the Elterwater* course (though some have done both as a progression). Whichever you choose, whether as a novice or an improver, you will be assured of a friendly welcome from a bunch of keen instructors taking you through a similar course content.

MANY THANKS on behalf of myself, Stephen, Margaret and the FRA to all the instructors, past and present.

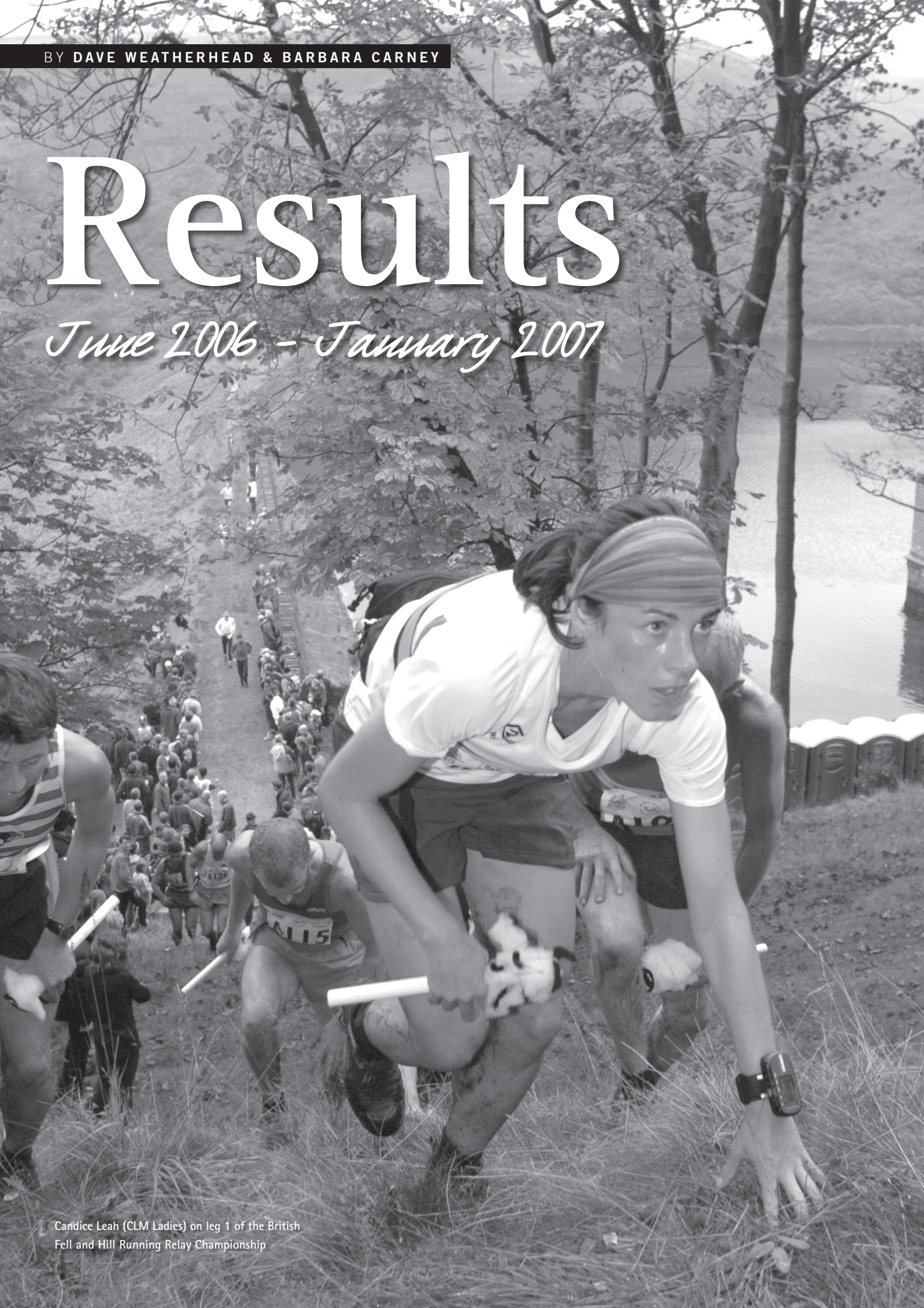
NEWS FLASH:

The Elterwater Course has now moved to Langdale (High Close) Youth Hostel near Ambleside, same weekend

BY DAVE WEATHERHEAD & BARBARA CARNEY

Results

June 2006 - January 2007



Candice Leah (CLM Ladies) on leg 1 of the British
Fell and Hill Running Relay Championship

OTLEY CHEVIN FELL RACE**AS/3.5m/900ft 07.06.06**

Skyrac's Andy Brear, who has taken over organisation of the Otley Chevin Fell Race introduced a number of innovations for his first race in charge, generously sponsored by Crosstrax. One was cash prizes but another was wonderful warm weather in contrast with the rain normally associated with the event.

Or perhaps the weather had been brought from France because Neil & Sue Clayton, who organised the race for 20 years before moving to live in the Dordogne last year, returned for the race and claimed to have brought the sun with them!

Wherever the credit lies, 133 runners welcomed the glorious conditions and the race provided its youngest ever winner in Jonathan Hare ahead of Richard Pattinson. Richard was 12 seconds behind at the Surprise View summit, made all of this up on the descent but then his V40 legs lost out to the 17 year old on the run in. Wouldn't we all like to be 17 again?

First lady was previous winner, Emma Barclay, who increased a short lead of 7 seconds at the half way stage to power down the descent to win by 50 seconds over Tamara Hird.

First Local was past winner Shane Green, who easily beat his clubmate, Jason Hemsley, who had won the trophy for the previous six years and had just got round to getting the trophy engraved; only to have to give it up!

Graham Breeze

1. J. Hare	H'fax	18.10
2. R. Pattinson O/40	P&B	18.16
3. T. Mason	Wharf	18.43
4. C. Miller	H'gate	18.56
5. S. Green O/40	P&B	19.05
6. G. Pearce	Ilk	19.07
7. N. Bourke	P&B	19.08
8. M. Lockyer	P&B	19.20
9. N. Armitage	PudseyP	19.30
10. R. Thackray	Unatt	19.39

VETERANS O/50

1. (15) B. Goodison	Abbey	19.58
2. (26) R. Hamilton	Ilk	20.49
3. (39) R. Hawksby	Otley	21.51

VETERANS O/60

1. (53) G. Howard	Ilk	23.01
2. (66) P. Robinson	Otley	24.18
3. (76) P. Thackray	Unatt	24.53

LADIES

1. (42) E. Barclay	Ilk	21.58
2. (51) T. Hird	Wharf	22.48
3. (60) C. Waterhouse O/40	H'fax	23.39
4. (61) A. Srivastava	Ilk	23.42
5. (69) G. Myers O/40	Unatt	24.28

133 finishers**SHELF MOOR UPHILL RACE****Derbyshire****AS/2.5m/1610ft 21.06.06**

1. J. Heneghan	P&B	22.46
2. J. Brown	Salf	23.11
3. T. Werrett	Mercia	23.16
4. P. Winskill	DkPk	23.19
5. B. Hussain O/40	Stockp	23.23

VETERANS O/50

1. M. Egner	DenbyD	25.41
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VETERANS O/60

1. N. Shuttleworth	Glossop	38.15
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VETERANS O/70

1. P. Duffy	NVets	41.59
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LADIES

1. C. McKittrick	Charn	27.55
2. T. Sloan O/40	Newc	32.20
A. Jones O/50	Altr	32.48

BROUGHTON MILLS FELL RACE**Cumbria****AS/3.5m/1300ft 12.08.06**

A beautiful day and a beautiful setting for a full complement of junior races and a well attended senior race. Ricky Lightfoot beat his own record by 20 seconds to come in first to win the Sheila Rousseau memorial trophy. Jackie Casey also smashed her own record to win the women's and V40 prizes.

First male V40 was Mark Forrest, V60 runner Peter Hall came in 15th place, closely followed by first V50 Ian Robinson.

Special mention for U14 runner Tom Doyle, who came in 12th in the senior race.

The first Broughton Mills local trophy went to David Blinkhorn who came in 27th.

There was a fantastic turnout for the Junior races with wins for Ben Morphet in the U16s, Mathew Alexio and Melanie Morphet in the U14s, Paul Richardson and Alice Rea in the U12s Sam Johnson and Tania Wilson in the U10s.

Jane Rousseau

1. R. Lightfoot	Ellenb	29.20
2. C. Doyle	Traff	30.13
3. B. Taylor	Ellenb	30.45
4. C. Robinson	Helm	31.35
5. B. Fairmaner	Chesh	31.47
6. M. Forrest O/40	Front	31.52
7. P. Craker	Amble	32.25
8. B. Thompson O/40	CFR	32.52
9. N. Cockbain	CFR	33.01
10. B. Procter	Helm	34.21

VETERANS O/50

1. (16) I. Robinson	Clay	36.07
2. (26) D. Holmes	Prest	37.52
3. (30) D. Shorrock	Darwen	40.50

VETERANS O/60

1. (15) P. Hall	Barrow	36.00
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LADIES

1. (22) J. Casey O/40	Barrow	36.38
2. (28) A. Forrest	Amble	39.50
3. (33) B. Sendlhofer	Amble	43.16
4. (35) N. Goffe O/40	BlCombe	46.06
5. (36) C. Blackburn	CFR	47.50

38 finishers**JUNIORS****Under 16s – 1.7m/490ft**

1. B. Morphet	CFR	14.32
2. J. Kerry	CFR	15.20
3. S. Hewitt	CFR	16.23

Under 14s – 0.8m/290ft

1. M. Alexio	CFR	5.32
2. T. Doyle	HelmH	5.38
3. J. Riley	CFR	5.59

Under 12s – 0.6m/200ft

1. P. Richardson	Ellenb	3.59
2. D. Foy	Ellenb	4.22
3. N. Thompson	CFR	4.52

Under 10s – 0.5m/150ft

1. S. Johnson	Ellenb	3.23
2. T. Wilson	Ellenb	3.41
3. B. Tyrer	Ellenb	3.43

ECCLES PIKE**Lancashire****BS/3.5m/650ft 16.08.06**

A record entry this year with 122 runners taking part in the race.

The in-form Lloyd Taggart was never headed and went on to win by a country mile in 20.31. Further down the field, places were hotly contested as Tom Wild took second place and Ged Cudahy third. Some quality runners in the ladies' race saw Jackie Lee finish in 25.54 with last year's winner, Estelle McGuire in second place.

Thanks are given to all who helped on the night, the

landowners and the Navigation Inn for playing host. See you all next year.

Mark Whelan

1. L. Taggart	DkPk	20.31
2. T. Wild	Macc	22.38
3. G. Cudahy	Stockp	22.54
4. T. Priestley	Unatt	23.22
5. A. Pead O/40	GoytV	23.31
6. L. Jones	Mat	23.41
7. M. Webster	DkPk	23.54
8. M. Williams	Penn	24.08
9. M. Kieras	Clossop	24.26
10. D. Brocklehurst O/40	Traff	24.29

VETERANS O/50

1. (20) R. Fawcett	DkPk	25.10
2. (36) A. Brentnall	Penn	26.26
3. (37) A. Fox	Glossop	26.30

VETERANS O/60

1. (42) J. Amies	Congle	27.01
2. (74) D. Smith	Stockp	29.26
3. (78) N. McGraw	Glossop	30.28

LADIES

1. (30) J. Lee	Eryri	25.54
2. (40) E. McGuire	Stockp	26.41
3. (56) A. Verges	Traff	28.19
4. (64) S. Foster	Unatt	28.49
5. (66) K. Cooper	Glossop	29.00
(71) J. Mellor O/40	Penn	29.19
(75) M. Edgerton O/40	Penn	29.33
(81) A. Brentnall O/50	Penn	30.54

121 finishers**CRAIG-Y-RHIW HILL RUN****Shropshire****AS/4m/1000ft 19.08.06**

1. A. Ellis	ValeR	22.31
2. J. Bowie	Osw	23.48
3. P. Stinton	Clwyd	26.00
4. S. Edwards	Unatt	26.28
5. N. Blake O/45	Osw	27.03
6. S. Jones O/50	Eryri	27.06
7. C. Evans O/45	Aberyst	27.12
8. J. Richards O/40	Osw	27.22
9. J. Hancock O/50	Osw	27.26
10. N. Bevan	Osw	27.27

VETERANS O/60

1. (17) C. Williamson	Shrop	30.22
2. (21) N. Pratten	Wirral	32.35
3. (22) B. Jackson	Brodys	32.37

LADIES

1. (18) A. Tickner	Osw	30.57
2. (24) S. Riddings O/45	Clywd	36.13
3. (25) M. Mercer	S'port	36.21
4. (30) S. Rowlands	Clwyd	37.16
5. (3) S. Greaves O/45	Osw	37.30

37 finishers**DARWEN GALA FELL RACE****Lancashire****BS/3.7m/930ft 19.08.06**

After two days of constant rain the clouds finally cleared and the sun shone. A field of 48 runners gathered for the annual gala race to Darwen Tower. A slight course change occurred this year to avoid a set of potentially lethal steps.

Local Paul Thompson had a three second win over Paul Guinan. It must have been quite a race over moors and down through Bold Venture Park. Zoe Heslon took the first ladies' prize with a four minute gap over the next lady.

All runners received a T-shirt, thanks to our sponsors, BT Stainless Steel. Also thanks to everyone who helped out on the day, and to Julian Donnelly for handing the organization of the race over to me and helping things run smoothly in my organizing debut.

Jamie Dowdall

1. P. Thompson	Clay	24.01
2. P. Guinan	Bl'burn	24.03
3. B. Cole	Bl'burn	25.10
4. L. Cook	Unatt	25.32
5. S. Gregory O/40	HolmeP	25.53
6. S. Edmondson	Chorl	27.09
7. N. Barnes O/40	Darwen	27.14
8. P. Burnett	Tod	27.42
9. G. Pearse O/40	Bl'burn	28.43
10. J. Donnelly O/40	Darwen	28.58

VETERANS O/50

1. (12) J. Singleton	Clay	29.17
2. (13) D. Emmerson	Unatt	29.31

VETERANS O/60

1. (20) D. Kay	Horw	31.07
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VETERANS O/70

1. (48) B. Smith	Clay	44.41
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LADIES

1. (25) Z. Heslon	Darwen	31.39
2. (40) M. Taylor	Bl'burn	35.46
3. (45) J. Laverock	Salf	39.03

48 finishers

WEASDALE HORSESHOE

Cumbria

AM/8m/2000ft 19.08.06

A field of 58 toed the line at the start of the 2006 race. This was very pleasing as Sedbergh Hills next day was a championship race.

Paul Brittleton set out his intent early and soon developed a commanding lead. Paul won the race in a time of 1.02.40. Vet 40, Chris Speight, put in a creditable performance in second. A large contingent of Northumberland fell runners attended the race and Will Horsley was closely chased for 3rd spot by club mate Dave Armstrong. Steve Moffat ran his best time for the course with vet 50 Jack Holt, a minute behind him.

Rachel Vincent was unchallenged in the ladies' race, with Donna Cartwright following in second.

As always a big thank you to the Howgill Harrier members who marshalled, time kept and took entries, and also allowed me to have a run.

Hope to see a few more of you at next years race which will be an English championship race.

Frazer Livesey

1. P. Brittleton	HelmH	1.02.40
2. C. Speight O/40	HelmH	1.05.24
3. W. Horsley	NFR	1.05.28
4. D. Armstrong O/40	NFR	1.05.31
5. S. Moffatt O/40	Howgill	1.05.54
6. J. Holt O/50	Clay	1.06.54
7. A. Pickington	Settle	1.07.10
8. B. Procter O/40	HelmH	1.07.42
9. J. Murfin	Settle	1.07.56
10. A. Miller O/40	Kend	1.08.12

VETERANS O/50

1. (6) J. Holt	Clay	1.06.54
2. (14) M. Wynne		1.10.47
3. (16) N. Cassidy		1.11.07

VETERANS O/60

1. (46) R. Gray	NFR	1.26.29
2. (53) J. Garbarino	NFR	1.34.41
3. (56) D. Wood	Borr	1.43.59

LADIES

1. (25) R. Vincent	Tyne	1.13.33
2. (41) D. Cartwright	Radc	1.20.20
3. (49) S. Davis O/40	NFR	1.29.39

58 finishers

RUSLAND 5

Cumbria

BS/5m/750ft 19.08.06

A wet day with intermittent showers, coupled with championship races the same weekend, meant that the number of runners was down by 30%. In fact we had to cancel the shorter U17 race as there were not

enough entrants. As usual the V40 category fielded the largest number of runners.

Brendan Bolland took an early lead on the first hill from Paul Dugdale, who led from Neil Cockbain and the order stayed the same to the finish with the leader finishing in 32.41 and Paul Dugdale, first V40 coming in just under a minute later. Brian Thompson, second V40 almost caught his club mate, Neil Cockbain but had to settle for 4th place. First V50, Chris Taylor, was 5th overall.

The first three ladies home (all V40s) had a tight race and came in 13th, 14th and 15th place overall with Dorothy Pelly just beating Jacky Scarf and Jo Taylor. The other shorter senior fell race (1.75 miles and 430ft of ascent) was won by Sean Bowland (Bowland 13.19) and Paul Dugdale (Kendal 14.33) was first V40 again in 3rd place overall after Paul Singleton (Ambleside 13.46). Tom Doyle (Helm Hill 15.24), disappointed that there was no U17 race, ran in the senior race and came a very impressive 4th having won the U14 race earlier.

David Higgs

1. B. Bolland	Horw	32.41
2. P. Dugdale O/40	Kend	33.35
3. N. Cockbain	CFR	35.11
4. B. Thompson O/40	CFR	35.21
5. C. Taylor O/50	Mercia	36.30
6. B. Davy O/40	S'port	37.20
7. O. Fielden	Helm	37.32
8. M. Smith O/40	DkPk	37.55
9. J. Parminter O/40	BlCombe	38.40
10. P. Scarf O/40	CaldV	39.40

VETERANS O/50

1. (5) C. Taylor	Mercia	36.30
2. (16) D. Parminter	BlCombe	43.34
3. (18) I. Petthan	Helm	51.23

LADIES

1. (13) D. Pelly O/40	Amble	41.50
2. (14) J. Scarf O/40	CaldV	42.27
3. (15) J. Taylor O/40	Bowl	43.22
4. (19) F. Malcomson	CFR	55.22

20 finishers

GYRN GALLOP

Shropshire

BM/7m/1200ft 26.08.06

The appearance of Steve Vernon and Peter Riley turned this popular hill run into one to remember as they raced each other – originally the outing was to be a training stint, especially for Vernon who was to represent England in the world mountain champs. A fortnight later – some training run, they smashed the course record by over 4 minutes. A good day thoroughly enjoyed by all despite the fact that the little village fete which normally takes place on the day was cancelled.

Doug Morris

1. S. Vernon	Stockp	37.50
2. P. Riley	Leigh	37.51
3. R. Roberts	Eryri	41.51
4. J. Bowie	Osw	42.04
5. E. Davies O/50	Mercia	44.19
6. C. Ashley O/45	Wrex	46.30
7. P. Stinton	Buckl	46.48
8. P. Jones	Osw	47.04
9. G. Lowe	Helsby	47.10
10. D. Powell O/45	Unatt	47.40

VETERANS O/50

1. (5) E. Davies	Mercia	44.19
2. (14) S. Jones	Eryri	48.17
3. (26) W. Marsh	Brodys	52.05

VETERANS O/60

1. (16) J. Clements	Mercia	49.04
2. (18) E. Davies	Eryri	49.59
3. (23) P. Roberts	Buckley	51.17

LADIES

1. (30) J. Davies	Mercia	52.40
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2. (35) A. Tickner	Osw	53.50
3. (37) L. Barker	Aberyst	54.37
4. (39) D. Urquart	Buck	54.51
5. (42) H. Taylor	Helsby	55.29
(52) S. Charman O/55	Helsby	60.58

62 finishers

PENDLETON FELL RACE

Lancashire

AS/5m/1500ft 26.08.06

We had two former winners turn out for this year's race - Andy Wrench and last year's winner, Darren Kay. Both had to give way to Three Peaks winner, Andy Peace, whose early lead was maintained to the finish, with Darren second and Andy third and first V40. Ken Taylor ran well to pick up the V50 prize, as did Geoff Howard for V60. George Arnold keeps turning up and this year took the V70 prize. Mark Nutter completed a noteworthy 21st consecutive Pendleton Race.

In the ladies' race, Candice Leah had a comprehensive win with Jacqueline Shaw second. Linda Lord was fifth and first V50.

Thanks to all who helped at the finish and out on the fells. Despite a reduced entry this year of 106, we still made a small profit of £16, which is being donated to a local charity.

Roger Dewhurst

1. A. Peace	Bing	33.08
2. D. Kay	Horw	33.50
3. A. Wrench O/40	Tod	35.36
4. A. Breaks	CaldV	35.44
5. P. Thompson	Clay	35.55
6. B. Taylor	Ross	37.35
7. I. Greenwood O/40	Clay	37.56
8. A. Life O/40	Clay	38.14
9. M. Lee O/40	Ross	38.38
10. D. Walker	Clay	38.58

VETERANS O/50

1. (18) K. Taylor	Ross	40.09
2. (31) P. Booth	Clay	42.31
3. (37) J. Singleton	Clay	43.08

VETERANS O/60

1. (40) G. Howard	Ilk	43.34
2. (49) P. Walkington	Horw	45.18
3. (67) M. Coles	Skyrac	48.55

VETERANS O/70

1. (96) G. Arnold	Prest	59.42
2. (106) A. Ball	Clay	83.59

LADIES

1. (22) C. Leah	Clay	41.08
2. (64) H. Jeanes	Unatt	48.28
3. (76) J. Shaw	Darwen	50.37
4. (90) K. Gill	Unatt	55.51
5. (91) L. Lord O/50	Clay	56.12
(98) M. Dewhurst O/40	Chorl	60.47
(100) K. Goss O/50	Clay	63.03
(101) S. Allen	Clay	64.40

106 finishers

GLENDALE SHOW FELL RACE

Northumberland

BM/6m/1000ft 28.08.06

The weather was a typical Northumbrian day, a mixture of sunshine, showers and even hailstones! However, this did not deter the runners as they set off up the gradual ascent. Very quickly the increasingly talented Nick Swinburn, created a huge gap from the rest of the field. Will Horsley put up a sterling challenge, eventually finishing second behind Nick.

Veronique Oldham put in a superb display finishing first lady with Karen Robertson close behind in second place. Claire Bagness, first local lady, finished third.

This run is part of a huge country show, 17,000 visitors this year. I believe this would make a great

National championship race.
Finally a big thank you to Northumbria Mountain Sports for sponsorship.

G. McWilliams

1. N. Swinburn	NFR	40.02
2. W. Horsley	NFR	44.17
3. A. Kitchen	Loth	45.09
4. T. McCall	Norham	45.45
5. N. Morris	LowFell	46.03
6. T. Makin	Durham	47.02
7. M. Drinnan	Alnwick	47.10
8. V. Oldham	Norham	47.20
9. A. Bain	Wavery	49.02
10. B. Robson	NFR	49.28

LADIES

1. (8) V. Oldham	Norham	47.20
2. (11) K. Robertson	NFR	49.50
3. (18) C. Bagness	Wooler	53.45
4. (21) S. Scott	NFR	55.17
5. (28) J. Walker	NFR	60.15

46 finishers

JUNIORS – 2m

1. T. Calder	Unatt	12.31
2. J. Wooley	Morpeth	14.55
3. M. Grundy	Unatt	15.10

HODDER VALLEY SHOW FELL RACE

Lancashire

BM/8.5m/1800ft 09.09.06

On a clear sunny day 53 adults and 5 juniors competed. V40 Mike Johnson led the field from start to finish in a record equalling time of 64 minutes, whilst Graham Schofield made a mockery of his V50 status to finish in 65 minutes. Only one female, Lynne Clough, braved the tricky and demanding course to finish in an excellent 76 minutes, much to the delight of her young daughter. V40 Andy Black and Mark Chippendale had their usual battle with Yorkshire finishing seconds ahead of Lancashire in third and fourth place. Further down the field there were notable runs for V50s, Ken Taylor and John Singleton, while V70s, George Arnold and Bill Smith, completed the course with ease!

Team prizes were won by Bowland and Clayton. In an attempt to meet ever increasing safety requirement for ease of exit from the showground the runners were allowed to use the especially reserved livestock exit. This led to the most obvious of claims that runners with the best prime rump should have rosettes pinned on them by a lady member of the committee! In the interests of political correctness I'd better stop here.....!! The junior races were won by Jack Modley of Lancaster and Morecambe and Holly Page of Halifax. Ben Page also ran very well whilst two female 14year old runners made excellent fell running debuts, Elena Dowthwaite of Preston Harriers and Zoe Warburton of Bowland Fell runners.

2007 race is the pick of the three with the climb up Totteridge.

Stephen Cox

1. M. Johnson O/40	Bowl	1.04.32
2. G. Schofield O/50	Horw	1.05.55
3. A. Black O/40	Wharf	1.06.12
4. M. Chippendale	Bowl	1.06.15
5. J. Murfin	Settle	1.08.21
6. C. Balderston O/40	Clay	1.10.21
7. P. Burnett	Unatt	1.10.38
8. K. Taylor O/50	Ross	1.10.44
9. C. Davis O/40	Bowl	1.12.49
10. G. Hill O/40	CaldV	1.13.16
(11) J. Singleton O/50	Clay	1.13.20

LADIES

1. (16) L. Clough	Wigan	1.16.41
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20 finishers

LONGSHAW SHEEPDOG TRIALS FELL RACE

Derbyshire

CS/5.5m/650ft 09.09.06

On a beautiful sunny Saturday morning the moors from the event field looked gorgeous but the heather had flowered early this year and was past it's best. The interesting course is always appreciated by those who run, with the added attraction of a beer tent for the "après run". This year the race was started by one of the shepherds using his shotgun. Simon Harding had a comfortable win with Steve Storey having a good run for first Vet. But the most impressive run was By Lisa Lacon who reduced the ladies' record by six minutes to come in 5th overall.

The prestigious prize of the President's Teatowel, awarded to the runner judged to have achieved the muckiest legs, was won by Julie Nolan.

Dave Moseley

1. S. Harding	Congle	43.33
2. R. Smith	DkPk	44.07
3. J. Boyle	DkPk	44.44
4. S. Storey O/50	DkPk	46.12
5. L. Lacon	Holmf	46.27
6. T. Hall O/40	DkPk	46.28
7. J. Adair O/50	Holmf	46.35
8. A. Harthog O/40	Totley	46.57
9. D. Tate O/50	DkPk	47.04
10. D. Kilpin	P'stone	47.07

LADIES

1. (5) L. Lacon	Holmf	46.27
2. (23) S. Ward O/40	DkPk	52.49
3. (25) A. Forrest	Amble	53.42
4. (32) J. Nolan	DkPk	56.22
5. (34) A. Shepherd O/40	DkPk	57.51

50 finishers

YORKSHIREMAN HALF MARATHON

West Yorkshire

BL/13.1m/1750ft 10.09.06

A beautiful September day greeted a record field of 261 finishers, this was more than 50 up on previous years. The start had to be delayed by 15 mins to allow all the late comers to register

Ben Mounsey won by almost 2 minutes from improving local Steve McDermott. The ladies race

was a closer run thing with Jo Waites beating Emma Barclay by 15 seconds.

The warm conditions suited those running the half marathon, but were punishing for those taking on the full 26 mile event. Keighley & Craven's club president Tony Minikin took the over 60 category with a creditable 1. 59.00, delight on his face in breaking two hours. Team prizes were Keighley & Craven AC men and Bingley ladies.

Charles Marshall

1. B. Mounsey	Stain	1.29.42
2. S. McDermott	Kghly	1.31.37
3. J. Stevens	CaldV	1.32.14
4. S. Webb O/40	VStr	1.32.46
5. J. Holah O/40	P&B	1.33.22
6. A. Thorpe	H'fax	1.33.23
7. G. Oldfield O/40	Unatt	1.33.42
8. N. Armitage	PudP	1.33.57
9. S. Wilkinson O/40	Kghly	1.33.58
10. A. Meskimmon O/40	DewsB	1.36.01

VETERANS O/50

1. (24) J. Wheldon	PudP	1.42.50
2. (34) S. White	Clay	1.46.32
3. (36) R. McArthur	Melth	1.47.30

VETERANS O/60

1. (78) T. Minikin	Kghly	1.59.55
2. (192) B. Mitchell	Kghly	2.27.59
3. (212) R. Farrar	Bungay	2.39.38

VETERANS O/70

1. (121) P. Cambert	VStr	2.11.30
2. (198) D. Clutterbuck	Tod	2.29.39
3. (236) B. Christie	Wigton	2.52.05

LADIES

1. (26) J. Waites	CaldV	1.42.56
2. (27) E. Barclay	Ilk	1.43.11
3. (43) S. Malik	Ilk	1.49.43
4. (49) K. Dunford	Unatt	1.50.50
5. (59) R. Smith	Bing	1.54.09

262 finishers

YORKSHIREMAN OFF-ROAD MARATHON

West Yorkshire

CL/25.9m/3000ft 10.09.06

A change in the route to take to the impressive Hewendon viaduct slightly shortens the route to 25.9 miles. Hewendon viaduct has recently been opened as part of the cycle way, the Great North Trail.

Competitors in the Yorkshire Off-Road Marathon



Chris Stubbs found the route and conditions to his liking, having spent the previous couple of weekends learning the route. He was a clear three minutes ahead of regular and former winner, Simon Shoesmith with Martin Terry making it a 1, 2, 3 for the vets.

Paul Hart, having travelled down from Dumfries, was 4th and first non-vet.

Carmen Anthony pipped Carole Fryer to the ladies' title, followed by Jessica Cunliffe and the improving Tracey Dean.

The pairs' event was won by an impressive Mixed team, Richard Pattinson running with Amy Green. Men's pairing of Paul Hindle and Tim Clegg came in next with Liz Tomes and Chris Preston as first ladies. Chris Preston has now won the last three ladies' trophies with different partners.

Thirty teams, 106 solo and 23 walkers finished.

Charles Marshall

1. C. Stubbs O/40	Idle	3.27.04
2. S. Shoesmith O/40	Unatt	3.30.15
3. M. Terry O/40	Clay	3.34.30
4. P. Hart	Dumfries	3.36.02
5. A. Wright O/40	Bing	3.42.20
6. I. Hill O/40	Bing	3.43.47
7. H. Pearson O/40	Otley	3.47.47
8. M. Bottomley O/40	Unatt	3.50.10
9. M. Loftus	VStr	3.54.17
10. G. Ellis O/50	Kghly	4.01.35

VETERANS O/50

1. (10) G. Ellis	Kghly	4.01.35
2. (20) S. Saunders	Unatt	4.14.15
3. (72) A. Leng	Kghly	5.17.38

VETERANS O/50

1. (26) M. Coles	Skyrac	4.23.28
2. (44) R. Brown	P'stone	4.47.02
3. (54) P. Mitchell	Kghly	4.53.23

LADIES

1. (18) C. Anthony	Horw	4.13.37
2. (19) C. Fryer	H'fax	4.13.57
3. (23) J. Cunliffe	Unatt	4.18.40
4. (24) T. Dean	Stain	4.19.24
5. (25) R. Sharples	Unatt	4.22.50
(38) L. Hayles O/45	CaldV	4.39.15

106 solos finished

30 pairs finished

23 walkers finished

THE LAKE DISTRICT MOUNTAIN TRIAL

Cumbria

O/16m/7000ft 10.09.06

It was a fabulous day, with a clear blue sky, hot sun and a good wind on the fell tops. The perfect day out, in a great location was enhanced by the excellently planned courses.

The Mountain Trial is held at different venues in the Lake District each year on the second Sunday in September. Unlike most fell races, the competitors in the Mountain Trial don't know the course until after they have started and collected their map. Competitors need to identify the best route and navigate their way to each of the controls, so quick decision making whilst on the run, is just as important as speed and fitness. The race is also a test of stamina and the runners' ability to ascend and descend over rough ground. This year, all those who finished were given a voucher to spend in The Climbers Shop, Ambleside, who are the sponsors of the Mountain Trial.

The mens' course of 29km with 2,100m of ascent, visited checkpoints near Little Round Howe, Blackbeck Tarn, Mickledore, Crinkle Craggs, Little Gill Head and Wrist Knott to the north of Glarmara, with a steep descent back to Seathwaite farm via a wall corner.

The LDMTA prizes were won by Sal Chaffey and Leigh Warburton. The YHA prizes were won by John Fleetwood and Katy Thompson. The Outward Bound trophies were won by Simon Patton and Ali Bramall

The greatly coveted prize of two nights B&B for two at the Wasdale Head Inn was won by Carol McNeill.

The prizes were presented by Jane Buckley, who was the first woman to ever run in the Mountain Trial in 1956. To view maps of the courses, the results and spilt times, visit the Lake District Mountain Trial Association website www.ldtma.org.uk

Simon J Patton

1. J. Bland	Borr	3.51.28
2. J. Hunt O/40	DkPk	4.07.56
3. M. Fanning	Borr	4.10.29
4. I. Powell	Westb	4.11.57
5. N. Bunn O/40	TVOC	4.15.05
6. M. Higginbottom	Carn	4.19.34
7. A. Schofield	Borr	4.19.54
8. K. Harding O/40	Tring	4.22.39
9. T. Brunt	Holmf	4.31.08
10. A. Kitchin O/40	Loth	4.33.40

VETERANS O/50

1. (13) P. Clark	Kend	4.36.23
2. (37) P. Nelson	FRA	5.25.40
3. (50) C. Taylor	Mercia	3.45.32

VETERANS O/60

1. (78) G. Bryan-Jones	Ochil	6.37.22
2. (81) R. Clarke	NYM	6.39.36
3. (92) A. Yates	DkPk	7.12.53

VETERANS O/70

1. (43) J. Naylor	CFR	7.51.55
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LADIES

1. A. Brand-Barke O/40	Kesw	3.54.16
2. K. Bryan-Jones	DkPk	4.03.27
3. S. Clough O/40	Ambie	4.11.42
4. C. Wilson	Ross	4.12.46
5. D. Thompson	Kesw	4.22.19
(8) W. Dodds O/50	Clay	4.33.05

57 finishers

CHELMORTON 5 CHASE

Derbyshire

BS/5m/1000ft 10.09.06

The Chelmorton Chase once again saw an outstanding field of entries. The summer's day bathed the village in sunlight and delivered splendid

conditions for a midday race over Chelmorton Low, representing clubs that included Buxton, Dark Peak, Macclesfield, Matlock, Shelton Striders, Staffordshire Moorlands and from further afield, Milton Keynes and Plymouth.

One of the highest events in the Peak District, the Chelmorton Chase has gained fame over the last eight years as one of the toughest events in the calendar. The race is set in the heart of the Peak District, south of Buxton and this year drew an excellent field including Dave Neill and Any Wilton, Staffordshire Moorlands, who will be representing England in the forthcoming World Mountain Running Championships in Switzerland. It was a great battle between these two and Andy took control in the last mile to run home to the cheers of the village down Main Street, finishing with the exact same time as last year.

The climax of the run was the climbing of the Chelmorton Low at over 1000 feet and at the end of the race. Runners went past 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. Revival was organized at the Primitive Hall where runners and spectators were treated to free pies and as much tea as they could drink.

Chelmorton race director, Tracey Worth, 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 1000 feet of the Low, the course this year being recognized by the Staffordshire Moorlands Championship to register runner points.

"There is always a great atmosphere as the race finishes down the village main street where locals and supporters alike cheer the runners home. Local farmers open up the route, provide fields for parking and villagers marshal the course. I know that this race is only successful because of those who turn up to run and those who help me organize the race. I am delighted this year to donate £250 to our local charities"

Very special thanks must go to Mrs Allen for permission to use the Low, the Ardens, Swindells and the Wheelodons for the fun run access and Derek Wood's team for official timing."

Tracey Worth

1. A. Wilton	StaffsM	32.12
2. D. Neill	StaffsM	33.16
3. A. Lamont	Macc	34.17
4. M. Williams O/40	Penn	35.53
5. J. Balt	DkPk	36.13
6. S. Lomas	Macc	36.28
7. T. Stock	Macc	36.49
8. J. Boyle	DkPk	37.09
9. D. Soles	DkPk	37.28
10. L. Footitt	Unatt	37.48

LADIES

1. (18) L. Batt	DkPk	40.23
2. (27) K. Harvey	Penn	43.35
3. (31) J. Mellor	Penn	45.03

64 finishers

DERBYSHIRE CHEVIN FELL RACE

Derbyshire

BS/3m/560ft 13.09.06

1. R. Love	AmberV	19.13
2. D. Annable	Belper	19.47
3. M. Saunders O/40	Newp	20.23
4. G. Coleman O/40	LongEat	20.24
5. T. Powis	Ripley	20.31
6. P. Hands O/50	Leicest	20.34
7. D. Stuart	LongEat	20.55
8. C. McKittrick	Charnw	21.02
9. A. Seamer O/40	LongEat	21.19



Photo courtesy of Steve Bateson

10. N. Lander O/40	Ere	21.29
VETERANS O/50		
1. (6) P. Hands	Leicest	20.34
2. (16) A. Keen	Erew	22.27
3. (18) T. Milner	DkPk	23.25
VETERANS O/60		
1. (36) B. Rogers	NVets	26.32
2. (41) F. Makin	HolmeP	29.10
3. (50) A. Bourne	StaffsM	30.57
LADIES		
1. (8) C. McKittrick	Charn	21.02
2. (12) T. Armoush	Amber	21.59
3. (24) H. Cameron	Mat	24.26
4. (26) S. Butcher O/50	Shelt	25.03
5. (29) L. Armoush	AmberV	25.49
(44) A. Holland O/40	Unatt	30.10
(48) C. Birch O/40	LongEat	30.32
(55) B. Bostock O/50	LongEat	35.31

56 *finishers*

MERRICK HILL RACE

Wigtonshire

AM/8.5m/3300ft 16.09.06

1. B. Marshall	HELP	1.28.13
2. M. Whitelaw	Annan	1.35.24
3. C. Brash	Girvan	1.35.49
4. C. Valentine O/40	Kesw	1.42.54
5. A. Anderson	Carn	1.46.16
6. D. Bearhop O/40	Carn	1.50.35
7. A. Fairgrieve	Annan	1.51.15
8. D. Watson	Annan	1.55.00
9. D. Broadley O/40	Lochab	1.56.22
10. C. Butler O/50	Helensb	1.59.27

VETERANS O/50

1. (10) C. Butler	Helensb	1.59.27
2. (11) R. Pugh	Kilmarn	2.01.12
3. (14) N. Taylor	Girvan	2.11.38

VETERANS O/60

1. (18) I. McManus	Irvine	2.19.45
2. (21) D. Turnbull	Wester	2.39.58

LADIES

1. (13) P. Webster	Dumfries	2.05.17
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22 *finishers*

SIMONSDALE FELL RACE

Northumberland

BM/6.75m/1200ft 16.09.06

Nick had a good race and led all the way, reaching the crag in 37 minutes, although he had a stitch at Tosson on the descent and walked for a while. Will Horsley was second at the top but got overtaken on the descent by Stephen and Alister, with Stephen moving up to second after Tosson. Fred Smith had a good race, finishing 6th overall and 1st O/40 after running well from Church Rock and moving up a place.

Veronique seems to be on top form finishing 10th overall, first woman and first woman O/40.

Brian Robson must have been feeling fit or lucky and was hoping Nick would put down his dad's address as he left his trophy at home. Anyway luck was on his side. Pete Whewell appropriately was 60th and first O/60.

One thing I must apologize for is the fact that I announced Tyndedale had won the male team prize; in fact it was NFR, who also won the ladies' team. I think I must have been feeling the stress at this point (it was the first time I had organized a race). Anyway hope you all enjoyed the race and homemade cakes, and will be back next year.

J Walker

1. N. Swinburn	NFR	47.59
2. S. Armstrong	Unatt	49.59
3. A. Horsfield	Unatt	50.32
4. W. Horsley	NFR	51.22
5. P. Vincent	Tyne	52.20
6. F. Smith O/40	Salt	53.84

7. T. McCall O/40	Norham	54.22
8. J. Thompson	Salt	54.40
9. G. Scott O/40	Unatt	54.47
10. V. Oldham O/40	Norham	54.55

VETERANS O/50

1. (11) N. Cassidy	Tyne	55.10
2. (18) J. Dallinson	NFR	57.42
3. (25) P. Graham	Tyne	60.50

VETERANS O/60

1. (60) P. Whewell	Unatt	66.58
2. (73) P. Winter	Morp	72.28

VETERANS O/70

1. (66) J. Prudham	Jarrow	69.46
2. (86) J. Pitillo	Teviot	78.14
3. (100) D. Wright	Tyne	88.48

LADIES

1. (10) V. Oldham O/40	Norham	54.55
2. (14) R. Vincent	Tyne	56.07
3. (20) K. Robertson	NFR	58.13
4. (23) D. Hales	Durham	60.32
5. (35) C. Bagness O/40	Wooler	62.29

Susan Wade

STRETTON SKYLINE

Shropshire

BL/18m/4450ft 17.09.06

The anniversary race enjoyed a good entry of 86, which was up on previous years despite the Peris Horseshoe (a British championship counter) being held the day before. Overall, the quality of the field may have been slightly down because of this, but it didn't stop Michael James setting the third fastest time ever on the course, with the other two times both set way back in 1986, and running six minutes faster than last year despite heavily blistered feet. Conditions were good for the race with a mixture of light drizzle & bright sunshine throughout the day. Michael James lead from the start sprinting away from the field on the road leading up the scenic Carding Mill Valley and then coming home some 18 minutes in front of second placed man, Simon Wurr from Thames Hare & Hounds, the Thames club bringing a good representation from the south to take the men's team prize with local club Shrewsbury AC close behind in second.

The women's race was a similar story to that of the men's with last year's winner and course record holder, Ruth Pickvance, winning by some 15 minutes from Penny Priest.

The women's team award went to Mercia fell runners with good performances from Julie Cowlie & Rachael Bollom.

Thank you to all the marshals who helped on the day and also to Graham Kelcher who made the kind donation of £100 towards the race which went towards supplying the goody-bags at the finish.

Andy Smith

1. M. James	Shrews	2.20.20
2. S. Wurr	Thames	2.38.18
3. N. Malynn	Thames	2.41.29
4. M. Giles	Stour	2.43.35
5. I. Hughes	Shrews	2.44.58
6. M. Pengilly	Chep	2.52.00
7. S. Daws O/50	Telf	2.53.27
8. R. Pickvance O/40	LesCroup	3.00.06
9. M. Lawson	Chep	3.01.00
10. T. Beaver	BlckCountry	3.05.38

VETERANS O/50

1. (7) S. Daws	Telf	2.53.27
2. (16) M. Wittering	Huncote	3.13.17
3. (17) M. Legima	Ludlow	3.14.41

VETERANS O/60

1. (18) J. Marsh	TarHen	3.15.22
2. (40) J. Yandell	Mercia	3.34.25
3. (43) C. Williamson	Shrop	3.37.50

LADIES

1. (8) R. Pickvance O/40	LesCroup	3.00.06
2. (19) P. Priest	Ludlow	3.15.45
3. (25) J. Cowlie O/40	Mercia	3.21.12
4. (37) R. Bollom	Mercia	3.33.04
5. (38) L. Staples	BlckPear	3.33.39
(72) S. Whittingham O/50	Shrop	4.26.23

76 *finishers*

DALEHEAD FELL RACE

Cumbria

AS/4.5m/2210ft 18.09.06

An overcast sky with intermittent drizzly rain greeted 105 runners to Borrowdale Shepherds Meet & Show, setting out on this year's race - a very encouraging 45 more runners than in the previous year! - the dampness underfoot making slippery conditions on the fells, with 103 runners finishing the course and 2 retirees.

The race was won by Jonny Bland and the team prize won by Borrowdale Fell Runners consisting of Jonny Bland, Mike Fanning and Paul Cornforth. The first lady was Natalie White in a very commendable time of 55.31.

Of particular note there were 28 MV over 40, 16 MV over 50, 4 MV over 60 and a fantastic 3 MV over 70! For the ladies, 4 LV over 40 and 4 LV over 50. Congratulations to all of you.

Even more encouraging were the 27 under 10s, who set out on the Junior Fell Race, and the rather lonesome two who ran in the under 12's! Lets all hope that their enthusiasm will continue into the future to the benefit of fell running. Commiserations must go to Roger Whitaker of Cumberland Fell Runners who, looking up to receive encouragement from his mate promptly went "a over t"! a nasty fall, and in so doing probably costing him the MV over 60 winning position. One can't help wondering what words were spoken between each other after the event!!

Finally, none of this would be possible without our



105 runners start at the Dalehead fell race

loyal band of helpers, together with the FRA, and all the competitors to whom we once again extend our most grateful thanks for your support.

Miles Jessop

1. J. Bland	Borr	47.35
2. N. Fish	Amble	47.50
3. T. Austin	DkPk	48.47
4. M. Fanning	Borr	50.24
5. J. Wright	Tod	50.56
6. C. Steel	CFR	51.16
7. B. Taylor	Ross	51.37
8. M. Mikkelson Barron	Kesw	51.49
9. P. Brittleton	Helm	51.59
10. P. Carnforth O/40	Borr	52.54

VETERANS O/50

1. (12) G. Schofield	Horw	53.51
2. (20) J. Winn	CFR	56.13
3. (22) R. James	Unatt	56.43

VETERANS O/60

1. (81) P. Dowker	Kend	1.12.15
2. (89) R. Whittaker	CFR	1.16.46
3. (95) F. Wood	Horw	1.24.10

VETERANS O/70

1. (101) J. Escrit	CFR	1.37.50
2. (102) J. Rutter	Kesw	1.38.34
3. (103) I.. Addison	Kesw	1.38.48

LADIES

1. (19) N. White	Bing	55.31
2. (46) S. Hodgson O/40	Kesw	63.18
3. (47) L. Thompson	O/50	Kesw 63.44
4. (64) O. Williamson	Kesw	69.23
5. (67) J. Casey O/40	Barrow	69.40

103 finishers

SCAFELL PIKE FELL RACE

Cumbria

AS/4.5m/3000ft 23.09.06

The Scafell 2006 had almost perfect weather, sunshine & the low humidity. 54 started - all finished though one had a fall near the summit & had a badly cut head.

Nick Sharp led Mike Fanning at the summit with less than a minute separating them, as was the situation at the finish. The same held for 3rd counter Tim Austin and Dan Golding.

The ladies' race (6 ran - again) was won with an excellent 14th place (8th at the summit by Natalie White, runner-up & 17th overall was Hazel Jones and third was 23rd - placed Lyn Thompson, also 1st LV50.

The winning team (any 4 gents/ladies) with 106 points were Keswick, comprising Colin Valentine (14), Lyn Thompson (23), Geoff Somers (31), Richard Unwin (38). Third and fourth teams were provided by Clayton. Technically, Borrowdale could have won with 58 points, but Martin Mikkelson-Barron very sportingly told us he had not been a club member for the required six months to count as a team member.

The Jack and Jill couples winners were Tim Austin and Natalie White with only 15 points.

The King of the Mountains (Snowdon/Ben Nevis/ Scafell Pike) winner was Kieran Ashworth, 2nd Ron Rees, 3rd Andrew Dugdale.

There were no retirements.

Many thanks to all my helpers and to the Wasdale Head campsite & National Trust for allowing us to use the farmland fields and the race to keep its original course.

Hope you enjoyed the flapjacks, rolls etc., there will be four new trophies next year & I'll be brewing up some Scafell Pike ale again.

Richard Eastman

1. N. Sharp	Amble	55.52
2. M. Fanning	Borr	56.48
3. T. Austin	DkPk	57.10

4. D. Golding	Amble	57.26
5. R. Lightfoot	Ellenb	57.35
6. M. Mikkelson-Barron	Borr	60.48
7. S. Swarbrick	Bowl	62.57
8. W. Bell O/50	CFR	63.18
9. M. Robinson	DkPk	63.35
10. P. Webb	Unatt	63.51

VETERANS O/40

1. (14) C. Valentine	Kesw	69.02
2. (16) D. Atkinson	CFR	69.48
3. (20) N. Shepherd	Bowl	71.57

VETERANS O/50

1. (8) W. Bell	CFR	63.18
2. (15) P. Barron	Borr	69.38
3. (21) I. Robinson	Clay	72.54

VETERANS O/60

1. (50) P. Walsh	Lytham	107.02
2. (52) R. Clives	Westmor	108.29

LADIES

1. (12) N. White	Bing	64.41
2. (17) H. Jones	Dallam	69.49
3. (23) L. Thompson	O/50	Kesw 74.55

4. (35) R. Cash	Borr	80.14
5. (44) J. Howells	Unatt	96.54
(53) S. Allen O/40	Clay	111.23

54 finishers

HELM HILL AROUND THE FLAGS RACE

Cumbria

AS/4m/1175 ft 24.09.06

The race is centred from the Peoples Hall, Sedbergh, a great location for supporters and runners alike.

The race was won by course record holder Alastair Dunn, who was 42 seconds slower than the time he set last year, although conditions were much warmer. He took it on from the fell gate at the top of the first climb up the lower slopes of winder and was shadowed by Chris Doyle and Tom Addison on the ascent of crook. By the time he had reached the top of Arant Haw he had stretched his lead and with Doyle and Addison taking different line of Winder Addison picking the best line to come second. Billy Procter in his first race as a vet 50 also took advantage of runners taking the wrong route choice, off Winder as he moved through from 11th to finish fourth and first V50 ahead of Ken Taylor.

First V40 was John Bagge who was seventh, while Lisa Lacon broke her record by half a minute to be first lady home, Denis Wood V60 and Harry Catlow V70 having their own race at back, but with Harry getting caught in the gorse bushes and not able to find his way out!

Thanks to all those who helped and contributed, especially to the ladies doing the refreshments.

Alan Westworth

1. A. Dunn	Helm	34.36
2. T. Addison	Helm	35.32
3. C. Doyle	Traff	36.11
4. W. Procter O/50	Helm	40.01
5. K. Taylor O/50	Ross	40.44
6. P.Knowles	Amble	40.56
7. J. Bagge O/40	Helm	41.07
8. J. Adair O/50	Holmf	41.15
9. E. Loffill	Kesw	41.24
10. B. Taylor	Ross	41.29

VETERANS O/60

1. (14) G. Howard	Ilk	42.01
2. (37) Borrow	D. Wood	64.56

VETERANS O/70

1. (38) H. Catlow	CFR	75.40
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LADIES

1. (17) L. Lacon	Holmf	42.24
2. (20) L. Clough	Wigan	45.24
3. (27) K. Nash O/40	Prest	49.45

38 finishers

JUNIORS – 0.8m/175ft

HELM HILL JUNIOR FELL RELAY

Cumbria

24.09.06

This was the fourth Helm Hill Junior Relay and the second time FRA English Junior Championship Relay incorporated into the event.

The day started off with a under 10's race with a field of only 10 runners, a little disappointing some running there first fell race, Harry Cooling led from start to finish setting a new record beating the old record by 4 seconds, second home was Ben Tyrer, third Jake Lowther., and fourth Harry Packham in his first fell race seventh home and first girl first girl Loren Appleyard, Helm Hill, also in a new record time of 6.36. eight seconds better than last year's time. All 10 finished the race to get their Mars Bar and medal.

Under 10s

1. H. Cooling	HelmH	5.29
2. B. Tyrer	Ellenb	5.43
3. J. Lowther	HelmH	6.04

10 finishers

The main event was the Junior Relay with numbers disappointedly down on last year and hopefully more clubs will join in next year! We had a heavy downpour at the start but after that, the sun came out. With only 19 teams it did not dampen the spirit of the runners.

The two Addison brother's for Helm Hill, Rory and Jos, broke records in their races.

It looked like the lead they made for Chris Tuson was uncatchable, but with James Mountain for Skipton Harriers needing to make up over 3 minutes he ran the fastest leg 3 to catch Chris as they came off the fell. Skipton winning team of Sam Wescott leg 1 in a time of 13.40 leg two Will Marshall in a time of 19.15 and leg three James Mountain in a time of 22.36 total times of 55.31 and to win gold medals.

Second home Helm Hill team of Rory Addison leg 1 12.32 new record leg 2 Jos Addison in a time of 17.21 also a new record and leg 3 Chris Tuson 26.05 total time of 55.58 and silver medals, third home Dallam leg 1 Benjamin Till time of 14.20 leg 2 Samuel Till time of 19.23 and leg 3 Alexander Till in a time of 23.17 a total time of 57.00 and Bronze medals.

First girls' team home Ellenborough leg 1 Hannah Bethwaite time of 13.49 new girls record leg 2 Abbey Foy time of 23.54 leg 3 Laura Park also a new girls record time of 23.59 and a total time of 61.42 and gold medals. Second home were Leigh Harriers leg 1 Shannon Johnson time of 14.21 leg 2 Laura Riches in a new record time of 18.35 leg 3 Lauren Howarth time of 29.56 total time of 62.52 and silver medals. Third team home Ilkley Harriers leg 1 Ellie Taylor time 17.41 leg2 Fiona Jordan time of 21.58 leg 3 Jenny Dybeck in a time of 28.44 total time of 68.23 and bronze medals.

Helm Hill girls were given the bronze medals on the day but Jenny Addison ran out of her age. I can only apologise on behalf of the club and to Ilkley and the three girls for taking away that moment of pride and achievement, on the day.

This year the FRA made the mixed teams a championship class.

First team was Lancaster and Morecambe leg 1 Harry Modley time of 15.43 leg 2 Jack Modley time of 18.02 leg 3 Hannah Bateson time of 25.02 total time 58.47 and gold medals.

Second home were Preston Harriers leg 1 Callum Rowett time of 15.48 leg 2 Nicola Jackson time of 22.10 leg 3 Andrew Harrison time of 26.35 total time of 64.33 and silver medals.

Third team was Ilkley Harriers leg 1 Bradley Chapman time of 16.21 leg 2 Emily Kerr time of 25.00 leg 3 Catherine Gibbons time of 31.17 total

time of 72.38 and bronze medals.

Can I thank all those who took part, also many thanks to Pauline Scholes for helping with time-keeping and results, the Helm Hill Ladies who did a fine job with refreshments and thanks to all who contributed and helped.

Alan Westworth

1. Skipton Harriers A Boys	55.31
2. Helm Hill B Boys	55.58
3. Helm Hill A Boys	56.01
4. Dallam Harriers Boys	57.00
5. Skipton Harriers B Boys	58.03
6. Lancaster & Morecambe Mixed	58.47
7. Ilkley Harriers Boys	60.00
8. Ellenborough A C Girls	61.42
9. Preston Harriers Boys	62.18
10. Ellenborough A C Boys	62.31

19 teams

ISLE OF WIGHT FELL SERIES

Isle of Wight
23/24.09.06

The Twelfth Isle of Wight Fell Running Series was held at the weekend and consists of three races held over two days with the runners covering 24 miles of off road running with over 4300 feet of ascent. This year we had a record entry with 151 runners registered and 174 finishing the 3 races. The races were again hosting the SEAA Fell Running Championships.

Race one, the St. Boniface Fell is held on the Saturday morning and consists of a straight dash from the seafront at Ventnor to the top of St. Boniface and back down, the runners covering 3 miles and 776 feet of ascent.

It's then all too short a gap to race two, The Ventnor Horseshoe, held on Saturday afternoon. The runners again start at the seafront and ascend St. Boniface before descending to Wroxall, through to Cooks Castle and then the railway line before the long ascent to St. Martins Down, Luccombe Down before returning via a descent of St. Boniface. The runners cover 8 miles here with 1600 feet of ascent.

Sunday morning sees quite a few stiff runners lining up for the Wroxall Round, the longest with the runners covering 13 miles and 2000 feet of ascent. The race starts off relatively flat through La Falaise Park before ascending to Watcombe Bottom and Stenbury Down. It's then a steep descent to Stenbury Manor Farm before another ascent to Gat Cliff, Freemantle Gate. Then through to the Donkey Sanctuary and the railway line before another long ascent to St. Martins Down and Luccombe Down before the descent of St. Boniface to the finish.

Over the series of three races men's winner, breaking a course record and SEAA Fell Running Champion was Dean Lacy of Cambridge Harriers with 3 points with Ulla Korenjak of Ryde Harriers ladies' winner also on 3 points. Second place in the ladies went to Katy Moore of Brighton & Hove A.C. In the vet 40 category first over the series was Susanne Enhard of Compton Harriers with Lucy Gettings of Compton Harriers second and Debbie Pentland of Portsmouth Joggers third. First vet 50 went to Julia Revill of Denmead Striders. In the men's second place went to Gus Levy of London Frontrunners with Zippy Grice of Stubbington Green Runners third. In the vet 40 category first was Mark Forrest of London Frontrunners with Nigel Bunn of Thames Valley Orienteering Club second and Martin Fray of Compton Harriers third. In the vet 50 category first was Richard Westgate of South West Road Runners with Dick Kearn of Compton Harriers second and James Whiffin of Loughton A.C. third. In the vet 60 first was Geoff Newton of Tadworth A.C. with Michael Adams of Bristol & West A.C. second and John Hart of

Loughton A.C. third.

In the series team event first and SEAA Champions were Cambridge Harriers (Lacy, Jackaman and Randall) on 15 points with London Frontrunners (Forrest, Levy and Kennedy) second on 19 points and Compton Harriers (Fray, Buckland and Kearn) third on 54 points.

The races are organized by the Ventnor Fell Run Association, with assistance from Ryde Harriers.

Many thanks to the Red Cross and the many marshals for their help without which the event would be impossible to stage.

Thanks to Hose, Rhodes Dickson for their sponsorship and to WightLink for sponsoring the ferry fares for the competitors.

Many thanks to Bob and Suzanne Niblett, Dave and Joy Furnidge, Chris Powell, Chris Law and Ceri Lewis for timekeeping and recording.

Chris Lewis

ST BONIFACE- BS/3m/776ft

1. D. Lacy	Camb	17.54
2. Z. Grice	Stubbing	18.39
3. D. Green	Ashford	18.41

VETERANS O/40

1. M. Forrest	Lond	18.50
2. N. Bunn	ThamesV	18.52
3. M. Fray	Compton	19.58

VETERANS O/50

1. R. Westgate	SthWst	22.56
2. P. Wright	Wells	22.57
3. A. Hall	Ports	22.58

VETERANS O/60

1. G. Newton	Tad	22.48
2. M. Adams	Brist	23.50

VETERANS O/70

1. F. Makin	HolmeP	27.34
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VETERANS O/80

1. D. Gammage	IOW	48.33
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LADIES

1. U. Korenjak	Ryde	21.15
2. A. Winger	Highgate	22.01
3. N. Cendrowicz	Highgate	23.27
S. Enhard O/40	Compt	23.33
H. Smethurst O/40	Lond	25.11
C. Hall O/50	Ports	29.49
L. Westgate O/50	MaidNewt	31.02
J. Hart O/60	Lought	32.56

MENS TEAM RACE

1. Cambridge Harriers	16pts
2. London Frontrunners	29pts

LADIES TEAM RACE

1. London Frontrunners	23pts
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VENTNOR HORSESHOE - BM/8m/1600ft

1. D. Lacy	Camb	53.52
2. M. Forrest O/40	Lond	57.20
3. G. Levy	Lond	58.13

VETERANS O/40

1. M. Forrest O/40	Lond	57.20
2. N. Bunn	ThamesV	58.13
M. Fray	Compt	62.56

VETERANS O/50

1. A. Hall	Ports	68.35
2. T. Stevenson	Ryde	68.43
3. R. Westgate	SthWst	68.48

VETERANS O/60

1. G. Newton	Tad	68.00
2. M. Adams	Brist	74.41

VETERANS O/70

1. F. Makin	HolmeP	83.33
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LADIES

1. U. Korenjak	Ryde	66.00
2. M. Valencia	Lond	67.26
3. K. Moore	Bright	69.11
S. Enhard O/40	Compt	72.45
H. Smethurst O/40	Lond	74.52
M. Mills O/40	HolmeP	78.04
C. Hall O/50	Ports	89.36

L. Westgate O/50 MaidNewt 95.54

MENS TEAM RACE

1. Cambridge Harriers	15pts
2. London Frontrunners	19pts
3. Cambridge Harriers	56pts

LADIES TEAM RACE

1 & 2. London Frontrunners	15pts
2. Compton Harriers	52pts

WROXALL ROUND - BL/13m/2006ft

1. D. Lacy	Camb	1.22.27
2. M. Forrest O/40	Lond	1.30.30
3. K. Rowdon	Ryde	1.30.38

VETERANS O/40

1. M. Forrest	Lond	1.30.30
2. N. Bunn	ThamesV	1.30.62
3. M. Fray	Compt	1.38.07

VETERANS O/50

1. W. Prout	Salf	1.47.00
2. R. Westgate	SthWst	1.48.28
3. T. Stevenson	Ryde	1.49.08

VETERANS O/60

1. G. Newton	Tad	1.46.56
2. M. Adams	Brist	1.55.42

VETERANS O/70

1. F. Makin	HolmeP	2.10.38
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LADIES

1. U. Korenjak	Ryde	1.42.16
2. K. Moore	Bright	1.46.47
3. M. Valencia	Lond	1.50.03
S. Enhard O/40	Compt	1.53.53
H. Searle O/40	WstWight	2.03.19
C. Hall O/50	Ports	2.26.45
L. Westgate O/50	MaidNewt	2.32.52
C. Daniells O/60	MiltKey	2.17.14

MENS TEAM RACE

1. Cambridge Harriers	16pts
2. London Frontrunners	20pts
3. Compton Harriers	72pts

OVERALL RESULTS

MENS

1. D. Lacy	Camb	3pts
2. G. Levy	Lond	14pts
3. Z. Grice	Stubbing	17pts

VETERANS O/40

1. M. Forrest	Lond	8pts
2. N. Bunn	ThamesV	13pts
3. M. Fray	Compt	33pts

VETERANS O/50

1. R. Westgate	SthWst	87pts
2. A. Hall	PortsJ	91pts
3. D. Kearn	Compt	108pts

VETERANS O/60

1. G. Newton	Tad	77pts
2. M. Adams	Brist	126pts
3. J. Hart	Lought	151pts

LADIES

1. U. Korenjak	Ryde	3pts
2. K. Moore	Bright	10pts

LADY VETERANS O/40

1. S. Enhard	Compt	13pts
2. M. Mills	HolmeP	27pts
3. L. Gettings	Compt	31pts

LADY VETERANS O/50

1. C. Hall	PortsJ	42pts
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TEAM EVENT

1. Cambridge Harriers	15pts
2. London Frontrunners	19pts
3. Compton Harriers	54pts

BLACK MOUNTAINS

Gwent

AL/17m/5200ft 30.09.06

Given the showery and slippery conditions, winner and first veteran Mark Palmer's time was only just outside the vet's record set by Billy Bland in near perfect conditions in 1993. Fourth time win for

Jackie Lee, only another two wins for another bottle of champagne.

Puffing Billy (John Darby)

1. M. Palmer O/40	MynDu	2.31.50
2. D. Finn	MynDu	2.42.30
3. P. Darwood	Avon	2.44.40
4. A. Powell	P&B	2.48.50
5. P. Murrin	Chep	2.50.20
6. M. Beale	Avon	2.55.10
7. M. Lawson	Chep	2.55.25
8. J. Lee	Eryri	2.56.18
9. A. Orringe O/50	MynDu	2.56.24
10. D. Burton O/40	Stroud	2.57.20

VETERANS O/50

1. (9) A. Orringe	MynDu	2.56.24
2. (14) C. Taylor	Mercia	2.59.51
3. (20) G. Oldrid	Aberwyst	3.17.12

VETERANS O/60

1. (32) D. Finch	Chep	3.43.13
2. (41) G. Gunner	Croft	4.01.10
3. (52) R. Griffiths	Aberwyst	4.51.34

LADIES

1. (8) J. Lee	Eryri	2.56.18
2. (33) E. Baylis	MynDu	3.43.40
3. (35) S. Ashton O/50	Chep	3.49.42
4. (37) A. Bedwell O/40	MDC	3.52.11
5. (38) P. Priest	Ludlow	3.56.45

54 finishers

WINDGATHER FELL RACE

Derbyshire

BL/13.5m/2500ft 30.09.06

The inaugural Windgather race had both good weather, and a large turnout of 104 runners considering the number of fell races, and half marathons on the same weekend.

The organiser himself didn't stay, and set off for Thieveley Pike as soon as the runners had set off, leaving the organisation in the very capable and efficient hands of Andrew Heywood. Together with his fellow Rotarians, the Fitzgerald family, and other volunteers, they provided marshals, water stops, and some welcome food at the Burbage Institute prior to the race and series prize giving.

Congratulations to Gareth Turner from Dark Peak, overall and intermediate winner, with Anna Lupton from Radcliffe AC first lady.

Andrew Lamont had a comfortable lead until the bottom of Stake Clough, when he took a wrong turn, but he still went on to win the 1st Goyt Valley Series award, with Estelle McGuire 1st Lady. This award is based on the results of Shining Tor, Goyts Moss, and Windgather races. All results are on www.fellraces.co.uk.

One runner was injured and required hospitalisation, which resulted in his 1st DNF in 45 years of running on the fells, and in his words "It certainly concentrates the mind on FRA safety rules and what would happen in some remote exposed place in bad weather?"

We hope he is fully recovered from this agonizing injury in time to go Munro bagging later in the year.

With the main sponsors Alexanders of Buxton kindly providing prizes, we raised £1000 between the three races for the following local charities: Charis House (refuge), The Grapevine Cafe (for the mentally ill), Riding for the Disabled, and The Samaritans.

Lloyd Taggart.

1. G. Turner
2. L. Banton
3. A. Lamont
4. J. Chapman

VETERANS O/40

1. M. Stenton
2. N. Bassett
3. G. Williams

VETERANS O/50

1. B. Blyth
2. I. Ankers
3. M. Moorhouse

VETERANS O/60

1. M. Cochrane
2. W. Helliwell
3. R. Brown

FIRST TEAM

Goyt Valley

LADIES

1. A. Lupton
2. T. Greenway O/40
3. S. Massey

LADY VETERANS O/40

1. T. Greenway
2. A. Leonard
3. J. Hewitt

LADY VETERANS O/50

1. J. Forrester
2. A. Dinsmoor

102 finishers

THIEVELEY PIKE FELL RACE

Lancashire

AS/4.25m/1300ft 30.09.06

Owing to difficulties with access arrangements (again!), a subsequent change of date, a new course and the fact that this was the final English Championship Race of the season, I approached race day with some trepidation. Fortunately, the weather was kind (for the third Saturday in a row) and we were able to use a farmer's field for parking. The Clayton support machine rolled into action and this, combined with the amazingly helpful and efficient John Schofield doing the results meant that, for the first time since I became organiser, I was able to take part in the race.

The new course is an improvement, not least because we can have the start and finish in the same

field. Also the extra climb makes the race a much sterner test, as quite a few competitors found, to their cost.

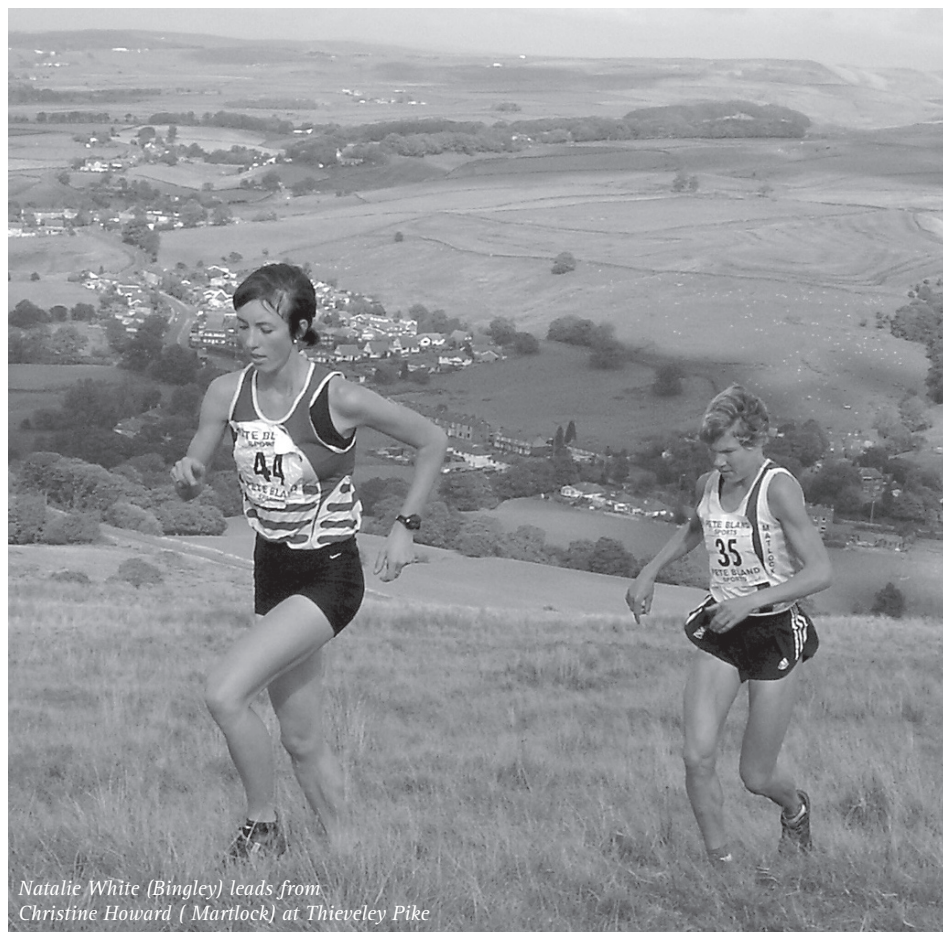
We had 52 finishers in the ladies' race, won comfortably by Natalie White, who was over a minute in front of Christine Howard, to record her fourth victory in five championship races. Although Sally Newman (first vet), Jo Waites & Jo Buckley won the team prize for Calder Valley, it was not enough to prevent Bingley from winning the team championship.

In the men's race, Rob Hope held off Lloyd Taggart to win the race for the third time and lead the Pudsey & Bramley team to victory. Arguably, the performance of the day came from Dave Neil, who was first vet home in eighth place overall (out of 196 finishers).

As ever my thanks go to over 30 Clayton members who readily volunteered to act as officials and marshalls, the farmers, John Schofield and the competitors, who all seemed to enjoy the afternoon, whether results went their way or not.

Pete Booth

1. R. Hope	P&B	30.44
2. L. Taggart	DkPk	31.07
3. J. Heneghan	P&B	31.23
4. D. Kay	Horw	31.30
5. D. Hope	P&B	31.39
6. A. Osborne	Leeds	31.45
7. T. Werrett	Mercia	31.57
8. D. Neill O/50	Staffs	31.58
9. J. Davies O/40	Borr	32.00
10. B. Mounsey	Stain	32.06
11. G. Devin O/40	P&B	32.07
12. L. Athersmith	Skipt	32.10
13. C. Doyle	Traff	32.13
14. S. Bolland	Bowl	32.17
15. J. Mellor	L'pool	32.36
16. N. Leigh	P&B	32.41
17. P. Vale	Mercia	32.43



Natalie White (Bingley) leads from Christine Howard (Martlock) at Thieveley Pike

Photo courtesy of Dave Woodhead

18. K. Gray	CaldV	32.45
19. M. Fanning	Borr	32.46
20. M. Roberts O/40	Borr	32.49

VETERANS O/40

1. (9) J. Davies	Borr	32.00
2. (11) G. Devine	P&B	32.07
3. (20) M. Roberts	Borr	32.49
4. (21) C. Smale	Tod	32.51
5. (24) A. Wrench	Tod	33.07

VETERANS O/50

1. (8) D. Neill	StaffsM	31.58
2. (40) M. Egner	DkPk	34.57
3. (43) T. McGaff	Chesh	35.10
4. (47) G. Schofield	Horw	35.41
5. (51) J. Winn	CFR	36.01

VETERANS O/60

1. (73) D. Spedding	Kesw	37.11
2. (92) B. Mitchell	Clay	38.35
3. (109) G. Howard	Ilk	39.48
4. (128) G. Breeze	Skyrac	41.17
5. (139) P. Walkington	Horw	43.03

VETERANS O/70

1. (186) G. Arnold	Prest	51.26
2. (194) J. Escritt	CFR	59.15
3. (195) D. Clutterbuck	Tod	61.53

196 finishers

LADIES

1. N. White	Bing	35.41
2. C. Howard	Mat	37.09
3. J. Waites	CaldV	37.30
4. S. Newman O/45	CaldV	38.19
5. A. Raw O/40	Durham	38.39
6. A. Bartlett	Shrews	38.43
7. J. Reedy	Amble	39.16
8. E. Batt O/40	DkPk	39.25
9. J. Buckley	CaldV	39.27
10. L. Clough	WiganP	39.31

VETERANS O/50

1. (19) L. Thompson	Kesw	43.39
2. (22) S. Haslam	Scarbrgh	45.11
3. (29) W. Dodds	Clay	46.14

VETERANS O/60

1. (44) J. Atkins	Chorl	53.28
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52 finishers

ARENIG FAWR

Gwynedd

AM/6.7m/1900ft 01.10.06

A 6-mile fell race on Arenig Fawr was run last year for the first time as an out and back route. This year the race route was circular over a distance of 6.7miles. Weather conditions were mild but very wet with cloud cover on the top. Even so, everything went according to plan, thanks to friends who marshalled at checkpoints and helped at the headquarters, the great organizing skills of the Cliffs and Geoff Clegg's timekeeping. Special thanks are due to 'Team Dolly' who turned up in force to provide safety backup.

A total of 51 runners turned up, of whom 42 were men and 9 were women. The majority of men were veterans, but 8 out of the 9 women were below the age of 40.

Richard Roberts set the course record at 59:04. The ladies' record was set by Anna Bartlett in a time of 70:49.

Runners' comments were complimentary as the race had something for everyone – rock, grass and bog, a steep ascent and descent and some fast sections. At the finish competitors enjoyed cake and hot drinks. Prizes were purchased from 'Running Bear' at a generous discount.

The race route will remain the same in future events.

Yiannis Tridimas

1. R. Roberts	Eryri	59.04
2. S. Gilliland O/40	BroDys	64.08
3. C. Near	Eryri	64.41

4. C. Jones	Unatt	66.07
5. R. Stafford	Mercia	67.04
6. G. McAra O/50	Chesh	67.09
7. G. Williams	CYBI	69.06
8. S. Butterworth	Eryri	69.19
9. D. Powell O/40	Aberyst	69.31
10. G. Spencer O/50	Mercia	69.52
(11) G. Oldrid O/50	Aberyst	69.52

VETERANS O/60

1. (19) D. Williams	Eryri	73.21
2. (26) P. Roberts	Buck	77.08
3. (36) J. Morris	Buck	80.55

LADIES

1. (15) A. Bartlett	Shrews	70.49
2. (30) A. Roberts	Eryri	78.23
3. (31) J. Ewels	Clwyd	79.50
4. (33) L. Barker	Aberyst	80.26
5. (35) N. Phillips	Oswest	80.45

51 finishers

SANDSTONE TEAM RACES

Cheshire

CL/16.8m/1759ft 01.10.06

My opening comments cannot be any other than to thank all members of the Deeside Orienteering Club who helped in any way at all, both large and small, to the undoubted success of the 30th staging of the Sandstone Trail Race.

As this was the first time (not yet the last) that I had organised this event after a number of times participating, the unexpected bonus was the friendliness of the telephone and email banter that came from so many of the race participants. I do not object to this in any way, and indeed welcome it as it gives us all the encouragement to know that there are so many people out there who are keen to participate in the Deeside event.

The weather was perfect for the runners after a very uncertain night of rain. The ground underfoot was quite firm which obviously helped. It certainly helped Duncan Bell, from West Cheshire AC, who powered his way around the course in an excellent time of 1:55:34. This was just too quick for last year's winner, Glen Groves from Liverpool Harriers to hold him. Glen finished in an impressive second place. I hope that we will see both Duncan and Glen back again to continue this challenge. Ruth Isaacs from Pensby Runners was 1st Lady in the "A" race with a time of 2:21:39 and an impressive position of 24th.

The winner of the "B" race was Chris Smithard of Deeside Orienteering Club, who felt that it was about time that he showed his father Mike just 'where to go'. Mike though was an impressive winner of the Veteran Man 50+ event. Chris just got the better of Paul Frodsham who has contested this event many times before and has been a past winner in 2004. Paul improved on his 3rd place in the 2005 event. Likewise we want to see these participants racing it out again next year. Nicola Bird of Ellesmere Port AC in a very impressive 4th position was 1st Lady with a time of 1:18:31

It is sometimes difficult to talk about records because situations constantly change. Necessary improvements can be made to the administration, marshalling and runners' enjoyment that the race route will change slightly. There were though three records achieved this year. In the "A" race Neville Griffiths of Spectrum Striders was the winner of the Veteran Man 60+ category in 2:30:10, reducing the previous record by over 8 minutes. Neville completed the course with an excellent overall position of 39th. Grace Hough of Telford Harriers was the winner of the Lady Vet 50+ prize with a time of 3:01:56. This award was only introduced last year and was not contested in the "A" race, therefore Grace has established the standard for

future years. Anne-Marie Jones of Altrincham & District AC, was the winner of the Lady Vet 50+ prize in the "B" race with a time of 1:26:52, almost a minute faster than the record set, for the first time, in 2005 and over a longer course. Not only did Anne-Marie win this class, but with an overall position of 18th she won the Lady Vet 40+ also, for which her 1995 record still stands.

The team prizes were awarded in the "A" race to Duncan Bell, Andrew Clague and Graham Earlam of West Cheshire AC, with positions of 1st, 3rd and 6th respectively. In the "B" race the award goes to Chris Smithard, Paul Lambert and Mike Smithard of Deeside Orienteering Club who were 1st, 3rd and 7th respectively.

See you all same time, same place, same mud in 2007

Chris Hallows

'A' RACE

1. D. Bell	WestChesh	1.55.34
2. G. Groves	L'pool	2.03.19
3. A. Clague	WChesh	2.04.31
4. A. Ashton	L'pool	2.07.22
5. B. Flannery	Unatt	2.07.31

VETERANS O/40

1. (6) G. Earlam	WChesh	2.07.48
2. (12) R. Stephenson	ChshHHH	2.14.46
3. (14) P. Cobb	ChestTri	2.15.14

VETERANS O/50

1. (9) P. Maher	ValeR	2.11.08
2. (11) P. Miles	Club69	2.14.21
3. (18) M. Whitfield	EllesmP	2.19.10

VETERANS O/60

1. (39) N. Griffiths	SpectStr	2.30.10
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LADIES

1. (24) R. Isaacs O/40	Pensby	2.21.39
2. (4) S. Gilliver O/40	Wilms	2.32.37
3. (48) A. Smith	Tatten	2.34.10
4. (50) J. Littler O/40	Capen	2.34.44

132 finishers

'B' RACE

1. C. Smithard	Deeside	1.15.37
2. P. Frodsham O/40	Unatt	1.16.24
3. P. Lambert	Deeside	1.17.31
4. N. Bird Lady	EllesmP	1.18.31
5. C. Burke O/40	Wallasey	1.18.41

VETERANS O/50

1. (7) M. Smithard	Deeside	1.20.25
2. (8) A. Garnett	SpecStr	1.20.50
3. (16) P. Miller	Unatt	1.25.05

VETERANS O/60

1. (38) A. Wright	Warring	1.32.59
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LADIES

1. (4) N Bird	EllesmP	1.18.31
2. (18) A-M. Jones O/50	Altr	1.26.52
3. (20) R. Majumdar	Deeside	1.27.13
(24) A. Macdonald O/40	EllesmP	1.28.37

149 finishers

SHELF MOOR FELL RACE

Derbyshire

AS/5.9m/1500ft 01.10.06

The six mile Shelf Moor Fell Race from Old Glossop and organised by Glossopdale Harriers resulted in a win for a brother and sister with a superb pedigree as all-round athletes. Nick Craig, 37, from Hayfield specialises in Mountain Biking where he races for Scott UK, a cycle racing team. He is the current British Champion for Endurance Mountain Biking. A familiar figure in the area he was placed fifth at the Lantern Pike Race from Hayfield three weeks ago. During a weekend of blustery wet weather the rain held off during the race itself with only a breeze greeting the runners over the tops. A group of three led the field up Doctor's Gate. Craig had Rick Graham, a Manchester-based student and former

international Bashir Hussain hard on his heels. Craig said of the race: "It was nice and steady on the run out. When we went up James's Thorn I developed a gap. At Shelf Moor Trig Point I could see Bashir about 45 seconds behind me with Graham close by. The first part of the descent on soft peat was great, but in the second half of the descent Graham was closing in. I'm pleased with this, it's my first fell race win."

Graham, who has much potential hails from Northern Ireland and was fast closing on Craig. Hussain, winner of a past Shelf Moor Uphill Only race, lacked the specific ability to descend. He admitted afterwards, "I am a mountain runner, not a fell runner."

Nick Craig's sister, Estelle McGuire, is a successful all-round athlete too. She has won the Manchester and White Peak Marathons amongst several other successes. She had an easy victory winning by nearly two minutes and came 20th overall.

The category winners each received a special limited edition mug, which shows a painting of a fell runner on Shelf Moor painted by local artist Rod Holt (of Newleaf Designs).

The Shelf Moor race had been moved from its usual date a month earlier but an unexpected change to a Championship race, which was moved to this weekend, deprived the race of its usual numbers. Nevertheless race organiser, John Stephenson, was happy with the response from athletes. They travelled from Cumbria, Nottingham, and the Isle of Man to race up Shelf Moor. Estelle McGuire said, "It was a fantastic race and well organised."

John Stephenson

1. N. Craig	Penn	45.27
2. R. Graham	Unatt	45.42
3. B. Hussain O/40	Stockp	48.23
4. M. Nolan	DkPk	49.01
5. B. Fairmaner O/40	Chesh	49.12
6. R. Clucas O/50	Unatt	50.14
7. S. Bacon	Congle	51.43
8. R. Jamieson	Manx	52.00
9. D. Gibbons	Penn	52.26
10. A. Stuart	Unatt	53.35

VETERANS O/50

1. (6) R. Clucas	Unatt	50.14
2. (18) F. Fielding	Penn	55.43
3. (22) M. Moorhouse	Mat	57.59

VETERANS O/60

1. (12) J. Amies	Congle	54.10
2. (38) W. Hewitt	Unatt	62.42

VETERANS O/70

1. (53) B. Thackery	DkPk	82.47
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LADIES

1. (20) E. McGuire	Stockp	56.03
2. (21) D. Cartwright	Rad	57.59
3. (25) S. Cooper O/40	Glossop	58.18
4. (35) J. Caddick	Unatt	61.03
5. (41) C. Murray	Glossop	64.09
(45) J. Newton	Stockp	67.40

53 finishers

IAN HODGSON MOUNTAIN RELAY

Cumbria

25m/8500ft 01.10.06

Congratulations to Borrowdale for their 11th consecutive win, Ilkley and Borrowdale Mixed for their third on the trot and Clayton Vets for their repeat. A dodgy first leg from the lads in purple got everyone excited but two runners don't make a relay team and their strength in dept told. This was their slowest winning time though, so if it's any consolation to the chasers, they are getting slower as they get older!

All the other wins were convincing but slow so maybe it was the blustery weather and heavy conditions that affected times. No leg records

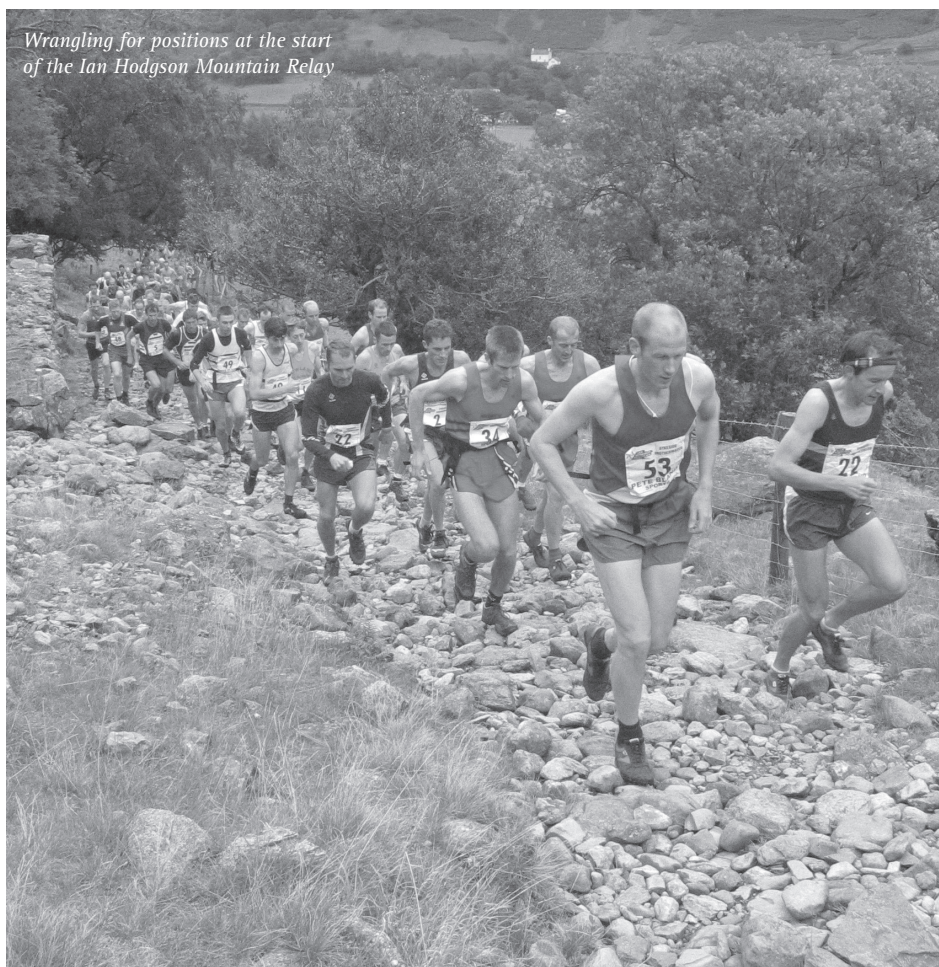


Photo courtesy of Allan Greenwood

this year either but well done Nicky and Becky who proved that Borrowdale also have fast ladies. Thankfully, they beat Gwen and Debbie Devine as I'm not sure those two were all they were made out to be.....!

Thanks to Sykeside Camping Park without whose co-operation and assistance the Relay would not be held, the landowners, the National Trust, and Dalemain Estates, Patterdale Playing Field Association, farmers Jimmy Hodgson of Hartsop Hall and Alan and Eric Wear of Hartsop and John Jennings of Kirkstone Inn for the use of the car park and parking cars on the day. Thanks also to everyone for heeding our warnings about Kirkstone and traffic – it was much better than last year.

Thanks to Graham Belt and his boys from Raynet Leeds for race monitoring and Claire Archbold for patching up the injured – thankfully not too serious – and to John Eastwood who has decided to retire after 20 years of overseeing the Kirkstone changeover.

Thanks to Mandy and Joy of Patterdale School PTA, ably assisted by the Maud family, for maintaining the usual high standard of Relay nosh. From Patterdale PTA – thanks to everyone who brought some food – they raised the fantastic sum of £1,200! Finally, thanks to the Hodgsons for trusting us with the Relay.

Jon, Scoffer and Chris

1. Borrowdale	3.39.58
2. Ambleside	3.44.19
3. Dark Peak	3.44.28
4. Pudsey & Bramley	3.51.54
5. Bingley	3.54.26
6. Bowland	4.03.46
7. Helm Hill	4.05.41
8. Horwich	4.09.24
9. Ilkley	4.13.10
10. Todmorden	4.13.43

VETERANS

1. (11) Clayton	4.13.55
2. (13) Dark Peak	4.20.33
3. (14) Cumberland F R	4.21.20

LADIES

1. (31) Ilkley	4.48.13
2. (38) Dark Peak	4.57.48
3. (42) Keswick	5.13.55
4. (46) Bingley	5.19.51

MIXED

1. (32) Borrowdale	4.48.22
2. (43) Pudsey & Bramley	5.15.39
3. (45) Eden Runners	5.18.23

61 finishing teams

FAN FAWR

Powys

AS/2m/1000ft 07.10.06

Small but perfectly formed. This would sum up this short Beacons classic, which has now become the traditional kick-off for the South Wales Winter League. It's one of those 'race you to the top and back again' little races which you underestimate at your peril. The route is unencumbered by fences, stiles or similar obstructions, leaving just 2 sharp lung busting pulls separated by a bog followed by a short blast across the summit plateau.

For those with the time to look, the high point gives views as far as Camarthen Bay to the west and Plynlimon to the north whilst the whole western section of the South Wales Traverse is spread out around you. No matter, for the race back is absolutely helter-skelter, down a grassy gradient that is at the limit of traction in the dry and hootingly slippery after a downpour.

This year, conditions were nigh on perfect with the ground having that post rain tackiness that gives mega-grip and a cool breeze blowing to keep the sweat out of the eyes.

51 runners obviously thought things looked good too, giving up their time to travel from far and wide for, at most, 25 minutes of hard exercise. Not so many years ago, races like this would have been lucky to have pulled in 20 runners so the size of the fields in the last couple of years is testament to the hard work put in by the organisers of the South Wales Winter League. The annual Anglo-Welsh challenge seems to have fired the enthusiasm of runners and encouraged new competitors - several of the field this year were at their first fell race. This is all good news and it may well mean a re-think for the minimalist approach to organisation as I got swamped a couple of times recording finishing places. This led to a bit of confusion at prize giving. Hopefully everyone got listed correctly.

English runners filled the first three places so the gauntlet is well and truly down for this year's cake-baking competition. Robert Gordon came home nearly a minute ahead of second place (and first vet 40) Mick O'Doherty in a very similar winning time to 2005 of 17.42. Previous winner, Andrew Jones, recorded 17.37 last year in slippery conditions, so it's a shame he succumbed to CBA syndrome this year, recording the only DNF of the day. None of the times were anywhere close to Graham Patten's record of 16.02 set in 1991.

It was a similar story for the ladies where, despite improving her 2005 time by nearly two minutes, Eluned Salisbury was still over three minutes shy of Jill Teague's 1991 mark of 19.16. Obviously, tectonic shift has resulted in the damned hill getting bigger!

The hottest competition of the day came in the V60 race with Dick Finch and John Henry Collins locked in battle right to the line. They were so eyeballs-out that they damn near knocked the time-keeper over! With the nice weather, the ever dependable Kay Lucas had a much safer time as summit marshal.

So, thanks to all those who turned up, sorry about the traffic, lack of parking and slight confusion at prize giving. I think the running and the views made up for all that.

Wheeze

1. R. Gordon	Westb	17.42
2. M. O'Doherty O/40	Brist	18.26
3. R. Mullett	Westb	18.31
4. P. Ryder	Brychein	18.44
5. M. Fawcett	WyeV	18.51
6. M. Suff O/40	Heref	18.54
7. M. Shaw	MynDu	19.03
8. K. Hagley O/40	SWRR	19.04
9. L. Lawrey	MDC	19.37
10. G. Williams	Cybi	19.47

VETERANS O/50

1. (13) R. Wall	Heref	20.03
2. (17) S. Littlewood	Couriers	20.39
3. (20) J. Darby	MDC	21.51

VETERANS O/60

1. (42) D. Finch	MDC	24.01
1. (43) J. Collins	Swans	24.01
2. (44) R. West	MDC	27.07
3. (48) R. Howell	MDC	33.49

VETERANS O/70

1. (49) J. Battersby	MDC	35.09
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LADIES

1. (26) E. Salisbury O/40	Eryri	22.35
2. (31) H. Bennett	MDC	23.02
3. (33) E. Bayliss	MynDu	23.22
4. (41) N. Law	Brecon	23.52
5. (47) S. Mannington	Unatt	31.57

50 finishers

LANGDALE HORSESHOE

Cumbria

AL/14m/4000ft 07.10.06

1. N. Fish	Amble	130.43
2. J. Heneghan	P&B	130.46
3. M. Palmer O/40	MDC	130.50
4. P. Vale	Mercia	130.56
5. A. Dunn	Helm	131.06
6. G. Devine O/40	P&B	136.18
7. D. Golding	Amble	139.08
8. B. Abdelnoor	Amble	141.30
9. G. Jones	Maground	141.49
10. T. Werrett	Mercia	142.20

VETERANS O/50

1. (24) W. Bell	CFR	147.33
2. (54) C. Lumb	Kend	158.47
3. (58) M. Wynne	Settle	160.00

VETERANS O/60

1. (138) J. Nuttall	Clay	179.22
2. (155) P. Walkington	Horw	181.46
3. (191) G. Breeze	Skyrac	189.58

LADIES

1. (73) H. Jones	Dallam	164.09
2. (87) J. Reedy	Amble	166.26
3. (133) T. Hird	Wharfe	178.55
4. (151) R. Cash	Unatt	181.24
5. (162) A. Forrest	Amble	184.04
(184) S. Ward O/40	Unatt	188.32
(217) B. Hoyland O/50	Holmf	197.26
(220) J. Taylor O/40	Bowl	198.00
(276) R. Gooch O/50	Ilk	219.25

325 finishers

AUTUMN LEAVES FELL RACE

Lancashire

CM/10m/1700ft 07.10.06

Two close friends and keen rivals went head to head in this, the most competitive of Saddleworth events, our annual cake competition!! Tim Lord came out on top with his Guinness cake, though Cris Miles did win best decorated cake with his model of a post KIMM foot, blisters and all. Young Chloe Lord followed in her father's footsteps by winning the junior prize. Oh yes and we also had a fell race...

An enforced route change due to subsidence on the course this year meant the route was shortened by some 1.5 miles, so records tumbled all around. Paul Green of Sale once again showing a clean pair of heels to his pursuers, the only runner to dip under the hour mark. Second home and first V40 Dave Taylor, nearly two minutes behind the winner. Third back was Andrew Grenfell, who also claimed enough points to claim the local Grand Prix fell series.

The ladies' record went to Anna Lupton, coming home 18th overall some 4 minutes ahead of second placed Deborah Culshaw. Third lady home was Lorraine Porter from West End runners, Leicester,, who also took the LV40 prize. West End Runners had joined us for the full weekend and brought nearly twenty runners, some of them for their first taste of fell running.

A fantastic turnout of SRC support helped to make this race go without incident, there wasn't even much reaction the mandatory kit check before the start of the race. We operate on a strictly value for money basis and appreciate sponsorship from Platt Halpern Solicitors and Personal Best Sports.

Next year's race will be on Saturday 6 October, why not make a date to take in a friendly fell race like they used to organise in the good old days.

Howard Chambers

1. P. Green	Sale	59.23
2. D. Taylor O/40	DkPk	61.14
3. A. Grenfell	Ross	62.07
4. C. Bishop	Sadd	63.30
5. B. Ashworth O/40	Sthport	65.01

6. R. Wren	DkPk	65.52
7. S. Nicholls	Liverp	66.26
8. D. Holloway	Ilkest	66.50
9. A. Norie	Sadd	67.06
10. J. Wilson	Glossop	68.22

VETERANS O/50

1. (16) J. Winder	CaldV	71.18
2. (19) P. McNulty	Rad	73.28
3. (26) S. Gross	Saddle	77.14

VETERANS O/60

1. (21) M. Cochrane	DkPk	75.20
2. (31) G. Large	NVets	79.12
3. (45) M. Coles	Skyrac	83.01

VETERANS O/70

1. (79) R. Lee	Middle	106.08
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LADIES

1. (18) A. Lupton	Rad	71.25
2. (23) D. Culshaw	Wigan	75.28
3. (43) L. Porter O/40	WestEnd	82.05
4. (46) S. Gorman	Horw	83.13
5. (47) L. Davison	WestEnd	83.16
(55) J. Davies O/50	Sadd	83.38
(61) G. Smith O/40	Sadd	90.31
(62) B. Nixon O/50	P'stone	92.14

59 finishers

PENTLAND SKYLINE HILL RACE

Midlothian

AL/16m/6200ft 08.10.06

The weather was good, temperature 12-15 C depending on where you were, moderate SW wind, brief spells of very light rain and very good visibility.

There were not many runners from English clubs, but they did well! 1st and 2nd overall; 1st V40; 1st V60 - in 12th place, a great performance from Dave Spedding.

160 started, 150 finished (all returned safely!). As usual there were many runners in the over 40, 50 and 60 classes but plenty of youngsters as well.

Richard Robertson

1. J. Davies O/40	Borr	2.30.45
2. A. Schofield	Borr	2.31.16
3. J. Symonds	DundH	2.36.26
4. A. Anthony	Ochil	2.36.31
5. C. Donnelly O/40	Lochab	2.38.41
6. S. Peachey	Carn	2.40.14
7. D. Gay	HBT	2.41.14
8. N. Scott	W'lands	2.41.35
9. I. Wellock	HBT	2.42.58
10. K. Richmond	BellaRR	2.44.52

VETERANS O/50

1. (33) J. Blair-Fish	Carn	3.05.51
2. (40) M. Hulme	Corstor	3.11.27
3. (67) P. Jagan	Bing	3.25.00

VETERANS O/60

1. (12) D. Spedding	Kesw	2.48.29
2. (73) C. Love	Dundee	3.27.06
3. (87) T. Bowie	Carneg	3.35.44

LADIES

1. (20) C. Gordon	HBT	2.56.02
2. (28) G. Godfree	Loth	3.01.28
3. (32) J. Mykura	Carn	3.05.15
4. (44) R. Vincent	Tyne	3.15.13
5. (48) S. Legge	Carneg	3.15.53
(92) F. Thompson O/40	Carneg	3.40.30
(100) J. Wilson O/40	Carn	3.44.35

150 finishers

DAVE BRAY MEMORIAL RACE

Cheshire

BM/8.5m/1160ft 08.10.06

The second running of this race had a disappointing 36 runners (after 52 in 2005) but all who attended commented how much they enjoyed the event. The day was dry and cool and granted the runners opportunity to admire the scenic views over Ogden

Moor and the surrounding Dark Peak.

Andi Jones, fresh from winning the Coniston Trail race on the Saturday, ran to Tintwistle village, completed the race in a new record 50.16 and ran home afterwards!

All of the lady runners were rewarded with one of the many prizes distributed after the race.

My thanks go to all of the support staff and Debbie at the Bull's Head, who kindly hosted the race. A donation for £120.00 from the race was made to Glossop Mountain Rescue.

Hope to see all of you next year.

David Willis

Race, a 50% increase on the previous best turnout.

The winner, Brian Marshall, knocked 35 seconds off the existing men's record time.

Brian Marshall won the race in 68.14. He had run the race only once before, in 2003, when he was placed third. Second was Benjamin Kemp and third (for the second year in succession) was John Kennedy. The first woman home, in 17th place, was Veronique Oldham in 79m 36s.

This was the fourteenth race, held in conjunction with the Manor Water Sheepdog Trials, one of the major events of the year in the Manor Valley, and under the auspices of the Carnethy Hill Running Club. The race took place in almost ideal conditions of dry weather with little wind, although the hilltops were obscured by cloud until just before the start. Recent rains had made the low-lying fields muddy, but had merely softened the hill ground, making for a relaxing run, especially on the downhill.

The race started at Glack Farm, near Croftlea, and the route went via Glack Hope to the ridge between the Manor Valley and Dawyck as far as the hill known as The Scrape, at 2348 feet, returning the same way. The total distance is 10 miles and the total climb is 2200 feet. The race is on the calendars of both the Scottish Hill Runners and the Fell Runners Association and also receives publicity through hill running websites, especially www.carnethy.com. There are shorter races for juniors.

This year the 96 runners comprised 80 men, 14 women, 1 junior and 1 younger junior.

Third fastest John Kennedy was again the winner of the Men over 40 years' class. Will Hynd won the prize for First Local runner. The Men over 50 years' class was won by Stuart Knowles.

The winner of the Men over 60 years' class was Douglas Milligan in the remarkable time of 84.22. Not only was this a new record for the M60 class, by almost six minutes, but Douglas beat all the runners in the M50 class! Second was Brian Waldie in 88.54. Brian was the previous holder of the M60 record and his time this year was over a minute inside his record. Third was Bill Gauld in 98.18. If Bill runs again next year, we will have to include a Men over 70 years class as Bill is already 73!

Second in the Women Open class was Jill Mykura in 82.37 and third was Emma Barclay in 89.48.

The winner of the Women over 40 years' class was Helen Murray in 90.44. This year there were no runners in the Women over 50 years' class.

There was one runner in the 16-19 years Junior class this year. Alasdair Hardie (unattached) completed the 5½ ml course in the fast time of 45.20. In the Younger Junior Class Kieran McFarlane (Moorfoot) completed the 3 mile course also in a fast time of 25.09.

The race takes place with the permission of Dawyck Estates Ltd, The Wemyss & March Estates, Forestry Commission Scotland and Mr Barr of Woodhouse Farm. The organiser would like to take this opportunity publicly to thank those who sponsored the day's events. The principal sponsor of the Hill Race was again Broughton Ales and there was voucher support from Young & Co (Footwear) and Veitch's Corner House, both of Peebles. We are also grateful to the British Red Cross (Borders Branch) for providing 1st Aid services.

The winner also receives a silver cup engraved as The John Nash Memorial Trophy, in recognition of the local farmer who initiated the race in 1992. The unusually large entry for this year's race was partly due to the fact that the very long race over the Pentland Skyline was not due on the following day, but had taken place the previous weekend.

1. B. Marshall HELP 68.14
2. B. Kemp Porto 71.55

3. J. Kennedy O/40 Clyde 73.16
4. B. Smith O/40 StdLife 74.05
5. S. Simpson Ochils 74.23
6. W. Hynd O/40 Moorf 75.20
7. A. Kitchen O/40 Lothian 76.01
8. G. Ackland O/40 Lothian 76.18
9. S. Bennet O/40 Carneg 76.26
10. P. Buchanan O/40 Porto 76.27

VETERANS O/50
1. (37) S. Knowles Fife 84.35
2. (44) T. Collins Carn 87.12
3. (46) H. Semple W'lands 87.42

VETERANS O/60
1. (36) D. Milligan Solw 84.22
2. (51) B. Waldie Carn 88.54
3. (72) B. Gauld Carn 98.18

LADIES
1. (17) V. Oldham Norham 79.36
2. (26) J. Mykuran Carn 82.37
3. (54) E. Barclay TrailMonst 89.48
4. (56) H. Murray O/40 Loth 90.44
5. (59) M. Hunter Porto 93.53
(69) E. Scott O/40 W'lands 97.23

96 finishers

BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIP

West Yorkshire

14.10.06

1. Bingley Harriers 3.44.53
2. Mercia F R 3.48.19
3. Horwich RMI 3.49.11
4. Dark Peak 3.51.09
5. Todmorden H 3.51.31
6. Skipton AC 3.55.19
7. Northumberland F R 3.55.38
8. Dark Peak (Vets) 3.56.03
9. Eryri H 3.57.12
10. Pudsey & Bramley (Vets) 3.57.35

VETERANS
1. (8) Dark Peak 3.56.03
2. (10) Pudsey & Bramley 3.57.35
3. (12) Bowland F R 4.01.56
4. (14) Carnethy 4.05.10
5. (16) Staffs Moorland A C 4.11.38

LADIES
1. (48) Calder Valley 4.44.09
2. (51) Bingley Harriers 4.49.15
3. (53) Dark Peak 4.50.37
4. (56) Holmfirth 4.52.10
5. (60) Ilkley Harriers 4.59.00

11 teams finished

BREIDEN HILLS

Shropshire

AM/7m/2300ft 15.10.06

This being the 21st race, we had a field of just over 100 runners, numbers being down due to the FRA relays the previous day. However, a handful of folks did both – well done!

Michael James attacked hard from the start and by the summit of Middletown Hill had established a 20 yard lead on Tim Davies. The two of them had a significant lead by the final descent, when Tim used all his experience to catch up but to no avail. The result was that the record went – will a sub 50 minutes be seen? Age knows no bounds in this game with four of the eight sub 60 minutes being vets. The ladies' race was won convincingly by Welsh International, Anna Bartlett.

Our thanks to all friends, marshals and runners. Weather conditions were good – soft underfoot and no rain. £260.00 sent to the EVE Trust for ovarian cancer research.

Rick & Jan Robson

Photo courtesy of Chris Calladine



Andi Jones on his way to winning the Dave Bray Memorial race - Tintwistle, by a margin of 7min 4 sec

1. A. Jones Salf 50.16
2. S. Harding Congle 57.20
3. C. Fray O/40 Chesh 58.53
4. M. Cain Unatt 59.10
5. S. Bacon Congle 60.01
6. D. Gibbons Penn 60.16
7. J. Wilson Glossop 60.41
8. J. Doyle O/40 Unatt 61.05
9. M. Davies RoyalEng 61.45
10. S. Entwistle O/50 Penn 63.34

VETERANS O/50
1. (10) S. Entwistle Penn 63.34
2. (12) F. Fielding Penn 64.47
3. (14) R. Smith EastChesh 65.35

VETERANS O/60
1. (21) W. Helliwell Unatt 70.40
2. (36) G. Harding FRA 114.46

LADIES
1. (16) K. Harvey O/40 Penn 68.44
2. (17) A. Jones O/50 Altrin 69.06
3. (34) B. Buckley O/50 Glossop 89.25

36 finishers

MANOR WATER HILL RACE

Peeblesshire

BM/10m/2200ft 14.10.06

Ninety six runners took part in the Manor Water Hill

1. M. James	Shrews	50.38
2. T. Davies	Mercia	51.04
3. R. Lamb O/40	Mercia	56.37
4. A. Yapp O/40	Mercia	58.13
5. C. Near	Eryri	58.47
6. P. Ball	Shrews	58.59
7. E. Davies O/50	Mercia	59.14
8. A. Carruthers O/40	Hales	59.49
9. K. Francis O/40	Shrews	60.24
10. A. Primrose	Mercia	60.34

VETERANS O/50

1. (7) E. Davies	Mercia	59.14
2. (14) G. Jones	Shrews	61.25
3. (21) S. Daws	Telf	63.37

VETERANS O/60

1. (27) J. Amies	Congle	65.50
2. (32) J. Clemens	Mercia	67.20
3. (46) Y. Tridimas	Bowl	71.40

LADIES

1. (26) A. Bartlett	Shrews	65.30
2. (48) V. Swingle	Shrop	71.54
3. (50) A. Bell	Chesh	72.10
4. (51) G. Evans O/40	Shep	72.12
5. (63) A. Tickner	Oswest	76.08
(65) D. Thomas O/40	Shrop	76.53
(95) H. MacDonald-Jones O/50	Newp	90.51
(101) A. Pearce O/50	Mercia	100.45

104 finishers



Breidden Hills
O/40 winner
A. Carruthers

RHINOG HORSESHOE

Gwynedd

AL/15.5m/5200ft 21.10.06

Having had 27 finishers in 2004, followed by 48 in 2005, the event organisers were delighted with the turnout, which resulted in 63 finishers in the 2006 race.

The 15.5 mile race which includes an awesome 5,200 feet of climbing takes in the peaks of Rhinog Fawr, Rhinog Fach, Y Llethr and Moelfre before finishing in the village of Llanbedr.

Running the race for the first time was Lloyd Taggart who built up a steady lead to eventually finish the race victorious, and in doing so claiming the 'Sterling Exhaust Shield', in a course record time of 2. 50.42. A familiar face followed as Steve Gilliland followed up his fifth place in 2005 to claim runners up spot as well as victory in the male over-

40 category

Having won the ladies race in 2004, Jackie Lee of Eryri Harriers returned to claim victory and the 'Hafod Wen Shield' this year, and in doing so she beat her own female course record by an astonishing 17 minutes as she finished in 3hrs 02.18mins whilst also claimed an amazing 4th place finish in the overall race.

As ever, the race organisers were extremely grateful to all who helped out on the day, including the RAYNET team who ensured race communication was excellent as ever, and also to the land owners over whose land the race was run for their ongoing support.

1. L. Taggart	DkPk	2.50.42
2. S. Gilliland O/40	BroDys	3.00.18
3. B. Wilkinson	Unatt	3.02.01
4. J. Lee	Eryri	3.02.18
5. J. Blackett O/40	DkPk	3.02.33
6. S. Jones O/50	Eryri	3.03.27
7. F. Blunt	NFR	3.10.24
8. L. Warburton O/40	Bowl	3.12.00
9. G. Oldroyd O/50	Aberyst	3.13.32
10. C. Jones	Unatt	3.17.48
(14) M. Blake O/50	Eryri	3.25.23

VETERANS O/60

1. Y. Tridimas	Bowl	3.21.28
2. A. Oliver	Eryri	3.43.20
3. G. Gunner	CroftAmb	4.05.15

LADIES

1. J. Lee	Eryri	3.02.18
2. A. Bartlett	Shrews	3.21.39
3. A. Roberts	WFRA	3.41.46
4. A. Wilde	NA	3.44.45
5. G. Evans O/40	WFRA	3.46.21
G. Tombs O/50	Ack	4.11.30

63 finishers

15th WITHINS SKYLINE

W. Yorkshire

BM/7m/100ft 22.10.06

The Woodentop organisers thought Alistair Brownlee deserved star billing at the 15th annual Withins race, hence he was the invited celebrity, especially since a month earlier he had won the World Junior Triathlon Championships in Switzerland, to add to his European Duathlon title. What the future holds for this immensely talented 18 year old, who is studying medicine at Cambridge University only time will tell, but we strongly advise you to start saving and book some tickets for the London Olympics in 2012.

Alistair's first task was to start the junior races where, not used to the limelight, he was a little embarrassed and shocked to be signing junior shoe bags etc. but Alistair being Alistair he did it with great professionalism. At the start of the main race he was greeted by a crescendo of applause and cheers as he was introduced to the record 277 amassed on West End Quarry on a near perfect day for Penistone Hill!

Alistair led all the way from Adam Osborne and 2004 winner, John Heneghan, to set a new course record for this slightly changed race route, which visits Oxenhope Stoop, Top Withins, Bronte Bridge and Chair before the scramble up the side of Bronte Waterfalls. A regular at the Christmas Stoop race and Bunny Runs, Alistair in 2005 won the Bunny Run Relay solo category with an impressive fifth overall, entering himself as Mr. No Friends! 2006 UK fell Inter-County winner for Yorkshire, PE teacher Jo Waites, also set a new record of 48-39 finishing 34th overall, with 2003 winner, Jo Buckley, second and Tamara Hird third from the 51 ladies competing. It was a great day for birthday girl Jo as she celebrated her 35th birthday and, no doubt, ended this perfect day with lots to drink and celebrating in

typical Calder Valley Fell Runners tradition. With both Jos, Calder Valley easily won the chocolate team prizes with Jackie Scarf in sixth overall. Although not recognised by the Fell Runners Association, the FV35 category is recognised by road, cross country and track and since these races attract a very wide variety of runners, the organisers still give out prizes in the FV35 category, hence Jo Waites also set an FV35 record.

'This was another blustery day up at Penistone Hill for the start of the race. Another first experience for me and a day to remember.....freezing cold, gales, and the usual nice toilets!!! ?

The race started in jovial style with Dave Woodhead congratulating Alistair Brownlee on his success this year, well done!! We all sprinted off at the start to try and avoid the back log getting out of the start area. A fast start on the track led to the open moors and the bogs, which as always add to the fun of fell running. Followed by the tussocks and then the streams in which I had a bit of a fall and lost all street cred with the bloke behind me....but he found it funny too ?. The chase was then on as I tried to catch Matt Hulley from Dark Peak, although I had a bit of cheer behind me as my family began singing Happy Birthday.

Well, I never caught Matt but I did thoroughly enjoy the race as always and was really pleased to come first and be part of the first ladies' team backed up by our CVFR team including: Jo Buckley, Jackie Scarf, Claire Kenny and Thirza Hyde. The presentation appeared to be the highlight of the day especially for the race organisers who found out it was my birthday and had the crowd singing!!! Whilst defrosting and drinking beer!!! Dave and Eileen put on a show by presenting Alistair and I with prizes galore from chocolates to pumpkins (and pumpkin hats), and mine nearly ended up in the soup!!! Luckily someone had quick reactions and caught it. John Heneghan gave out his winning sweets and Dave threw sweets to the crowd. All in all we had a great laugh and a smile ? Thanks to everyone for a good day.'

From now 35 year old Jo Waites, ladies winner Junior England team manager Bashir Hussain finished fifth and first V40, while Steve Oldfield won the V50s' trophy in eleventh overall having won the V40 trophy six times previously, 1996, 1997, 1998, 1999, 2001 and 2002; in 2002 he actually won the race outright.

Only one record survives from the first ever time the re-route from the top of Bronte Waterfalls was used in 1994 when Todmorden's Andrew Wrench and Andrea Priestly who then ran for the top ladies' club Fellandale both won and that is the MV60 time of 54-34 set by Clayton's Lawrence Sullivan. Lawrence later returned in 2005 to set the current MV70 record of 62-53. The only other records not broken were also set in 2005 by the then FV50 Clayton's Vanessa Peacock, who set both FV40 and FV50 with 54-08, Vanessa also won the ladies race outright in 2002.

The junior Quarry runs attracted a record 105 competitors, and will be called the Curly Wurlly Quarry Runs next year and have their own identity in the FRA calendar, with all junior record holders recognised. With these races on the up and up the Woodentop's had already decided to start back at the quarry crag, thereby giving more of a run at the first quarry wall, although the stampede of little shoes after Alistair shouted go was just the same. Actually, the U8s ran a little further, hence new records by Ben Cheetham in 2-58 and Rosie Hagan in 3-24 from the 37 runners. But all the other age groups ran a little shorter, since a short section and climb had been taken out before the pond/lake, so the original records still stand.

It was great to see a new junior club, Calder Valley, on the scene with 13 runners turning out, Max Wharton and Niall Oxley, second and third under 10s behind Keighley and Craven winner, Phil Done who, in turn, had team mate GU12 record holder Rosie Hellowell, the first GU12 breathing down his neck. Rotherham Harrier Georgina Spencer won the GU10 from Blackpool's Alisha Johnson and Calder Valley's Issy Wharton, Max's sister. The U14 winner was Thomas Sessford the English 2006 U14 silver medallist with 2006 English U12 champion Rory Addison, second and first U12, Rory actually holds two course records here at U10 and U12. Rory's brother Jos was third and second U14, fourth and second U12 all the way from Tamworth in the Midlands was Kristian Edwards a fell convert, look out for him in the 2007 championships. Next to finish in quick succession were the three U14 girls, Jenny Addison, Nicola Jackson and Fiona Jordan before a flurry of boys and girls dashed in to be handed their goody bags and pop, before then cheering on their pals, friends and even rivals. Eight U16's ran the first lap with the combined sixty U10, U12 and U14's with Jack Thompson and Sam Tosh to the fore with the U14 winner Thomas Sessford, Jack won in 12-07 and sister Emma the girls in 16-05 for the two mile route. The senior race was GPS measured at 6.5 mile and 1180ft, but it will stay at 7 mile since the organisers feel this is nearer the truth, what do you the runners think?

So what is it that attracts so many to the lofty heights of Penistone Hill? Is it the course, the beautifying mud, the entertaining prize giving or the Cadbury's Curly Wurly everyone receives; WHO CARES - IT'S JUST FUN!

Dave Woodentop

1. 34) J. Waites	CaldV	48.39
2. (47) J. Buckley	CaldV	50.02
3. (87) T.Hird	Wharf	54.29
4. (103) A. Eagle O/40	Ilk	55.40
5. (108) C. Preston O/40	Tod	56.13
(244) J. Atkins O/60	Chorl	73.37

273 finishers

BOYS UNDER 8 – 0.5m/100ft

1. B. Cheetham	Ilk	2.58
2. C. Johnson	Unatt	3.12
3. J. Turland	Unatt	3.15

GIRLS UNDER 8 0.5m/100ft

1. R. Hagan	Ilk	3.24
2. L. Horrocks	Wharf	3.51
3. K. Handford	K&C	3.56

BOYS UNDER 10 – 1m/150ft

1. (9) P. Done	K&C	7.47
2. (11) J. Ferguson	K&C	7.54
3. (14) M. Wharton	Cald	8.13

GIRLS UNDER 10 - 1m/150ft

1. (27) G. Spencer	Rother	8.57
2. (41) A. Johnson	Bl'pool	9.37
3. (45) I. Wharton	Cald	9.55

BOYS UNDER 12 - 1m/150ft

1. (2) R. Addison	Helm	6.58
2. (4) K. Edwards	Tam	7.12
3. (8) B. Ingleson	K&C	7.38

GIRLS UNDER 12 - 1m/150ft

1. (10) R. Hellowell	K&C	7.52
2. (13) H. Broughton	Pendle	8.09
3. (26) H. Crabtree	Pendle	8.56

BOYS UNDER 14 - 1m/150ft

1. (1) T. Sessford	K&C	6.32
2. (3) J. Addison	Helm	7.03
3. (12) S. Baistow	Unatt	7.59

GIRLS UNDER 14 - 1m/150ft

1. (5) J. Addison	Helm	7.20
2. (6) N. Jackson	Prest	7.29
3. (7) F. Jordan	Ilk	7.36

RUNNING BEAR RACE YOU TO THE SUMMIT Lancashire CS/4m/800ft 29.10.06

I am grateful to Tony Hulme who again did us proud as Running Bear once again sponsored Race You To The Summit with prizes for the leading runners and spot prizes for some of the others.

This year, the race was a bit of a special event as it marked the 40th annual running of a race to The White House and back. Formerly The Gale Fell Race, it was first run in 1967. That year it was won by Colin Robinson of Rochdale Harriers, who went on to take the trophy a further six times. As soon as women were allowed to compete on the fells, the first ladies' race was won by Colin's wife, Brenda of Bury AC, in 1979. Brenda set the record and won another seven Gale races in the following eight years. When the Gale Inn was shut down in 2001, we moved up the road to a bigger, welcoming pub with good beers and fine food, The Summit Inn, and the show goes on.

Having only ever missed one event in all those years, Colin and Brenda were here again, only standing outside the pub, clipboards in hand, and checking the runners in. Grateful thanks. Their son, Kristian, finished in 12th place. Chris Smale continued his run of good form by powering around the Running Bear sponsored Race You To The Summit route, leaving a good class field in his wake. The 43 year old Todmorden Harrier set out to make the race his, leading from the start and winning by ten seconds clocking 28 minutes and three seconds. Chris was first to the turn at The White House Inn on Blackstone Edge, where Jim Smith waited to take numbers. Andrew Wrench was second to touch the wall of the pub,

followed by Brendan Taylor and a regular at my races, Stewart Gregory. These positions were maintained on the initial part of the fast descent, though Stewart made his move into third place on the long run in to The Summit Inn, beating Brendan by a mere three seconds and ensuring that the first three runners home were all veterans! With Jon Wright in fifth place, Todmorden won the team prize (beer) easily.

A splendid run by Peter Haworth saw his take first under 18 prize in sixth place from almost 80 runners.

Another regular visitor to my races, Ken Taylor, finished 14th to win the over 50 category, while unattached William Helliwell won the over 60s. The first woman was Aly Raw, who led the way from the start, crossing the line in 32.15. Second place went to Altrincham's Anne Marie Jones, who also won the over 50's prize, clocking 35-50, ahead of Cerys Davies.

The Fellrunner's Forum on the FRA website has a lot to answer for. I occasionally participate on there, and some of us arranged to meet for a recci run over the course one weekend. Great fun, with an extended two hour jaunt over The White Holme Circular route, a new race for January 2007, followed by pub lunch and drinks at The Summit. Then I decided to have a separate results sheet for Forumites who did the race. *Chris* and *Sparth Bottoms* were first men home, while *Daleside* and *Just a Lurker* took the women's. Good that. And so was the Halloween fancy dress competition, won by Dan Holloway of Ilkeston Harriers who wore his witches hat through out the race! I think we'll do both of these again next year.

Finally, thanks to all who supported the race, Frank, landlord at The Summit, Bill Smith, Colin and Brenda, Dave Emmerson's missus and Jim Smith who recorded numbers at the top, then de-flagged the route. And of course, a big thank you to the lovely Kath Smale (Joliver Jim to you lot on the Forum), who did registration and time keeping, sold meal tickets and helped sort out the results and prizes with me.

Cheers, and see you all next year for the 41st race to The White House and back.

Allan Greenwood

1. C. Smale O/40	Tod	28.03
2. A. Wrench O/40	Tod	28.18
3. S. Gregory O/40	HolmeP	28.58
4. B. Taylor	Ross	29.01
5. J. Wright	Tod	29.23
6. P. Haworth	Horw	29.30
7. B. Fairmaner O/40	Chesh	29.33
8. K. Gaskell O/40	Horw	29.49
9. R. Greenwood O/40	CaldV	31.16
10. V. Booth O/40	Chesh	31.43

VETERANS O/50

1. (14) K. Taylor	Ross	32.05
2. (23) D. Emmerson	Unatt	33.37
3. (29) N. Hindle	Unatt	35.18

VETERANS O/60

1. (41) W. Helliwell	Unatt	37.40
2. (46) G. Large	NVets	38.39
3. (51) T. Peacock	Clay	40.18

VETERANS O/70

1. (65) B. Rogers	NVets	44.17
2. (67) G. Arnold	Prest	44.37

LADIES

1. (17) A. Raw O/40	Durham	32.15
2. (32) A. Jones O/50	Altrin	35.50
3. (42) C. Davies	CaldV	38.00
4. (56) J. Howells	Unatt	41.39
5. (59) R. Lockley	Tod	42.04
(60) G. Tombs O/50	Ack	42.39
(62) C. Page O/40	Denb	42.52

77 finishers



Photo courtesy of Dave Woodhead

1. A. Brownlee	Bing	41.28
2. A. Osborne	Leeds	41.43
3. J. Heneghan	P&B	42.18
4. J. Logue	Horw	42.25
5. B. Hussain O/40	Stockp	42.33
6. T. Addison	Helm	43.47
7. M. Horrocks O/40	Wharf	43.51
8. C. Loftus	Kghly	43.58
9. A. Wrench O/40	Tod	44.07
10. A. Whittam	Tod	44.18

VETERANS O/50

1. (11) S. Oldfield	BfdA	44.29
2. (41) B. Proctor	Helm	49.37
3. (42) K. Taylor	Ross	49.42

VETERANS O/60

1. (113) N. Bush	Ilk	56.39
2. (123) G. Breeze	Skyrac	57.37
3. (141) R. Blakeley	Tod	59.02

LADIES



Jo Waites splashing through the mud to victory at Shepherds Skyline

SHEPHERDS SKYLINE FELL RACE Lancashire BM/6.25m/1150ft 04.11.06

The weather's going to be great tomorrow," everyone agreed. The last few days had been autumn at its best, clear blue skies, pale sunshine, and crisp underfoot. The forecast promised more of the same for Saturday. First thing in the morning it was, but imagine my consternation as a blanket of cloud blew in from the West accompanied by a murky haze. We shivered in the blustery wind as we flagged the junior courses and watched the clag lower to within just a few feet of Stoodley Pike.

The typical Shepherds Skyline weather did little to dampen the enthusiasm of our hordes of helpers and runners. With 55 juniors competing, 25 more than last year, and 238 seniors, it was a bumper turn out. The juniors seemed to relish the steep climbs and shoe sucking bogs, and the odd "Oh no!" when I announced that some age categories had to go round twice, did little to dampen their spirit. In fact I had difficulty in holding them back on the starting line so eager were they to get up and at it. It was great to see so much enthusiasm.

Conditions on the senior course were also muddy, what else, and the race developed in the usual fashion of recent years with Ian Holmes appearing to coast down the last descent with Karl Gray close on his heels in hot pursuit. Ian won in 41:39, the fourth year in a row to make it eight victories in total.

In the ladies' race, Jo Waites had another storming run in her second Shepherds Skyline to come home in 48:23, a new course record nearly two minutes ahead of the record time she set last year. Calder Valley men and Ilkley Ladies claimed the team prizes.

This, the 21st Shepherds Skyline, saw some other notable achievements with Clayton's Mark Nutter running his 20th race with Dave Beals, Andy Firth, Geoff Newsome, and Jack Holt with nearly as many. It was great to see so many familiar faces. Thanks to all who ran or helped. See you all there again next year.

[note: next year's races will be a little earlier :- Juniors at 12:00hrs and Seniors at 13:00hrs]

Phil & Mandy

1. I. Holmes O/40	Bing	41.39
2. K. Gray	CaldV	41.51
3. T. Mason	Wharf	42.59

4. J. Logue	Horw	43.08
5. A. Wrench O/40	Tod	43.22
6. S. Godsman	Tod	43.27
7. A. Breaks	CaldV	43.58
8. M. Addison	Helm	44.47
9. P. Sheard O/40	P&B	44.47
10. P. Haworth U/18	Horw	44.49

VETERANS O/50

1. (32) J. Holt	Clay	49.31
2. (39) K. Taylor	Ross	50.17
3. (47) C. Davies	Saddle	50.56

VETERANS O/60

1. (111) P. Walkington	Horw	57.38
2. (140) W. Helliwell	Unatt	60.05
3. (148) T. Peacock	Clay	60.58

VETERANS O/70

1. (208) G. Arnold	Prest	70.36
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LADIES

1. (25) J. Waites	CaldV	48.23
2. (66) E. Clayton	Scunth	53.37
3. (81) T. Hird	Wharf	54.51
4. (88) A. Eagle O/40	Ilk	55.36
5. (91) C. Preston O/40	Tod	55.48

UNDER 16

1. B. Page	H'fx	15.16
2. H. Page	H'fax	20.19

UNDER 14

1. T. Sessford	Kghly	8.56
2. S. Baistow	Unatt	10.10

UNDER 12

1. J. Crane	Ilk	10.27
2. H. Sessford	Kghly	?

UNDER 10

1. P. Done	Kghly	7.32
2. M. Preedy	Ross	7.37

UNDER 8

1. J. Crummett	Tod	4.49
2. T. Sumner	Unatt	4.50

238 finishers

CLWYDIAN HILLS

Clywd

AM/10m/3100ft 5.11.06

1. L. Taggart	DkPk	66.15
2. R. Roberts	Eryri	73.23
3. A. Lamont	Macc	73.48
4. J. Blackett O/40	DkPk	73.54
5. I. Houston	Wrex	74.17
6. A. Smith	Amble	77.01
7. N. Ashcroft	Amble	77.28
8. J. Pearce	Congle	80.29
9. I. Hughes	Shrews	80.39
10. S. Gilliland O/40	BroDys	80.44

VETERANS O/50

1. (11) T. McGaff	Chesh	80.50
2. (17) G. McAra	Chesh	81.17
3. (49) A. Hearle	Mercia	89.14

VETERANS O/60

1. (31) D. Williams	Eryri	83.18
2. (42) J. Amies	Congle	87.45
3. (58) P. Roberts	Buck	90.05

LADIES

1. (12) J. Lee	Eryri	80.51
2. (32) A. Bartlett	Shrews	83.21
3. (44) A. Roberts	Eryri	88.00
4. (55) D. Mitson	AGC	89.56
5. (79) G. Evans O/40	Shep	94.09
(80) S. Gilliver O/40	Chesh	94.21
(129) M. Oliver O/50	Eryri	108.55

153 finishers

WREKIN WRECKER

Shropshire

AM/8m/2400ft 05.11.06

The fifth running of the Wrekin Wrecker took place in good conditions for the time of year. This race, one of the toughest in the Shropshire fell running

calendar, is organised by Newport and District Running Club using Wellington Cricket club as its new race headquarters. Almost one hundred runners from over 20 different running clubs from all across the Midlands and beyond took on the Wrecker this year.

For the first time the race was run as one of the Shropshire winter fell series, and the standard was a lot higher with the winner, Michael James, beating the 2003 male course record by just over seven minutes. He never looked liked being caught.

The next five to cross the line were all from Mercia Fell Runners who were using the event as part of their club championships:

First woman home in 46th place was Val Swingler, who was closely followed by Celia Mills.

Runners congratulated the efficient organisation.

After the race, runners enjoyed chip butties and beer at Wellington Cricket club where presentation of prizes – several for each category and donated as ever by Newport's Ultrasport, and the Lucozade Sports Science Academy – were handed out.

Glenn MacDonald-Jones

1. M. James	Shrews	55.10
2. T. Werreit	Mercia	58.47
3. T. Owens	Mercia	59.44
4. P. Vale	Mercia	60.46
5. M. Bouldstridge	Mercia	60.49
6. A. Yapp O/40	Mercia	63.58
7. P. Ball	Shrews	64.24
8. L. Llie	Telf	64.53
9. E. Davies O/50	Mercia	66.24
10. J. Cangilla	Shrews	66.32

VETERANS O/50

1. (9) E. Davies	Mercia	66.24
2. (15) S. Daws	Telf	68.34
3. (36) P. Pittson	Ere	79.14

VETERANS O/60

1. (45) J. Coombes	Mercia	81.58
2. (68) J. Yandell	Mercia	89.22
3. (75) T. Churm	Newp	97.23

LADIES

1. (46) V. Swingler	Shrop	82.51
2. (48) C. Mills O/40	CaldV	83.33
3. (57) R. Ward O/45	AmazFt	85.23
4. (64) J. Clarke O/50	WBrom	88.48
5. (71) J. Streeter O/45	Telf	90.44

93 finishers

COP HILL FELL RACE

West Yorkshire

BM/7m/900ft 05.11.06

David Watson stormed to victory in the 2006 Cop Hill Fell Race in a time of 42.48, a winning margin of 1 minute 18 seconds over Mick Stenton.

Ninety four runners enjoyed near perfect conditions on the mainly off-road course which covers approximately 10k along tracks and footpaths around the Meltham area. The two lap course starts from the Meltham Community Centre, over the fields at Helme Edge and Harrison Lane, along Blackmoorfoot reservoir embankment and takes in the top of Cop Hill before turning back towards the community centre via Orange Wood before finishing adjacent to the cricket field.

The ladies' race was won by Emma Bradley in 49:02 followed by Helen Ilsley. Holmfirth Harriers won both the Male and Female team prizes. Andy Bearsdley flew the flag for the host club posting an impressive 48.31, closely followed by Ray McArthur in 48:56.

Ruth Thomas was the first Meltham lady home, in a time of 63:00 on her Cop debut.

Martin Sturdy

1. D. Watson	Holmf	42.48
2. M. Stenton O/40	DkPk	44.06
3. J. Rank O/40	Holmf	44.27

4. T. Edward O/40	Clay	44.42
5. A. Shaw O/45	Holmf	45.16
6. J. Ewart O/50	Holmf	45.35
7. P. Grimes O/50	H'fx	45.54
8. T. Underwood	Stain	46.14
9. N. Moran	Holmf	46.25
10. N. Holding O/45	WPenn	47.03
(16) R. McArthur O/50	Melth	48.56

VETERANS O/60

1. (33) G. Breeze	Skyrac	52.34
2. (67) M. Overton	Tad	59.56
3. (68) T. Cock	Holmf	60.09

VETERANS O/70

1. (89) P. Duffy	NVets	73.47
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LADIES

1. (17) E. Bradley	Wimble	49.02
2. (23) H. Ilsley	Ilk	50.12
3. (31) R. Taylor	Holmf	52.01
4. (34) K. Farquhar	Holmf	52.38
5. (36) D. Cartwright	Rad	52.48
(47) L. Ewart O/50	Holmf	54.57
(51) R. Mellor O/40	Holmf	56.20
(69) A. Higgins	Holmf	60.38
(92) M. Smith	Unatt	76.13

92 finishers

DUNNERDALE FELL RACE

Cumbria

AS/5m/1800ft 11.11.06

This was the 25th year of the Dunnerdale Fell Race and a record 240 runners turned out for the event. The racers and race officials had to contend with very strong winds on the tops but the weather was much more pleasant than the very wet and misty conditions last year.

No records were broken but Rob Jebb led the field 50 seconds ahead of second placed Danny Hope.

First lady home was Angela Mudge in a very respectable time of 45.32, in 23rd place overall. The day was a success but as usual with this race, car parking is a real problem and upsets some residents of the valley. I would ask runners to car share wherever possible if attending the race in future years and to only park where required – a very small number of individuals chose to ignore parking marshal's instructions and it is this sort of behaviour which causes complaints.

Philip Newton

1. R. Jebb	Bing	39.25
2. D. Hope	P&B	40.15
3. N. Sharp	Amble	40.46
4. C. Doyle	Helm	40.52
5. S. Stainer	Amble	41.20
6. B. Bolland	Horw	42.40
7. M. Addison	Helm	43.00
8. M. Reedy	Amble	43.13
9. B. Taylor	Ross	43.38
10. G. Thorpe O/40	Amble	43.59

VETERANS O/50

1. (21) B. Proctor	Helm	44.59
2. (35) J. Holt	Clay	47.46
3. (58) N. Hewitt	Bowl	49.56

VETERANS O/60

1. (36) D. Spedding	Kesw	47.53
2. (108) P. Walkington	Horw	54.25
3. (155) T. Peacock	Clay	58.42

VETERANS O/70

1. (215) J. Garbarno	Achill	69.18
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LADIES

1. (23) A. Mudge	Carn	45.32
2. (40) S. Taylor	Bing	48.08
3. (44) A. Raw O/40	Durham	48.29
4. (46) H. Jones	Dallam	48.36
5. (47) J. Reedy	Amble	48.50

(136) C. Musetti O/40	Amble	56.36
(182) A. Brentall O/50	Penn	62.38
(189) L. Lyness O/50	Barrow	63.18
(236) S. Anderton O/60	Achill	81.48

238 finishers

LEG IT ROUND LATHKIL RACE

Derbyshire

12.11.06

After a blustery Saturday, the weather once again held out for the 'Fun Sunday' Lathkil Hotel 'Leg it Round Lathkil' fell race. The rain did threaten, but all 83 starters arrived back in the dry, if not a little mud splattered.

Not quite a new record, but Stuart Bond, running with number 007 of course, was first back to the Lathkil Hotel in a fine time. Two Dark Peak colleagues fought hard for second place but Mick Stenton took it ahead of Rob Smith. There was a great turnout from the Totley club, encouraged by club secretary William Alves no doubt, and William, as a villager newcomer, did well to take the first local prize.

A round of applause goes to Alexa Joel, who was our first lady home in a time of 54.32 and now holds the ladies' record for the race. Congratulations also to Ann Marie Jones who was our first Lady V50 finisher, ahead of the first Lady V40.

Thanks from the organisers go to all the marshals and start/finish helpers, solid as ever, and to the race sponsors Everards Brewery and Up and Running. The goody bags and vouchers from Up and Running Manchester were very much appreciated by the top twenty finishers and category winners.

The race made a significant contribution to the fund raising efforts of the Lathkil Hotel, who again were raising money for Children in Need. Hopefully we will see you all again next year – the date for your race diary is Sunday 11th November 2007.

Joe and Al

1. S. Bond	TomFS	46.42
2. M. Stenton O/40	DPFR	48.18
3. R. Smith	DPFR	48.52
4. O. Cox	Unatt	49.43
5. G. Beetham	Unatt	50.45
6. S. Storey O/50	DPFR	51.19
7. R. Fawcett O/50	DPFR	51.51
8. D. Allen O/40	DPFR	52.42
9. W. Alves O/50	Totley	52.49
10. R. Snowden	Totley	53.00

VETERANS O/60

1. (57) J. Truscott	Redhill	66.57
2. (62) D. Bendy	Alnw	69.28
3. (71) P. White	Unatt	72.33

VETERANS O/70

1. (81) G. Richardson	Clowne	89.02
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LADIES

1. (16) A. Joel	Basild	54.32
2. (26) A. Jones O/50	Altrin	58.18
3. (32) J. Ball O/40	Ripley	60.12
4. (33) J. Toon	Unatt	60.35
5. (35) N. Hall	Unatt	61.38
(37) N. Dick O/40	HighPk	62.04
(53) P. Goodhall O/50	Totley	65.06

83 finishers

GT WHERNSIDE FELL RACE

North Yorkshire

AS/4m/1555ft (shorted to 2.5m/950ft!!)

18.11.06

After 2 years of fantastic weather for this event it was too much to hope for a third year the same. At 10 00 a.m. I was forced to make a decision whether or not to shorten the route. At that time the clag was down to 500 meters with snow, sleet and hail being driven by strong westerly winds across the fells. Casting aside my rating in the popularity stakes, I



Dunnerdale 2006:
Rob Jebb, the eventual
winner, leads the climb
upto CP1 on The Knott

decided to err on the side of caution and directed the summit marshals to man the cairn above Hag Dike at 500 meters, which would roughly halve the distance of the route. Sods law prevailed of course and when the race began at 11 00 a.m. it was fine, but that's life!

Simon Bailey now took full advantage of a shorter faster course and flew back a full 22 seconds ahead of Ian Holmes and Rob Jebb who were stride for stride towards the finish funnel. My money was wisely on Holmsey who nipped into the funnel ahead of his junior.

In the women's race it came as no surprise that English and British Champion Natalie White had a real flyer coming home in 16th position just over a minute ahead of Jo Waites.

My thanks go to sponsors Ron Hill for their generosity in supplying vouchers, to the marshals and funnel team for getting cold and wet, to my secretarial team for keeping warm and dry in the camper van, to farmers, land owners and publicans for putting up with such a motley crew on the day. Just for the record I calculate it as 2.5 miles 950 feet.

Pete Jebb

1. S. Bailey	Mercia	16.57
2. I. Holmes	Bing	17.19
3. R. Jebb	Bing	17.20
4. T. Mason	Wharf	18.39
5. L. Athersmith	Skipt	18.41
6. C. Doyle	Helm	18.43
7. D. Taylor O/40	DkPk	19.07
8. I. Magee	Skipt	19.14
9. M. Whyatt O/40	Bowl	19.36
10. B. Taylor	Ross	19.49

VETERANS O/50

1. (32) G. McAra	Chesh	21.58
2. (38) P. Harlowe	Wharf	22.41
3. (45) D. Emmerson	Unatt	23.18

VETERANS O/60

1. (53) G. Howard	Ilk	23.41
2. (62) G. Breeze	Skyrac	24.15

LADIES

1. (16) N. White	Bing	20.32
2. (29) J. Waites	CaldV	21.36
3. (34) A. Raw O/40	Durham	22.16
4. (35) S. Taylor	Bing	22.32
5. (51) H. Ilsley	Ilk	23.33
(83) J. Scarf	CaldV O/40	25.23
(126) L. Hayles O/50	CaldV	28.55
(139) L. Eden O/60	NiddV	38.47

139 finishers

PENMAENMAWR FELL RACE

Conwy

BM/11m/1500ft 18.11.06

This years race attracted 265 pre-entries. Despite a poor weather forecast for bitterly cold windy conditions 238 runners started the race, which is now established as a favourite for many at this time of year.

The lead pack soon whittled itself down to three with Adam Peers perhaps tagging on to Eryri locals Gwyn Owen and Richard Roberts. Having just finished a night shift Richard dropped off the pace half way round and left Adam and Gwyn to fight it out. Just two seconds separated the two at the finish but times were clearly slower due to the conditions. In the ladies' race Anna Frost took firm control and won by a clear four minutes from Anna Bartlett. Only four people retired and all finishers appreciated their local Conwy Brewery Beer presented on the finish line. The prizes were generously provided by Cotswold Outdoor, Tim Lloyd (Salomon), Spar Penmaenmawr, Penmaenmawr Town Council and Conwy Brewery.

As with any big race the success of the day is down

to the marshals and helpers. I really appreciate all the help from family and club members who all pitched in on the day. Also Raynet and Team Dolly provided key radio backup and Global Rescue services were invaluable as ever.

See you all again for next years race on Saturday 17th November. We're going to try to get online entries so don't forget it's Pre-Entry Only !!!!!

Chris Near

1. A. Peers	Pensby	1.16.44
2. G. Owen	Eryri	1.16.46
3. R. Roberts	Eryri	1.21.29

VETERANS O/40

1. G. Williams	Menai	1.24.27
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VETERANS O/50

1. S. Jones	Eryri	1.26.38
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VETERANS O/60

1. P. Roberts	Buck	1.41.12
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LADIES

1. A. Frost	Wrex	1.27.39
2. A. Bartlett	Shrews	1.31.44
3. S. Hammond	Tatten	1.42.31
S. Hammond O/40	Tatten	1.42.31
P. Goodhall O/50	Totley	1.52.25

HARRIERS V CYCLISTS

West Yorkshire

CM/6m/650ft 25.11.06

In bright but very wet ground conditions, runners this year dominated the event with the first 10 scoring 83 compared to the cyclists 224. Despite packing three in the first four home, cyclists were disadvantaged by the conditions which made the individual performances of Rob Jebb, Ian Holmes and Rob Thackery quite remarkable.

For the runners, Ian Fisher [what was he doing on the fells?] was in a class of his own coming home more than three minutes ahead of second runner, Simon Harding. In fact, Ian led for most of the race before being passed by Rob Jebb half way down the descent on the way back to the finish.

In the ladies' section, the first runner home was Jo Buckley who was comfortable minute up on her nearest challenger and almost three minutes ahead of the first female cyclist, Heather Dawe. Rob Jebb's mum, Anne, stormed home to win the female vet O/50 title [so that's where he gets it from!]. Colin Moses was in fine form in the pub afterwards taking most of the prizes [for 'his friends'] and all the left over pie n' peas! Funny, never realised Colin had so many mates. Is this the latest scam and will the winners ever see their rewards?



Photo courtesy of Dennis Quinlan

Ian Fisher (Aire Valley Runners) leading Rob Jebb on the way back off Baildon Moor

Bob Dover

1. R. Jebb	Wheel	35.42
2. I. Fisher	AireV	36.23
3. I. Holmes O/40	AireV	38.44
4. R. Thackray	PaulM	39.17
5. S. Harding	Congle	39.32
6. G. Pearce	Ilk	39.42
7. A. Brown	Bing	40.10
8. S. Wilkinson O/40	K&C	40.38
9. P. Crabtree	K&C	40.52
10. J. Senior	Bing	41.01

VETERANS O/50

1. (13) B. Goodison	AbbeyR	41.33
2. (17) P. Pyrah	Bing	42.22
3. (19) P. Harlowe	Wharf	42.33

VETERANS O/60

1. (62) J. Ginley	Condor	51.07
2. (64) P. Thackray	PaulM	52.02
3. (69) M. Coles	Skyrac	54.12

LADIES

1. (27) J. Buckley	CaldV	45.07
2. (32) T. Hird	Wharf	46.18
3. (41) H. Dawe	Crosst	47.57
4. (42) H. Williams	K&C	48.02
5. (54) H. Cunningham	Unatt	50.13
(92) A. Jebb O/50	Bing	78.41

96 finishers

KIRBYMOOR FELL RACE

Cumbria

BM6.5m/1600ft 25.11.06

1. C. Doyle	Helm	53.34
2. T. Austin	DkPk	53.57
3. M. Addison	Helm	55.14
4. S. Addison O/40	Helm	57.34
5. N. White	Bing	57.44
5. M. Brown O/40	Wharf	57.44
6. B. Procter O/50	Helm	57.45
6. P. Knowles	Amble	57.45
6. A. Cross	Unatt	57.45
7. P. Whiting O/40	Kend	58.22
8. B. Wilkinson	Unatt	58.39
9. J. Murfin	Settle	58.47
10. P. Pollitt O/40	CFR	59.41

VETERANS O/50

1. (6) B. Procter	Helm	57.45
2. (13) J. Holt	Clay	60.20
3. (14) K. Taylor	Ross	61.38

VETERANS O/60

1. (29) B. Laycock	Amble	69.09
2. (39) T. Peacock	Clay	73.40
3. (40) W. Helliwell	unatt	75.23

LADIES

1. (5) N. White	Bing	57.44
2. (24) J. Casey O/40	Barrow	67.46
3. (27) D. Pelley O/40	Amble	69.01
4. (32) P. Pike	Unatt	71.50
5. (37) J. Taylor O/40	Bowl	73.27

58 finishers

RAS Y MAST

Carmarthenshire

CS/6.5m/1250ft 26.11.06

The 14th annual Ras y Mast was held at Blaenwern Holiday Centre for the disabled. For the time of year we had glorious sunshine until about 2 o'clock. This year our main sponsors were Mr. & Mrs. Peter Davies. Peter is one of the club's faithful runners. Ty Nant supplied the water and Co-op Superstore supplied the goody bags. This year as usual the race incorporated the last race of West Wales inter club championship. The first mile is across a section of mountain, then fields and tracks, before crossing a stream onto more fields, tracks and half a mile of tarmac before crossing a cattle grid onto the mountain. At this point a mountain bike was

leading followed by Andrew Abbott and Carwyn Thomas. At half way by the mast Andrew took the lead. The course took the runners down the mountain onto the tarmac section and then rejoined the course where the last mile and a half are run in reverse.

First back at the Centre was record holder Andrew Abbott, only 13 seconds off his own record set in 1998, followed by two cyclists, Dylan Stephens and Rowan Marshall. The second runner home was Carwyn Thomas, followed by the third cyclist, John Lloyd. Michael Davies was third runner home.

First team was Sarn Helen, 2nd Aberystwyth AC and 3rd Ingli Runners.

Lyn Rees

1. A. Abbott	SarnH	41.42
2. C. Thomas	SarnH	43.40
3. M. Davies	UWA	44.20
4. L. Hewitson O/40	Ingli	45.47
5. G. Price	SarnH	46.02
6. I. Thomas	SarnH	46.38
7. R. Dyde	Pembs	47.08
8. G. Oldrid O/50	Aberyst	47.53
9. D. Powell O/40	Aberyst	48.23
10. R. Coombs O/40	Trots	48.36

VETERANS O/50

1. (8) G. Oldrid	Aberyst	47.53
2. (16) P. Davies	SarnH	51.24
3. (17) T. Hall	SarnH	51.58

VETERANS O/60

1. (49) R. Sherwood	Amman	61.33
2. (52) D. Phillips	Pembs	66.32
3. (61) R. Thomas	Trots	75.50

VETERANS O/70

1. (50) A. Smith	3mGors	61.42
2. (67) A. Watts	SarnH	113.47

LADIES

1. (11) P. Webster	UWA	48.58
2. (12) T. Sexton	Ingli	50.05
3. (15) L. Green O/45	Ingli	50.39
4. (24) A. Vanhatalo	UWA	53.12
5. (30) D. Kenwright O/45	SarnH	54.41
(30) D. Kenwright O/50	SarnH	54.41
(40) H. Walker O/50	Pembs	57.47

67 finishers

BOLTON BY BOWLAND FELL RACE

Lancashire

CM/8m/800ft 03.12.06

The weather forecast did not bode well for our race day but, in the event, it turned out better than expected.

A good turnout of 164 runners meant a nice profit towards the upkeep of our village hall.

Thomas Cornthwaite set off as though he not only intended getting a hat trick of wins but the record too, although underfoot conditions were against him. At the beck crossing at Copy Nook he did his chances no good when he turned his ankle and despite being in pain for the rest of the race managed to finish second. Bashir Hussain had caught him by Monubent Lane and was to hold the lead to the finish.

A good win for Candice Leah in the ladies' race and Barry Mitchell almost taking the V60 record. Thanks to all marshals, helpers, farmers and all who donated prizes.

Roger Dewhurst

1. B. Hussain O/40	Stock	48.57
2. T. Cornthwaite	Bl'burn	49.41
3. T. Addison	Helm	49.44
4. T. Mason	Wharf	49.52
5. P. Howarth	Horw	49.53
6. A. Wrench O/40	Tod	49.56
7. M. Brown O/40	Wharf	51.13

8. M. Addison	Helm	51.18
9. J. Wright	Tod	51.20
10. C. Heys	Horw	51.26

VETERANS O/50

1. (16) G. Schofield	Horw	53.02
2. (28) G. Cunliffe	Clay	55.17
3. (32) D. Buckley	Bowl	56.15

VETERANS O/60

1. (40) B. Mitchell	Clay	57.44
2. (50) G. Howard	Ilk	59.11
3. (114) T. Peacock	Clay	69.54

VETERANS O/70

1. (148) R. Bray	Bl'pool	77.20
2. (155) G. Arnold	Prest	79.54
3. (161) B. Leathley	Clay	87.23

LADIES

1. (24) C. Leah	Clay	54.23
2. (39) A. Green	Kghly	57.38
3. (53) R. Hampson	Altrin	60.02
4. (59) K. Murray	Horw	60.47
5. (75) D. Gowers O/40	Accring	62.54
(115) J. Horrocks O/40	Clay	69.54
(125) L. Hayles O/50	CaldV	72.04
(135) B. Nixon O/50	P'stone	73.57

163 finishers

HEXAMSHIRE HOBBLE

Northumberland

CM/10.5m/1220ft 03.12.06

It was a case of unlucky 13 for the 13th running of Allendale's popular pre Christmas fell race. The weather conditions were worst since the race started back in 1993 with torrential rain, gale force winds and considerable wind chill on the higher ground. Even Hexham's well known polar adventurer, Conrad Dickinson, who has trekked to both the North and South Pole in the last 2 years, a regular competitor, found the going tough. Despite the conditions 100 brave competitors set off from Allendale Fire Station down into the village and then up the formidable Lonkley Bank and around the fells between the East Allen valley and Hexhamshire to the east. The route follows part of an extensive network of ancient bridleways in the north Pennines, a legacy of the extensive lead mining history of the area. Some of these routes have suffered from their extensive use by trail motorcyclists but at last the authorities are clamping down on these illegal activities. Some are now showing signs of recovery and in dry weather they offer wonderful routes for mountain biking with most of the fells accessible for training runs thanks to the right to roam.

Joe Blackett made a welcome return after a few years absence and won the race, with Paul Brittleton less than half a minute behind. Rachael Vincent has been winning some of the longer, tougher events in Northumberland and the adverse conditions were clearly to her liking, winning some five minutes ahead of previous five times winner Karen Roberson. It was nice to see some members of Allendale's new running club, Allen Valley Striders, taking part. It was very much a baptism of fire for the newcomers; hopefully it will not put them off the undoubted joys of fell running.

As always the team prize was hotly contested with our neighbours from over the nearby county boundary, Durham Fell Runners winning for the first time. The Northumberland F.R. ladies won the ladies' team prize.

A few of the competitors suffered in the harsh conditions but we were fortunate to have the services of the local first responders group on hand to administer first aid. Despite clearly stated requirements to carry/wear full body cover/kit, one competitor stupidly did not follow these instructions and was disqualified. Next year we will be rigidly enforcing these essential safety requirements.

Stewart Beaty

1. J. Blackett O/40	DkPk	1.13.29
2. P. Brittleton	Helm	1.13.50
3. S. Coxon O/45	Tyne	1.15.44
4. D. Kirkland	Aln	1.15.54
5. G. Jones	NFR	1.16.32
6. K. Maynard O/45	Durham	1.17.10
7. J. Mann	Durham	1.17.15
8. J. Dawson O/45	CFR	1.18.00
9. C. Callaghan	UA	1.18.20
10. P. James	NFR	1.18.30

VETERANS O/50

1. (21) N. Cassidy	Tyne	1.22.50
2. (26) M. Mallen	Durham	1.25.12
3. (33) G. Dagleish	Elvet	1.29.17

VETERANS O/60

1. (47) T. Went	NSP	1.35.50
2. (60) P. Whewell	NYork	1.41.49

VETERANS O/70

1. (93) D. Wright	Tyne	2.18.30
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LADIES

1. (22) R. Vincent	Tyne	1.23.00
2. (29) K. Robertson	NFR	1.28.20
3. (32) L. Wilkinson	NFR	1.29.05
4. (39) K. Davis	NFR	1.32.34
5. (48) D. Tunstall O/40	Durham	1.35.56
(74) M. Armstrong O/40	NFR	1.48.09
(85) W. Rowell O/50	Elvet	2.02.10

94 finishers

CALDERDALE WAY RELAY

West Yorkshire/Lancs

50m/6000ft 10.12.06

The twenty third 'open' running of the Calderdale Way Relay went off without a hitch, thanks to months of careful planning and liaison with the police, landowners and farmers. The weather alternated between rain, wind, wind and rain and fog with hazy sunshine. The mainly heavy underfoot conditions, after days of poor weather, could best be described as testing.

At last year's prize-giving, it was announced that 21 teams had been disappointed at not making the one hundred limit (imposed by the police for safety reasons). This year was no different, with around 20 teams left out of the event through entering too late. Among these were strong contenders for the 'first Calderdale team' award Todmorden Harriers and event regulars, Holmfirth Harriers.

Entry forms are sent out in August, to all teams who have competed the year before and are posted on our website. All we can do is to reiterate; **get your entries in early** for next year.

We keep a database of club contacts. If yours has changed, drop a line to the entries secretary stating your club and new contact name and address. Do it now. Don't miss out!

Thanks must be recorded to our many marshals and helpers, without whom this event could not be staged; all the members of Halifax Harriers, some who turned out before or after running their own leg, as well as our friends and volunteers from other clubs. Thanks to RAYNET Communications team and to Calder Valley Search and Rescue team who were kept busy, not least with bringing a runner back to Copley suffering from mild hypothermia. Special thanks to Peter McCormick of Screentone Screen Printers who produced the sports shoe bags as mementos to all finishers and Pete Bland Sports who provided race numbers and assisted with prize vouchers.

Two very special mentions. To the kitchen staff who were kept busy all day, making sure everyone who wanted hot food and drinks were catered for, and in particular Victoria Dearden. What a way to spend your birthday!! And particular thanks to our good friends from Todmorden Harriers who, although

naturally disappointed to miss out, rang with offers of help marshalling on the course. Someone said, "Those marshals near Stoodley Pike in all that weather deserved a medal!" Thank you for being such good sports.

Right, let's get the negatives out of the way. Club contacts; captains, secretaries or team leaders are – in some cases – clearly **NOT** getting relay information packs out to all their team members. There is a lot in there, all the essential stuff, but to have people ringing us the week before the race to ask about kit requirement is a bit much! It is also posted on our website.

Also, does anyone bother to read our WARNING board at each changeover/registration?

It states that pairs NOT staying together (& NOT carrying appropriate kit) will have their **whole team disqualified**. We run in pairs for **safety** and so that team mates can encourage each other along. Unfortunately, St Bedes AC, a Bradford based club, were found to be guilty on both counts after the first stage this year and were immediately DQ'd. Imagine running off and leaving your partner on the moor with an injured ankle and without a map, then having to stand waiting for 25 minutes at the leg end?

Looking back at results from ten years ago, the report bleats that "...cheating and short cutting continues to be an issue". Well, some things never change. Some of the leading clubs were again seen leaving the prescribed route in order to gain an advantage. "You ought to have a marshal there..." said one person. Well we have a hundred marshals on the route already, (not all of them run for our club), so if you were perhaps to volunteer?

We have been contacted by a farmer who complained of runners leaving the Calderdale Way path, cutting across his land and jumping a gate. Parking was again a major headache, not only at changeover points. **WHO PARKED THE CAR UNDER THE BRIDGE 200yds FROM THE FINISH AT COPLEY ?** You ignored police cones and signs. This not only caused congestion as cars (and local buses) couldn't get through but also endangered the runners finishing leg six. Eventually, the police were called by *local residents*, which has done nothing to help relations between the event and the people of Copley. The here message is clear. **If you cannot adhere to the simple rules we are asked to impose, PLEASE DON'T ENTER.**

Now for the race report :-

Bingley Harriers repeated their winning double of twelve months previously, with their elite men taking their tally of victories to ten.

Calder Valley fellrunners were in first place after the first stage thanks to inspired runs by star men Karl Gray and Adam Breaks. Mike Whyatt and Sean Bolland of Bowland handed over in second place 36 minutes later, with Harrogate's Chris Miller and Rickie Stockburn a further 17 seconds behind. However, leg two saw Neil Northrop and Matthew Crane of Dark Peak post the fastest time, which gave them the lead. Horwich came into Centre Vale, Todmorden in second 14 seconds in front of Bowland with Calder Valley having slipped to fourth. Joe Blackett and Simon Bourne held onto the lead for the South Yorkshire side over to Blackshawhead on stage three, though Mike Johnson and Lee Pascoe of Bowland overtook Horwich's Ian Selby and James Simmonite to gain second place, Brian Stevenson and Stefan Macina lifting Pudsey and Bramley by three places into fourth spot. However the run of the day on stage three went to 17 year old Jonathan Hare and his partner, newcomer Tristan Windley, of the host club Halifax Harriers. The

youngsters posted a time of 36 minutes, a minute and a half faster than that of the next fastest team, Bingley Harriers.

Stage four saw Ian Holmes and Andy Peace of Bingley take the lead the Yorkshire side would not relinquish, with the fastest time, a feat repeated by Steve Green and Jon Cordingley, more widely known as good class road men, though equally at home it would seem over a muddy, hilly cross country course. Stewart MacDonald and John Convery anchored Bingley home, though Robert Little and Phil Winskill of Dark Peak were evidently cutting down the deficit of around three minutes on the canal towpath run-in to just 19 seconds by the finish!

In the women's race, leg one runners, Charlotte Sanderson and Sue Beconsall, gave Bingley an early lead that they would keep all day. Clayton's Candice Leah and her partner, former World masters champion Maureen Laney, handed over just 40 seconds behind, though Dark Peak moved into second place on leg two. Clayton's stage three women regained a place on the short section to Blackshawhead but were now over seven minutes adrift of Bingley as the Yorkshire women prepared to play their ace. Leg four saw English and British champion, Natalie White, and Ben Nevis race winner, Sharon Taylor, run the 14th fastest stage four time of the day, giving them an unassailable sixteen minute advantage. However, Ilkley's Andrea Prestitley and Helen Sedgewick powered through to runner up position, handing over 19 seconds in front of Dark Peak, with Clayton now over six minutes behind. After a solid performance from Sue Carris and Rebecca Weight on leg five, Helen Livingstone and Meryl Dodd finished the job for Bingley, landing at Copley in seven and a half hours and fifty four seconds. Ilkley Harriers drew to within two places overall and two minutes over the final two legs, Dark Peak holding Clayton at bay by one place and three minutes.

The Veterans section was won by Dark Peak.

After a strong first leg by Rob Jackson and Dave Massey who reached Cragg Vale in tenth place, Horwich vets held the lead until Todmorden. On the blast to Blackshawhead, however, Dave Soles and Andy Moore ran the seventh fastest stage three time, pulling Dark Peak into the lead by one place and the South Yorkshire outfit were never headed again. Alan Life and Dave Nuttall of Clayton put themselves around two minutes and two places in front of Horwich on leg four and in doing so pulled to within 19 seconds of the Dark Peak lads. At Shelf Hall Park, the end of stage five things were getting exciting as there were still only 20 seconds separating the two leading vets teams, though Clayton had gained a further three places and a further three minutes on third placed Horwich. Steve Bell and Mike Egner finished it off for Dark Peak opening their winning margin to a massive seven minutes by Copley.

At the prize presentation, local club Stainland Lions "Mixed" got the biggest cheer of the evening as they achieved their goal in 31st position overall, ahead of Valley Striders and Settle Harriers.

A big thank you, to all you runners.

Linda Crabtree

1. Bingley 'A'	6.04.11
2. Dark Peak 'A'	6.04.30
3. Pudsey & Bramley 'A'	6.10.36
4. Horwich 'A'	6.11.00
5. Clayton 'A'	6.17.12
6. Bowland 'A'	6.17.20
7. Skipton 'A'	6.27.14
8. Calder Valley 'A'	6.33.42
9. Halifax 'A'	6.37.38
10. Dark Peak Vets	6.38.47

VETERANS

1. (10) Dark Peak Vets	6.38.47
2. (13) Clayton Vets 'A'	6.45.47
3. (14) Horwich Vets	6.46.57
4. (16) Rossendale Vets	6.49.10
5. (24) Keighley Vets 'A'	7.12.37

LADIES

1. (34) Bingley 'A'	7.30.54
2. (36) Ilkley	7.32.29
3. (44) Dark Peak	7.45.52
4. (45) Clayton 'A'	7.48.45
5. (63) Rossendale	8.13.39

MIXED

1. (31) Stainland L 'A'	7.20.43
2. (61) Valley Striders	8.07.45
3. (84) Settle	9.41.33

98 teams finished



Calderdale Way Relay, leg 6: Steve Torland & Mark Iley (Ilkley Harriers 'A')

THE 17TH STOOP RACE BS/5m/800ft 17.12.06

British, English and Yorkshire fell running champion for 2006, Natalie White, was the honorary guest celebrity starter for the 17th race, and having set the record 112 junior runners off in their various races, 24 year old Nats then duly won for the third time, 2003 and 2004 being the others, and even set a new record of 37-06 taking over a minute off her own record in a massive field of 323 senior runners, which included 67 ladies. Second, just like at the Withins Skyline race was Jo Buckley, with 2000 winner Lisa Lacon only 23 seconds behind, Lisa, a black belt fourth Dan in karate used her strength through the glutinous bogs to overtake guest runners, Blue Haywood and Mel Hyder. Mel from Dallam AC was introduced at the start because this year she won the English U14 championship with maximum points, and the senior runners responded with great applause.

32 year old Rob Hope, the joint English champion in 2005 with Simon Bailey, won the race for the fifth time having won it in 2001, 2002, 2003, 2004 and defeated last year's winner, Andi Jones, and 10 times winner Ian Holmes to claim back his crown in very wet conditions underfoot on a nice sunny cool day. Jones having won a very muddy Red Rose cross country at Rawtenstall the previous day was no match for Rob on the descent from the old Haworth boundary standing stone at Oxenhope Stoop, and even on the fast run in made no impression as speedy Rob triumphantly crossed the finish line. Ian Holmes repeated his veteran win of last year, and has never been outside the first three,

incredibly he has only ever missed one of these festive races through illness.

Hope you all enjoyed your Rolos for finishing, since they beat Cadbury's Buttons by two votes on the FRA forum website survey. Also, many thanks to Ilkley greengrocer, Lawrence Basham, for supplying the kissy mistletoe and clementines, (they collected the least votes). These just enhanced a typical fun Woodentop prize giving, where signed photos of Nats were snapped up, especially by the male runners. Next year, maybe we will have a **hunky** male celebrity just for the girls!

Eileen Woodentop did have to **red card** fifth man Tim Austin, Nat's partner, for over excitement regarding her haul of prizes, one of them being a musical hobby horse, which he proudly rode round & round & round & round & round, with it's music playing!

58 year old Jack Holt took the V50 trophy just 16 seconds ahead of Ken Taylor who won the V50s in 1998 and 2001 and the V40s in 1993, Ken will be 60 in May 2007, these guys are maturing very well, just like V70 winner George Arnold of Preston, who looks younger every race.

Congratulations to Lily McGuinness on beating all the boys to win the under 8's race outright, and set a new girls record, just 3 seconds in front of Rotherham's Jordan Hutchinson, with Thomas Sumner, Louis Holmes and second girl Laura King all in close order. Bo Haywood improved her own GU10 record by 31 seconds, and finished first girl overall, with GU12 Rosie Hellawell chasing hard. James Hall equalled the under 10's record of Rory Addison's 7.17, with sixth overall, with U14 Thomas Sessford winning the race outright in 6.21 from U14 Tom Doyle, (both these ran as guests in the senior race finishing 46th and 60th respectively). Covered in mud the juniors certainly enjoyed their goody bags and pop, with the added bonus that Natalie had signed individual photographs for each and every one of them. The junior prize giving is done while the seniors are having their fun, and by the time 30 odd selection boxes, tubes of sweets, footballs, cuddly toys etc are awarded, the winning man, Rob Hope came dashing in to the finish, it's a hectic life being an organiser – but a very satisfying one.

Why not look on www.photos-dsb.co.uk for photos

of the event!

Eileen Woodentop

1. R. Hope	P&B	30.12
2. A. Jones	Salf	30.31
3. I. Holmes O/40	Bing	31.01
4. N. Leigh	P&B	31.14
5. T. Austin	DkPk	33.02
6. C. Doyle	Helm	33.10
7. T. Mason	Wharf	33.18
8. C. Loftus	Kghly	33.28
9. C. Heys	Horw	33.46
10. L. Athersmith	Skipt	33.59

VETERANS O/50

1. (37) J. Holt	Clay	38.23
2. (41) K. Taylor	Ross	38.39
3. (76) M. Pickering	Ilk	40.29

VETERANS O/60

1. (95) G. Breeze	Skyrac	41.52
2. (123) N. Bush	Ilk	43.37
3. (144) R. Blakeley	Tod	44.55

VETERANS O/70

1. (284) G. Arnold	Prest	55.09
2. (320) J. Newby	Tod	79.52

LADIES

1. (28) N. White	Bing	37.06
2. (32) J. Buckley	Cald	38.04
3. (39) L. Lacon	Holmf	38.27
4. (50) B. Haywood	Guest	39.07
5. (71) M. Hyder	Guest	40.18
(115) J. Marshall O/40	Ilk	42.57
(128) R. Smith O/40	Bing	44.00
(235) L. Hayles O/50	Cald	50.52
(262) S. Morley O/50	VStr	53.06
(269) M. Parfitt O/60	Tod	53.49
(311) L. Eden O/60	NiddV	67.42

322 finishers

CRUIM LEACAINN HILL RACE

Lochaber

AS/10k/250m 26.12.06

"Why don't you get lost?" A common sentiment at this time of year.

37 runners lined up for the Cruim Leacainn hill race on Boxing Day. The start and finish were re-routed at short notice to avoid upsetting the horses. Only the organiser knew which way to go and he omitted one vital flag near the end which resulted in nearly everybody running an extra few hundred

yards of unwanted, uncharted, off-road, off-track, tree-infested, gorse-infested, curse-inducing cross-country.

Inexplicably, most folk seemed to like the new route, so this will be the official route in future.

As for not upsetting the horses, they used to love joining in, they want the old route back again.

New course, new records. Dave Rodgers won the men's race in 41:36 and Dawn Scott won the women's race in 50:39 - these new marks will take a lot of beating as both won by a street with quality efforts.

A big thankyou to Torlundy Trout and all the heilan' coos for not rearranging the markers on Berardelli's Cattle Ranch.

Roger Boswell

1. D. Rodgers	Lochab	41.36
2. C. Mitchell	Lochab	43.38
3. J. Hepburn O/40	Lochab	43.51
4. P. Kennedy	Loachab	44.48
5. T. Smith	Oban	45.32
6. N. Arnott	Lochab	45.46
7. A. Smith O/40	Deeside	47.19
8. G. Cairns	Lochab	48.17
9. S. Cant	Lochab	49.37
10= D. Duncan O/50	Ochil	50.07
10= N. MacBeath	Lochab	50.07

VETERANS O/50

1. (10) D. Duncan	Ochil	50.07
2. (13) K. Whyte	Lochab	53.06
3. (19) B. Brennan	W'lands	55.20

LADIES

1. (12) D. Scott	Lochab	50.39
2. (29) E. Gow O/35	Lochab	62.02
3. (30=) S. Ross	Lochab	63.14

37 finishers

13TH BRISCOE'S AULD LANG SYNE

BM/6.5m/1000ft 31.12.06

1. S. Bailey	Mercia	40.55
2. I. Holmes O/40	Bing	41.29
3. T. Werrett	Mercia	43.12
4. D. Milliken O/40	Salf	43.21
5. T. Mason	Wharf	43.46
6. J. Logue	Horw	44.05
7. T. Addison U/18	Helm	44.12
8. C. Leigh	Traff	44.32
9. M. Addison	Helm	44.36
10. I. Nixon	P&B	44.39

VETERANS O/50

1. (46) B. Goodison	Abbey	49.04
2. (63) T. Hesketh	Horw	50.35
3. (66) P. Harlowe	Wharf	50.43

VETERANS O/60

1. (202) L. Edwards	Unatt	58.36
2. (240) M. Coles	Skyrac	60.41
3. (244) P. Robinson	Otley	60.5

VETERANS O/70

1. (428) B. Leathley	Clay	79.39
2. (438) P. Duffy	NVets	81.59

LADIES

1. (74) A. Raw O/40	Bing	51.18
2. (87) L. Lacon	Holmf	52.14
3. (102) H. Glover	Kghly	53.16
4. (111) E. Clayton U/18	Scunth	53.42
5. (127) D. Cartwright	Radc	54.58
(147) A. Eagle O/40	Ilk	55.55
(316) G. Tombs O/50	CaldV	65.04
(391) S. Evans O/50	Unatt	71.37
(406) J. Atkins O/60	Chorl	74.05
(407) M. Parfitt O/60	Tod	74.05

450 finishers

GIANTS TOOTH

West Yorkshire

CS/3m/400ft 01.01.07

What a superb turnout, the best we've seen

Photo courtesy of Dave Woodhead



on New Year's Day. Well done to all of you, whether you won prizes or not. Congratulations to those who did, not least 17 year old Jonathan Hare, a great prospect for the future, who took on in-form, Karl Gray, the record holder from last year's race, beating him fair and square and smashing his record time by seven seconds. Richard Pattinson is enjoying his recently new found sport, taking another vets' award in fourth place, leading his club to the team beer, while Phil Grimes won the over 50s' section in eleventh spot.

Lisa Lacon shows continued improvement with each race and here, got her year off to a great start, beating clubmate Lucy Griffiths - another improving youngster - by over a minute. Carole Fryer was third overall, and first in the over 40s, one place ahead of Anne Johnson.

The weather stayed reasonably fine throughout the race, after earlier showers. While we sat in the pub however, it sleeted and the wind got up again. We were lucky.

Thanks to everyone who made the race a success, the Ogdan Water wardens, Terry and Chris at the pub, our Parents and friends who marshalled and helped out, and of course, our biggest little helper, four year old Anna Carnochan (her parents both ran) who sent the runners on their way. UK Athletics take note; she has a big smile and a loud voice, the full grade one qualification to start a fell race!

(£100 will be donated to Guide Dogs For The Blind from the race proceeds)

Allan Greenwood and Linda Crabtree

1. J. Hare	H'fax	16.41
2. K. Gray	CaldV	16.55
3. B. Mounsey	CaldV	17.16
4. R. Pattinson O/40	P&B	17.35
5. I. Nixon	P&B	17.41
6. M. Lockyer	P&B	17.56
7. C. Smale O/40	Tod	18.24
8. A. Grant O/40	Abbey	18.30
9. J. Mason O/40	Woodk	18.40
10. N. Holding O/45	WPenn	18.58

VETERANS O/50

1. (11) P. Grimes	H'fax	18.59
2. (22) K. Taylor	Ross	21.02
3. (41) L. Sands	Unatt	22.52

VETERANS O/60

1. (26) G. Breeze	Skyrac	21.15
2. (67) S. Walton	DenbyD	25.56
3. (87) G. Webster	ValleyS	30.44

LADIES

1. (16) L. Lacon	Holmf	19.52
2. (25) L. Griffiths	Holmf	21.10
3. (30) C. Fryer O/40	H'fax	21.41
4. (31) A. Johnson O/40	CaldV	21.49
5. (36) R. Smith O/45	Bing	22.14
(59) L. Hayles O/50	CaldV	25.10
(86) S. Watson O/55	VStr	30.30

93 finishers

HILL FORTS AND HEADACHES

Northumberland

AS/3m/1020ft 01.01.07

1. N. Swinburn U/20	NFR	22.21
2. I. Twaddle	NSP	23.02
3. W. Horsley	NFR	23.53
4. G. Jones	NFR	25.55
5. M. Golightly	NSP	26.39
6. R. Hall O/50	Blyth	27.10
7. N. Craigs	Alnw	27.15
8. T. McCall O/40	Norham	27.23
9. T. Davison O/40	Tod	27.35
10. G. Davis O/40	NFR	28.03

VETERANS O/50

1. (6) R. Hall	Blyth	27.10
----------------	-------	-------

2. (11) R. Turnbull	Norham	28.34
3. (15) G. Daglish	Elvet	29.50

VETERANS O/60

1. (32) B. Cooper	N-N	35.30
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LADIES

1. (18) S. Scott	NFR	30.45
2. (29) S. Davis O/40	NFR	34.02
3. (30) C. Bruce	NSP	34.30
4. (34) D. Reay	Morpeth	36.16
5. (38) J. Muscroip	Alnw	38.26

46 finishers

ST JOHN'S FELL RACE

Isle of Man

AS/3m/900ft 01.01.07

The Island enjoyed a welcome break from the recent stormy weather for the opening round of the 2007 Rentokil Manx Fell League. The St John's Fell Race, held on New Year's Day, is a 3 mile run up through the plantation and open fell to the summit of Slieau Whallian and back. In traditional New-Year style, resident bagpiper Lilly Samuals, led the procession of athletes to the start line playing a rousing Manx national anthem.

Following a sporadic season in 2006, Paul Sheard returned to the Manx fells in style, winning by a comfortable margin and breaking the veteran 40 course record by nine seconds. Current Champion, Simon Skillicorn, had to settle for second despite a valiant effort on the tricky descent. 2004 Manx Mountain Marathon winner, Ian Gale, showed previous form to finish third. Rose Hooton's experience secured her victory in the women's contest.

The event attracted a number of juniors and Rose was pipped to the cairn by talented fifteen year old, Rachael Franklin. However, a slight navigational error by the youngster resulted in her dropping off the pace but she still finished a creditable 36th overall. In a superb 12th place overall was 17 year old Ryan Fairclough. Thirteen year Lucy Slater, who competed two of the hill race series, showed her resilience to finish 54th. Junior performance of the day however goes to Jake Nathan. The twelve-year-old made good pace on the climb to the cairn and equally showed a talent on the descent

One of the closest battles of the day was in the veteran 60 category, with regular Manx Mountain Marathon competitor, Roger Ashby, taking the honours. Roger made light work of the descent, to secure the victory in the final stages, from his nearest rival Stan Sille, who celebrated his 60th in 2006.

Christine Barwell

1. P. Sheard O/40	MFR	23.51
2. S. Skillicorn	MFR	24.01
3. I. Gale O/40	MFR	24.04

VETERANS O/50

1. P. Cain	ManxH	27.45
2. D. Young	MFR	28.22
3. R. Stevensonb	MFR	30.59

VETERANS O/60

1. R. Ashby	Sale	35.52
2. S. Sille	IOMVets	35.57

LADIES

1. R. Hooton Vet	MFR	32.30
2. C. Barwell	Western	35.58
3. J. Garside	Unatt	40.49
S. Goldsmith O/60	IOMVets	49.46

JUNIOR BOYS

1. R. Faircough Boy 18	ManxH	27.28
2. J. Nathan Boy 14	ManxH	34.12

JUNIOR GIRLS

1. R. Franklin Girl 16	ManxH	34.04
2. L. Slater Girl 14	Unatt	40.59
3. E. Latham Girl 18	ManxH	49.26

EL-BRIM-ICK DASH

Aberdeen

AS/3m/800ft 06.01.07

With thanks to Forest Enterprise, Aberdeen City Council and the Agricultural College for access and to Fioan Dahl, Harry Colegrove, Ian Searle and Keith Varney for help on the day. It was sunny but quite cool in the breeze with good underfoot conditions for most of the course.

1. D. Whitehead	Cosmics	21.42
2. D. Crowe O/40	Shettle	21.51
3. J. Williamson	Cosmics	22.06
4. M. Gorman	Westies	22.18
5. J. Musgrave O/40	Deeside	23.43

VETERANS O/50

1. (15) J. Colegrave	Cosmics	27.28
2. (18) I. Cran	Garioch	28.35
3. (23) B. Elder	Cosmics	29.19

LADIES

1. (11) S. Dunn	Deeside	26.18
2. (16) A. Hamilton O/50	Cosmics	28.13
3. (19) H. Wright (Jun)	Maroc	28.42

32 finishers

ELRICK JUNIOR HILL RACE - 2k/90m

1. J. Henderson Boy 15	AGS	09.04
2. J. Crowe Boy 11	Shettle	09.43
3. K. Murdoch Girl 11	AAAC	10.32
4. S. Brooks Boy 13	Alford	10.53
5. R. Mon-Williams Boy 8	Deeside	11.50

12 finishers

SHINING CLIFF WOODS FELL RACES

Derbyshire

BM/6.75m/1100ft 07.01.07

A record field took part in the opening fell race of the 2007 season in Shining Cliff Woods, Ambergate on the first Sunday of 2007 with entrants coming from Edinburgh, Cornwall, Lancashire and Yorkshire, as well as many from the local area, including many newcomers to the sport.

Despite one or two tumbles on the muddy, slippery and hilly course, exactly 200 runners finished the exacting course with Chesterfield's Stuart Bond taking the honours.

Finishing in 4th place overall Derbyshire police officer, Christine Howard ran a superb race to easily negotiate the exacting conditions, with 15 year old English Junior International, Blue Haywood, finishing in 10th place.

David Denton

1. S. Bond	TommyFS	44.38
2. G. Moffatt	HolmeP	45.05
3. P. Timmons O/40	Ripley	46.29
4. C. Howard	Mat	48.09
5. S. Roebuck	P'stone	48.13
6. R. Gould	EastChesh	48.21
7. A. Pery	Manchest	48.43
8. A. Rollitt	Ashb	48.43
9. B. Haywood	LincWell	48.51
10. G. Lowry O/40	Belper	48.55

VETERANS O/50

1. (18) R. Fawcett	DkPk	50.23
2. (23) M. Moorhouse	Mat	51.21
3. (34) N. Hindle	Unatt	53.07

VETERANS O/60

1. (58) N. Weightman	AmbV	56.35
2. (96) B. Mackey	Utttox	62.29
3. (97) C. Baggaley	Utttox	62.38

LADIES

1. (4) C. Howard	Mat	48.09
2. (9) B. Haywood	LincWell	48.51
3. (29) S. Miles	Ilkest	52.21
4. (46) H. Mort	Chesterf	54.25
5. (68) N. Dick O/40	HighPeak	58.16
(91) L. Butterfield O/40	HolmeP	62.13
(98) S. Butcher O/50	Shelt	62.43
(146) C. Hartwright	Unatt	70.12

172 finishers

The Famous Grouse

26th November 2006 - Birch Vale, Derbyshire

A bright November High Peak morning greeted the 100 or so athletes assembled at The Grouse Public House in between New Mills and Hayfield (gateway to Kinder) to collect their race numbers and plot how they were going to PB the course or chat with more experienced fell runners on how best to survive.

The previous week's heavy rain would make conditions interesting but somewhat better than in previous years when there has been ice/snow and other challenges

For those not familiar with the course, it's a steady, but rugged, mile climb up to Big Stone, followed by a challenging drop, then two miles undulating track cum trail followed by a stream crossing then the sting in the tail a sharp 400 metre climb and then a quad busting one mile fast down hill finish - despite it being only 5.2 miles it's a gruelling encounter with lots of mud, water and rocks.

Lloyd Taggart, although not beating the course record, finished comfortably 90 seconds ahead of his nearest rival local Olympian Nick Craig.

Jackie Lee once again putting in a formidable performance finishing first lady ahead of Rachel Chatwin

After the race athletes, spectators and marshalls all gathered in The 'famous' Grouse pub to feast on chip butties, sausage and bacon butties, hot soup and some excellent pints of bitter in front of a roaring fire - individual prizes of bottles of whiskey to the category winners were also sampled as the afternoon progressed.

RESULTS

Men

1. Lloyd Taggart	Dark Peak	34:16
2. Nick Craig	Pennine	35:40
3. Christopher Leigh	Trafford AC	36:12

Women

1. Jackie Lee	Eryri	42:31
2. Rachel Chatwin	Pennine	45:49
3. Geraldine O'Grady-Thomas	Pennine	47:06

Vets

1. MV40 Alan Kirk	Pennine	38:06
1. MV50 Graham McAra	Cheshire HC	40:28
1. MV55 Frank Fielding	Pennine	46:37
1. MV60 Neville McGraw	Glossopdale	50:29
1. FV40 Jane Mellor	Pennine	47:58
1. FV45 Katherine Harvey	Pennine	44:18
1. FV50 Janet Booker	Stockport Harriers	62:07
1. FV55 Alison Brentnall	Pennine	50:42

Juniors

1. MJ Leo Harvey	Altrincham	43:44
1. FJ Amber Whewell	Stockport Harriers	51:25



14 year old Amber Whewell of Stockport Harriers leads the more experienced athletes towards the summit

OVER THE HILL

Challenge Series



4

Dark Peak
County Tops



Founded in 2002, the Over The Hill Club was launched primarily to encourage the continued participation in ultra-distance challenges by the over-50's although completions by any age group are recognised. Full membership of the club is achieved by completing a roller-coaster round of seven summits in the Howgills area starting from Sedburgh. Two further routes have since been developed to form an Over the Hill challenge series. The Dark Peak 4 County Tops from Hayfield, Derbyshire was added in 2005 (see The Fell Runner, February 2006) and the latest, Tan Hill Inn to Kirkstone Inn, was inaugurated by Pete Simpson in 2006. Inspired by the Rucksack Club's infamous Tan Hill Inn to Cat and Fiddle Inn epic his route will take you on a pub crawl from the highest inn in England at 1732' to the third highest, at 1481' on Kirkstone Pass in the Lakes. The traverse includes the 18 tops of Nine Standards Rigg, High Pike, High Seat, Wild Boar Fell, The Calf, Wind Scarth, Docker, Uldale Fell, Robin Hood, High House, Harrop, Pillar, Hart Fell, Mardale, High Street, Thornthwaite Beacon, Stoney Cove Pike and Pike Howe before descending for a well earned pint!

All the routes are 40 - 50 miles long so as to enable completion in daylight hours. To encourage runners and walkers of all abilities to have a go there are generous time limits while a range of age related

first class times cater for those who prefer a real challenge. All the routes provide good training for more ambitious undertakings like the Joss Naylor Lakeland Challenge or the Bob Graham. Good quality colour certificates are awarded for successful completions.

Further details and downloadable registration forms are available from www.gofar.org.uk or send SAE to OTH Club, 10 Beaufort Grove, Bradford, BD2 4LJ.

The following registrations were received during 2006:

Over The Hill (full members)

David Findel-Hawkins	- over 50
Merrian Lancaster	- over 50 (1st lady!)
Malcolm Bird	- over 60 (1st class)
Lesley Wolsey	- over 60 (1st class and 2nd lady)
Dave Roberts	- over 60 (1st class)

Dark Peak 4 County Tops

Dave Lockwood	- over 55
Robert Marsden	- over 55
Carmel Keary	- under 50
Carole Engel	- under 50
John White	- under 50

Tan Hill Inn to Kirkstone Pass Inn

Pete Simpson	- over 55
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CONISTON COUNTRY FAIR

Coniston, Cumbria. Sunday July 22nd, 2007. Noon

Coniston Country Fair offers the family/visitor a chance to experience a traditional country fair. The fair takes place in the unique lakeside setting of Coniston Hall against the magnificent backdrop of Coniston Old Man and is a prime attraction to thousands of visitors and locals alike. It includes: *Herdwick Sheep show, Craft Marquee, Lurcher Show, Ferret Show, Gun Dog Demo/ Scurry, Cumberland & Westmorland Wrestling, Stick Show, Children's Sports, Ferret Racing, Pet Show, Foxhound Show, Dog Show, Terrier Racing, Demonstrations of Lakeland Crafts, Refreshments, Beer tent/bar, Trade Stands, Sideshows*, etc.

Plus :- Coniston Country Fair Senior Fell race of ~6miles/2400 feet elevation approx @ **2.00pm** and free race entry-- from Coniston Hall (GR 332963) on shores of Lake Coniston to top of Old Man and back, a race which dates back to 1978.

Over one hundred runners in each last 2 years!

Also **Junior fell race** for O12's to U 18's @ **2.05pm** of ~ 2miles / 600 feet.

FELL RACE ORGANISER: David Robinson

Tel: 015394 37360 or Email:

robinsondr@btinternet.com

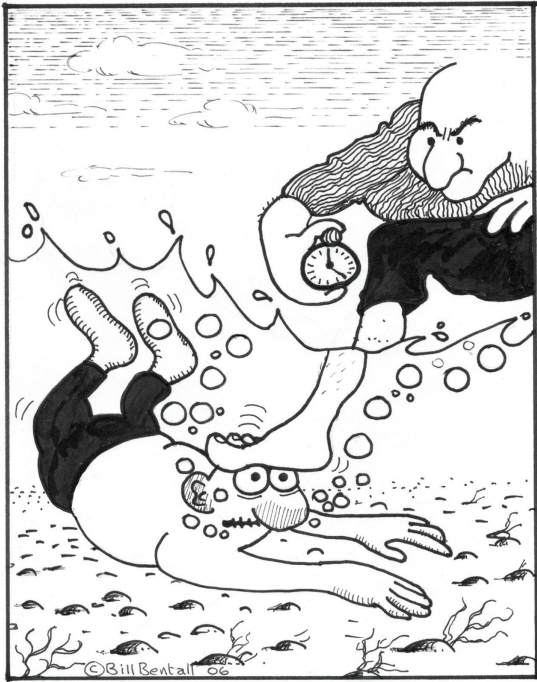
Why not make a family day out of it or a weekend away! ADULT ADMISSION £5.00

STARTS 12.00 Noon - Lots of FREE car parking / toilets.

Camping available locally (tele :- 015394 41223)

www.conistoncountryfair.com

The Wrinkly Corner



Bill Bentall is alive and well and is into water sports.

It's been one of those weeks packed with coincidences. It began when my brother-in-law, an artistic and greatly talented man, got out some extremely funny, if rather non-pc, cartoons concerning smelly feet which he'd once done for his daughter, who was then in boarding school in Yorkshire. I mentioned to him that, some time early in the last century, I'd done some drawing about Niffy Nikes which I'd quite forgotten about.

Coincidence number one happened the very next day. I was looking for some doodles about funny Sheffield Folk, when out fell these little scraps of paper with the very items I had forgotten: The originals – very crude! I posted them off to the Brother-in-law yesterday.

Today *The Fellrunner Magazine* thumped onto the mat at breakfast time and I jokingly said to my wife: "I'll just look if I'm in." You have to remember that I'm 75 years old, banned from running by my eminent cardiologist and carrying a surfeit of boyancy, which is not the description of anyone likely to grace the pages of this journal.

As usual, I started at the very back. Do other people do this? I always enjoy the colourful snaps and today some witty headlines had me smiling. I had a laugh at Mr. Burrows and at Anne Colstrane's little pictures. Then there was Jeff Norman! Is he really over 60? What memories came back – record breaking Three Peaks at which I spectated in awe of the ease and talent of this man. Then his Olympic trial at Rotherham when he floated over the ground to win selection for Moscow. Wonderful! What a modest

and superb athlete!

Back a few more pages. Blimey! Look at Joss! After all the practice he's had, was that the best he could do? (I speak as one who can still jog to the postbox about 120m from here, without breaking sweat). This was an issue of legends. Joss Naylor MBE! Over 70!

Pausing only to fall madly in love with Emma Cox on the Bunny Run (Thank You Ma'am!) I came to Peter Hayes' epic tale of Oliver Mallis. I squirm with shame to confess that I invented Oliver Mallis. Peter has captured my florid style perfectly. Dreadful stuff. I'll kill you, Hayes.

I was getting towards the front now where I get a bit nervous. Always the same reason. That's where one day, if I'm very lucky, my obituary will appear. But, phew! Not today! Then, in glorious black and white, there were my ancient drawings again! And 'The Song of the Bullfrog'. I don't think I know Alan Brentnall but it was sweet of him to submit this old stuff. Being a sad person I have to say I enjoyed it!

It's a long time since I can a fell. I did some marathons in my fifties, numerous triathlons in my sixties, hit heart problems at 69, the shoulder problems requiring surgery. So I've bought a sea kayak and got a cracking coach called Ray Goodwin. It's nice to be remembered on the hills (even if I was a crap fell runner).

On the fells I made some super friends and they are still around, still giving me support and endless encouragement. I'd like to Thank everyone in your great sport for that.

Now where did I put my paddle?

BOOK REVIEW

An Introduction to Trail and Fell Running

By Kevan Shevels

Following on from the review of *Downhill Techniques for Off-Road Runners* in the June edition of the *Fellrunner Magazine* (2006), we now look at the newest addition to this unique series of booklets: *An Introduction to Trail and Fell Running*.

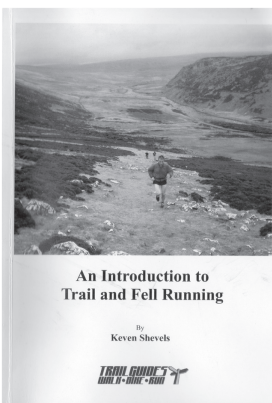
In seven sections, split into concise chapters, it guides the newcomer through all aspects of off-road running.

Advice on training and racing, the equipment needs of the runner, the terrain encountered and its demand on the body – it's all covered

It is written with such enthusiasm that any reader should feel inspired to hang up their road shoes and head for the trails and fells.

Particularly useful are the sections on the physical aspects of and training required for trail and fell running. Not only will these sections prove useful to the newly converted road runner, but they also can be of use to those of us who have already discovered the magic of mud, rock and forest paths, but have not yet considered a structured approach to our improvement.

While you will need to look at the other booklets in the series to find out more details about the subjects covered, *An Introduction to Trail and Fell Running* does offer a really good overview – "just what it says on the tin" so to speak.



Published & printed by
Trailguides Limited
Price: £6.99
www.trailguides.co.uk

It's simple, really!

Solution to the Penny Pinchin' fell race puzzle

(TFM, October 2006, page 89)

Andy finished first, therefore his vest is not blue (4th place). Neither did he wear no.1 (Simon) or no.3 (runner-up). So he must have worn no.2 and a red vest. No. 4 finished fourth and wore blue, but can not be either Andy or Chris (who beat Simon). As Simon wore no.1 it must be Jim. This leaves Chris (runner-up/no.3) in yellow, beating third placed Simon who wore green.

1st	Andy	red	no.2
2nd	Chris	yellow	no.3
3rd	Simon	green	no.1
4th	Jim	blue	no.4



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Montrail Leona Divide WAS £65 NOW £39.99
In specialist trail running circles this is regarded as one of the finest trail shoes around. Fantastic grip and a unique lightweight protection plate to protect the foot on stony ground.
Men's: 12, 11.5, 11, 10.5, 10, 9.5, 8.5, 8, 7.5, 7
Women's: 4, 7.5



Montrail Highlander Fell Shoe
WAS £60 NOW £40

This was our best selling fell shoe in 2006. The Highlander offers grip/stability and a bit of cushioning. It is ideal for those pre-season long runs, mountain marathons or events with some hard ground. So, why not try a pair at this great price.
Suitable for fell running, mountain running.

Features: Low rounded heel and barefoot-like control. Large Gryptonite lugs. Close fitting heel. Tough mesh upper with webbing supports, for quick drainage.

Men's: 6-12 inc 1/2, 13



Inov8 Mudclaw 'O' 330 £65
Extremely durable fell shoe with aggressive outsole. Dual layer mesh upper for comfort and protection. Outstanding grip from Inov8 sticky rubber compound. Also suitable for orienteering.
4-12.5, 13, 14,



Inov8 Flyroc 310 £65
A lightweight trail shoe with a breathable upper. Great fit, and very flexible. Good grip in the mud.
Unisex sizes: 4.5 - 12



OMM 10L Sac £30
This sac has loads of reflective elements. The back system is removable to make a sit mat. It can take a bladder although it doesn't come with one. There are two side mesh pockets for gels or water bottles.
Zip opening all around the sac with a flap. Zip pocket in the flap.
10 litre capacity.
Ripstop Nylon.



Inov8 Mudclaw 270 £65
This is a very lightweight, comfortable and secure shoe with outstanding grip. Excellent fit for contouring from the advanced lacing system.
The upper is very breathable and quick drying. Grip is superb owing to unique dual compound rubber - harder rubber on heel and toe areas.
Sizes: 4 - 12



Saucony Jazz XTR £60
The Jazz has always been known as a road shoe with great off road capability. This trail version is specifically designed for off road use, with aggressive outsole and gusseted tongue.
Men's: 6 - 12 inc 1/2 sizes
Women's: 4 - 8 inc. 1/2 sizes

OMM OM3 Bumbag £15
Lightweight and comfortable bumbag from OMM. Great for:
Carrying all the kit required for Fell Racing.
Taking your rain jacket on your Sunday long run.
Padded back
Reflective tape
Two side packets for energy gels/bars
Colours: Royal Blue. Black



NEW

Suxes Bumbag £10
The trusted carrier of many fell runners. The bumbag has enough room for a wind/waterproof top and bottoms, hat, gloves, energy gels and bars. The pull in straps means that whether the bag is empty or full it doesn't bounce up and down as you run.



Walsh PB Extreme £59.99
The same as the PB trainer, but with non stretch overlays. Suited to those not requiring the upper to stretch and mould to the foot. A much tougher shoe. Ideal for the hammer the upper might get on Wasdale or Borrowdale and alike
Sizes: 3 - 13 inc. 1/2 sizes.



Mizuno Harrier £60
This is a real mountain type trail shoe. A genuine rival to Inov8 Flyroc and Terroc. The Harriers is a very low profile shoe with very aggressive lugging on the outsole. The heel and toe area is made of a hard durable rubber and the rest of the outsole is made of a softer rubber that will grip well on wet rocky surfaces. The fit is broader in the forefoot than the Inov8 shoes. The shoes have been tested by Andrew Pearson who was World Mountain Running Silver Medalist and European Cross Country Bronze Medalist in years gone by.
Men's sizes: 6 - 13
Women's sizes: 4 - 8



Suxes Bottle Belt £15
Bottle in angled at 45 degrees so it is easy to get out and put back. It also fits nicely into the arch of your back
Mobile phone holder
Velcro key holder
Zipped coin pocket
Padded back
Adjustable waist band



Mountain Bear Gladiator £55
A very comfortable snug fitting shoe that offers good grip and excellent stability. A definite rival to the more established Walsh Fell Running Shoes
Sizes: 3 - 13 inc. 1/2 sizes.



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.



2007 Championship races

B**British Championships 2007***Sponsored by Pete Bland Sports / Norman Walsh Footwear*

- 31-03-07 M Donard-Commedagh
 06-05-07 S Llangynhafal Loop
 02-06-07 L Duddon Valley
 24-06-07 M Carnedeau
 14-07-07 L Angus Munro
 06-10-07 S Great Whernside

R**2007 Relay Championships**

13th October 2007

Organised by Bowland Fell Runners

E**2007 English Championships**

- 18-03-07 L Edale Skyline
 22-04-07 S Paddy's Pole
 19-05-07 M Fairfield Horseshoe
 02-06-07 L Duddon Valley
 18-08-07 M Weasdale Horseshoe
 06-10-07 S Great Whernside

B

Donard Commedagh

*AM - 6.8m/3300ft. Saturday 31st March 2007***Start:**

12 Noon

62.19 Simon Bailey 2004 72.51 Angela Mudge 1999

Introduction

Slieve Donard is the highest mountain in Northern Ireland at 2796 feet and together with the neighbouring peak of Slieve Commedagh (2515 feet) it dominates the skyline above the coastal town of Newcastle in County Down. The race has previously been a British Championship event in 1997, 1999 and 2004 and many championship contenders will therefore be familiar with it. As one of the main Mourne races it has also featured in the Northern Ireland Championship on many occasions.

Course Description:

The start and finish is on the open grass area to the south of Donard car park known as Donard Demense.

The course initially climbs through Donard Forest on a mixture of forest road, track and small path directly through the trees to checkpoint 1 at the granite quarry. This section will be marked.

From the quarry the main climb to the summit of Slieve Donard is next - almost 2000ft in 2km. Underfoot the ground is mostly heather turning to grass and patches of boulders as it steepens towards the summit. You will first see the lesser cairn, which is 250 metres before and 100 ft below the checkpoint (2) at the large summit cairn, beside the Tower at the corner of the Mourne Wall.

From here to Slieve Commedagh is around 1.6 km with a 900ft descent to the col and a 600ft climb. No navigational problems here as the Mourne Wall is followed right to the checkpoint (3) at the Tower built into the wall on top of Commedagh.

The next checkpoint (4) at the cairn on Commedagh is just 300 metres across the flattish summit. It is a short run of about 700 metres along the top edge of the Pot of Pulgarve with 250ft descent followed by a slight climb to the next checkpoint (5) at the cairn on Shanslieve.

The route is then down hill all the way to the finish at sea level - almost 2,200 ft of descent in 4km. The section to the checkpoint (6) at a stile on the edge of the forest is a mixture of grass and short heather with stony patches, becoming steeper with some rock approaching the forest. Take care on this descent if conditions are misty; you will need a compass bearing as the ridge is both broad and deceptive.

From the stile a firebreak leads down towards a forest road, then head right towards the Glen river and descend on small paths through the forest on the north side of the river down into Donard Park and the finish. This section from the stile will be marked. Some of the paths are small and there are a few fallen trees.

Distance 6.3 miles/3300 feet climb. Records:

Checkpoints

Start and Finish: Donard Park	373305
1. Quarry	370292
2. Summit Cairn - Slieve Donard	357277
3. Tower - Slieve Commedagh	343284
4. Cairn - Slieve Commedagh	346286
5. Cairn - Shanslieve	347291
6. Stile - Edge of Forest	362296

Race information

The Race will be based in Donard Park at the South end of Newcastle, with adjacent car parking, and toilets.

Registration will be from 10.00 am for the 12.00 noon start.

Entry form (which is available on the NIMRA website) with £5 fee by Saturday 24 March. Cheques payable to NIMRA. Late entries (£8) will be accepted, but please try to enter in advance.

Competitors must carry full body waterproof cover, map, compass and whistle in accordance with FRA rules.

Checkpoints must be visited in the order listed. Any retirements must be reported to race officials at the finish.

Navigational skills are required and competitors are recommended to consult the Mourne 1:25,000 Map.

An optional meal is available (order in advance with entry) at the prize giving which will be held in O'Hares adjacent to Donard Park at 4 pm.

Contact

Race Secretary: Ian Taylor,
 52 Bladon Drive, Belfast BT9 5JN
 Telephone 028 9028 0790
 Email: ir.taylor@ntlworld.com
 Web www.nimra.org.uk
 includes results of the 2004 race.

Accommodation

There are plenty of B&Bs, guest houses and self catering cottages in the region, with Newcastle the main centre. Newcastle has a Youth Hostel and there is a well appointed campsite at Tollymore Forest Park.

Newcastle Scouts Campsite is also available at Tipperary Woods (5 mins walk to Newcastle Centre) - details from Deon McNeilly email deon@mournes.plus.com or phone 028 4372 6618

Further away at Slievenaman, Meelmore Lodge (grid ref 305 307) has a basic campsite, showers and a café.

Further details are available from Tourist information offices:-

Newcastle, Central Promenade, Newcastle,
 Co Down BT33 0AA



Athletes in the 2006 race crossing the col at 600m, roughly the halfway point, after descending from Slieve Donard and about to climb Slieve Commedagh.

Tel: 028 4372 2222
 Fax: 028 4372 2400
 Email: newcastle@nitc.net

Newry, Town Hall, Newry, Co Down BT35 6HR
 Tel: 028 3026 8877
 Fax: 028 3026 8833

Tollymore Campsite Tel: 028 4372 2428
 Meelmore Lodge Tel: 028 4372 6657
 Newcastle YH Tel: 028 4372 2133

Websites: www.kingdomsofdown.com
www.visitcoastofdown.com
 Email: info@kingdomsofdown.com

Travel

You can travel to Belfast and Larne by ferry from Stranraer, Cairnryan and Troon.
 Also Dublin/Dun Laoghaire from Holyhead.

Stena, P&O and Seacat all operate services and it is often worth shopping around for special offers.

P&O
 Tel: 0870 24 24 777, www.poirishsea.com
 Stena
 Tel: 08705 70 70 70, www.stenaline.co.uk

By air you can travel to Belfast City and International airports. Easyjet fly to Belfast International.

Map

The Mourne Country Outdoor Pursuits Map is published by Ordnance Survey Northern Ireland
 Tel: 028 9025 5755
 Fax: 028 9025 5700

Prizegiving

This will be held at the regular venue of O'Hares beside Donard Park, which many of you are already familiar with from previous years. Details of the optional meal which can be ordered are included on the entry form. Showers are available for a small charge at the Newcastle Centre (Tourist Information Centre on the main street).

Brian Ervine 30 Jan 07.

B

Llangynhafal Loop

AS - 4.5m/1500ft. - Sunday 6th May

Often bypassed and ignored by those tourists heading for Snowdonia the Clwydians are a delightful range of accessible hills offering a variety of walking and running experiences. Those travelling from the Mold direction will pass a big sign pointing out that we are in an Area of Outstanding National Beauty or something along those lines! Moel Famau Country Park, where the race takes place, is bisected by The Offa's Dyke Path, a long distance walking route which doesn't always actually follow the line of Offa's Dyke (you need to go to an industrial estate in Mold for that!) A number of fell races (mostly 'A' category) take in Moel Famau and the surrounding hills and the Llangynhafal Loop is one of the longer standing events.

Venue:

Llangynhafal, Denbighshire, North Wales GR 135633. Starts: 12 noon ladies, 1.00pm men. Parking (£1 in farmer's field) and Registration opposite St Cynhafal's church. Llangynhafal is a very small village and the surrounding lanes are narrow and not conducive to on-road parking. Please share transport wherever possible – you must park where directed to by marshalls.

There will be no changing facilities/showers.

NO DOGS PLEASE, we're very reliant on the goodwill and assistance of our local farmer who will have lots of young lambs around both at the farm and in the Country Park so leave your dog at home or in the car

Entry:

£4 in advance. SAE to the organiser (see below) or download at www.wfra.org.uk

Course:

(OS Explorer 265 Clwydian Range) This year's route is not quite the same as in previous years but this only applies to the start and finish. The race is all off-road and will be well marked and marshalled, you must follow the course as marked until the final descent where there are one or two options; **you will not (and must not!) cross any fences, walls, stiles or gates.**

The race will start and finish in the farmer's field opposite the village church but clearly you cannot recce this bit prior to race day. However, the route enters Moel Famau Country Park at GR 138633 just south of the point marked 196. You

will then follow the footpath contouring southeast for around two thirds of a mile, the path then turns left in an eastwardly direction. You will then be following the narrow path to the left hand side of the stream marked Nant-y-Ne. This path widens a little further up the valley and there'll be plenty of opportunity for overtaking before too long. As you reach the head of the valley you will climb a steep scree gully turning left close to the top with a short section of wider path then finally onto Offa's Dyke Path for the short uphill to the Jubilee Tower at the summit of Moel Famau. You will then follow Offa's Dyke Path for around one and a half miles – it's a bit of a switchback route with fast running until GR145642 where the path reaches a crossing of the old drovers road. At this point you turn left down the track towards Llangynhafal – you can follow the track all the way down or go more directly towards the finishing area but beware of the quarry on the hillside!! You will be directed towards the finish by marshalls.

Prizegiving:

Will be at the finish as soon as we can sort it all out. Results will be available at www.wfra.org.uk

2006 Results:

1st man Tim Austin 37.18
 1st V40 Steve Gilliland 39.28,
 1st V50 Ed Davies 41.55,
 1st V60 Don Williams 43.54,
 1st lady Natalie White 42.04 (record),
 1st FV40 Victoria Musgrove 50.39.
 (Men's record is held by James McQueen 2000 36.40)

Those who have run this race before should note that the race will not start at the village crossroads this year.

Accommodation:

Camping is available at The Golden Lion, Llangynhafal 01824 790451 (CAMRA Beer Guide 2007) but please prebook.

The pub will do breakfasts and also has a few en-suite bedrooms. If you want food the night before please book this as well cos it's even smaller than the Blacksmiths Arms at Broughton Mills. We're a bit short of Youth Hostels – Llangollen is nearest – about half an hour away.

Organiser:

Martin Cortvriend, Dol Y Caeau,
 Llangynhafal, Denbighshire LL16 4LN,
 01824 790534

Duddon Valley Fell Race



AL - 20mbs./6000ft. - Saturday 2nd June

Easiest of the Lakeland Superlongs but do not be fooled as Uncle Billy's record is **awesome!! Sarah's is no pushover either.....**

Start:

11am

Venue:

The race starts and finishes from the field behind the Newfield Inn at Seathwaite GR227960

Entry:

PRE ENTRY only. £7 payable to **Duddon Valley Fell Race**. Entry forms downloadable from the website **www.duddonvalley.co.uk** or SAE from the organiser

Registration:

Used to be in a horsebox in the field behind... Now gone upmarket to the Seathwaite Parish Rooms 100m up road from the field behind. Sportident timing system used.

Parking:

In field behind! Please car share if possible. No charge.

Facilities:

Toilets in Newfield and Parish rooms but no changing/showers

Course:

Controls:

1. 15m. NE Harter Fell summit	GR218997
2. Hard Knott Fell summit	GR231022
3. Little Stand Summit	GR276026
4. Three Shires Stone	GR250033
5. Swirl How summit	GR272005
6. 200m W Dow Crag summit	GR262977
7. White Pike summit	GR248955
8. Caw Pike summit	GR230944
9. Wall corner	GR231953

Wall corner is marked by a coloured post but has no punch. Flagged to the finish.

This one is one of the true Lakeland Classics: it's twenty miles, has six climbs (two of which seem to go on for ever and ever!) has every type of terrain imaginable and, if you are not prepared for it, really can be a real monster!!

In fine weather then the route finding is not all that difficult, although there are lots of possible variations – and some of them make a lot of difference. There can, however, be a serious problem with water, simply because once past the Three Shires Stone (and with a lot of the race to go) there isn't any until it's far too late. You need either to fill a bottle at the Three Shires stone or have some support somewhere from there on.

In bad weather it has proved to be a nightmare to many people and needs careful, accurate navigation. The first bit up to Harter Fell is usually

straightforward, if only because you tend to be playing "follow -my-leader" at this stage but make sure you've got an accurate bearing off it as going wrong this early would be especially disastrous. Getting to the Hard Knott road presents few problems (forest edge = handrail) but lots of people have spent ages trying to find the Hard Knott control as there are millions of similar little bobbles in this area and in thick mist they all look depressingly similar – going up Hardknott Gill is the best start but from the top you're on your own.

Getting from Hard Knott to Little Stand is navigationally easy but psychologically dreadful, whoever called it "little" anything had a warped sense of humour – and if it's clear weather you can see the whole awful climb full on as you run down to Mosedale Beck!! The actual top itself is like Hard Knott but not as bad – the little tarn is a useful aid if you're a bit puzzled.

From Little Stand to Three Shires gives lots of scope for route finding and also for spectacular errors: I'll mention the name "Gaitkins" as the route taken by many of the fast boys and girls but that is all you are getting. Things get easier in route finding terms, if not in running, from the Three Shires as you basically (but not totally) follow the path up Wet Side Edge to Swirl How and then cut across and down to Levers Hause. You **could** go up Brim Fell and down again to Goats Hause but very few people do and you'll have to find out why.

Take care at the Dow Crag control – for safety's sake it's situated at the foot of a little crag just west of and down from the summit.

A little while after Dow Crag good running and easy navigation rule for most of the rest of the way, but be very careful for the sting in the tail that is Caw; apart from being a steep little thing just when you do not need it, getting to it from White Pike can cause a certain amount of confusion in mist and you'd just hate to get lost only a mile from the finish!!

From Caw you can see the finish, smell the beer and chips and it is all downhill – easy provided you know the best line! Have a good run.

Map:

The only one with the race route on in sufficient detail is OS 1:25000 SW sheet but there will probably be a Bilbo special available by race time.

Records:

Men: 2.43.10 Billy Bland 1981
Women: 3.24.00 Sarah Rowell 1995

2006 winners:

M	John Heneghan	P&B	2.59.05
V40	Gary Thorpe	AAC	3.17.33
V50	Chris Lumb	Kendal	3.32.58
F & FV40	Helene Diamantides	Carnethy	3.36.12

Prize giving:

By the finish usually about 4pm. Generous prizes

usually by Pete Bland vouchers.

Festivities:

There will be a music evening with one or two bands at The Newfield Inn in the evening of the race.

Accommodation:

Inns, B&B's and campsite at Turner Hall Farm nearby. Information on the website **www.duddonvalley.co.uk**

Tourist information centre:

Local TIC at Broughton-in-Furness

Contacts:

Race organiser James Goffe.
Preferably on email at nickygoffe@aol.com and cc to james@melville18.co.uk or phone on 01229 716869 evenings and weekends
James Goffe, High Hurst, Ulpha, Broughton-in-Furness, Cumbria, LA206DZ

Website:

Full details of the race and local information is available on the website **www.duddonvalley.co.uk**



Black Combe Runners on the top of Harter Fell (checkpoint1)

Carneddau

AM : 10m/4200' : Sunday 24th June

A really hard, traditional Classic that has been made even harder since it was last a Championship race by adding Carnedd Llewellyn, another 3000ft mountain. No times for 2006 as the course has changed but 2004 times should be an accurate guide.

Start:

12 Noon

Venue:

The race takes place from the Rugby Club, Bethesda, Gwynedd, North Wales (GR SH619669), signposted from A5. The Rugby Club has good facilities including ample parking, changing, showers and toilets. Please park as directed. Registration will be at the Rugby Club. From here it is approximately 0.5 mile to the start. No registration or parking at the start. It will be well signposted but allow sufficient time to register and to get to the start in good time. No toilets at start.

Entry:

£4 pre entry by 20th June, or £5 on day. Use WFRA Standard Entry Form on website or from Entries Secretary : Sheila Lloyd, Pen y Buarth Farm, Upper Llandwrog, Caernarfon, Gwynedd, LL54 7RD. E mail sheilalloyd@wfra.org.uk. Tel 01286 881491. Cheques payable to 'WFRA'. Please return forms to Entry Secretary.

Course:

This is a classic, hard, traditional fell race. Do not underestimate it. Experience and navigation skills are required. **Full kit must be carried.** For those of you that ran last time it was British Championship, the changes are - the inclusion of the summit of Carnedd Llewellyn (just to make it a bit harder) and the removal of the final road section at the end. For those that ran last year, the start will revert to the usual run along the road to the waterworks.

Checkpoints

(Refer map OS Explorer OL 17 'Snowdon' 1:25,000).
 START: Industrial Estate (625671)
 CP 1: Summit of Carnedd Dafydd (663630)
 CP 2: Summit of Carnedd Llewellyn (683644)
 CP 3: Summit of Yr Elen (673651)
 CP 4: Sheepfold (658669)
 CP 5: Summit of Gyrn Wigau (654675)
 FINISH:
 Just above cottages at Tan y Foel (631673)

Numbers will be taken at all checkpoints. Please ensure that your number is recorded by the checkpoint marshall.

Description:

The race starts from a small industrial estate at Grid Ref 625671. From here follow the marked route along the back roads of Bethesda to the waterworks at 638658. Then follow the public footpath to the stile at 648654. From here ascend Carnedd Dafydd

B

(CP1) keeping the ridge on your left. After Dafydd follow the ridge around to Carnedd Llewellyn (CP2). Then head in a north westerly direction to Yr Elen (CP3). From here descend along the ridge to Foel Ganol, and continue to the valley bottom. Cross the Afon Caseg and ascend to sheepfold (CP4). Then comes the sting in the tail - the ascent of Gyrn Wigau (CP5). If it is a hot day then you will very likely suffer here. After the summit head in a west north westerly direction to wall corner at 636677. Then follow path alongside wall to kissing gate at 631675. Pass through gate and descend to finish.

2004 Results:

Winning Times

Male: U/40 - 1.45.31, O/40 - 1.52.45, O/50 - 1.54.33, O/60 - 2.00.58.

Female: U/40 - 2.12.40, O/40 - 2.28.48, O/50 - 3.19.29.

Prizegiving:

This will be held asap after the race at the Rugby Club (about 3.30pm).

Accommodation:

Accommodation of all types is available in the surrounding area. Camping is available at the Rugby Club (£2 pppn - contact Entries Secretary in advance). No Tourist Office in Bethesda. Try Llanberis Tourist Office tel (01286) 870765. Open Fri to Mon 10.30am - 4.00pm. Useful website www.gwynedd.gov.uk.

Organiser:

Dewi Sinclair, 6 Pen y Gaer, Deganwy, Conwy, LL31 9RF. Tel 01492 582616.

Email dewi@sinclairsteelwales.co.uk

Website: www.wfra.org.uk



Before the start at Great Whernside in 2006

Angus Munro

AL - 15m/5500ft. Saturday 14th July

A true Scottish classic race with a bit of everything thrown in from peat bogs, scree, river crossings, big climbs and rough descents. Not for the faint hearted and a real challenge in the mist so get your navigation practice in now! Reccy recommended.

Start:

11am

Venue:

Start and finish at Glen Clova Hotel – (GR NO327730), Angus, 30 miles north of Dundee and 18 miles north of Kirriemuir follow signs for Glen Clova.

Registration:

In the main car park and opposite the bunkhouse at Glen Clova Hotel.

Parking:

at the main car park and field.

Entry:

On the day only.

Accommodation:

Glen Clova Hotel, Glen Clova, Nr. Kirriemuir Angus DD8 4QS

Tel: 01575 550350

Fax: 01575550292

E-mail: hotel@clova.com

We have reserved the bunkhouse for sole use by the competitors and marshals (£11 per night) and any bunkhouse enquiries should be directed to me. However the hotel has 22 beds at approximately £40 B&B. Camping is also available for a small fee.

Race requirements:

Navigation skills are essential in this race, it is well known for getting lost and you are entering an area of wild land. You will require full waterproof body cover and gloves and hat may be necessary on race day. Be warned we have been caught out with bad weather in the past.

Course:

Controls must be visited in the order below.

Controls:

Start	Glen Clova Hotel	NO327730
1.	Green Hill	NO 348757
2.	Wester Balloch	NO 342790
3.	Lair of Alderarie	NO 312781
4.	Red Craig	NO 296760
5.	Braedownie	NO 287757
6.	Dreish	NO 271736
7.	Hill of Strone	NO 287729
8.	Cairn Inks	NO 305725
9.	Finish	NO 327730
	In field Opposite hotel	

One of the toughest on the Scottish race scene this is a classic race over rough terrain with few or no

mountain paths, rough heather moorland plateau and peat hagg with two large climbs which will sap your energy. Water is plentiful on the first half of the course but there is very little on the second half after the crossing at Braedownie farm. In the event of severe bad weather there is an alternative race option.

The start of the race uses a path up toward Loch Brandy through some birch woods before breaking out onto the hill. There are several paths which split and it is important to keep both burns on the right initially before crossing the first burn about 1 km into the race. Then keep on the path and bear right to cross the next burn below the loch before the long hard climb past up onto the brow of the hill toward the summit cairn, the right hand one as you approach it! The ground flattens out on the summit and bears slightly west of north across peat hags and gradually down to a river crossing, Burn of the Longshank (wayward golfers!) and then up and over numerous peat hags toward checkpoint 2 - Wester Balloch which is another rounded summit almost indistinguishable from other summits in the mist. It can be easy to veer off to the north and miss this checkpoint and there is nothing but moorland beyond. The views take in Lochnagar and the Cairngorms, as well as the other Angus Munro's to the west.

The run over to Checkpoint 3 – Lair of Alderarie at 832m, is blessed with more peat hags and high summit heath all over 750m. Checkpoint 3 summit is a very flat one and the checkpoint is on the highest point, which is almost indiscernible but this will be marshalled. The run over to Checkpoint 4 - Red Craig is not obvious for route selection but probably best head under the summit of Cairn Derg and down to Red Craig, which has a small mast on it. The descent to Braedownie and the road crossing is infamous, very rough, steep and tussocky with some scree to negotiate. Avoid the crags by bearing west initially on the border with the forestry fence, which runs down to the road and checkpoint 5 – Braedownie, where food and drinks will be available.

From Braedownie, follow the tape to the old bridge across the river and up toward Corrie Farchal following the burn, which pours down, into the glen. This is an arduous climb, especially difficult through deep heather and some bog. The best route is up through the corrie as the cliffs are impassable in places if you try to shortcut toward Dreish too soon. At the col above Corrie Farchal bear right, almost due west toward checkpoint 6 - Dreish at 947m. Retrace your steps to the col and then bear south east for a gradual climb toward Checkpoint 7 - Hill of Strone, another rounded top, before the gradual descent to checkpoint 8 at Cairn Inks. There are several false summits along this section before you reach Cairn Inks. The final descent is rough especially if you take the direct option and there is a high risk of ending up in the crags. Therefore run down the ridge to the south east for about 1km and then bear left, north east toward the finish. The final section hits the road, before taking you into the river and out into the field for the finish.

B

Male race record holder Mark Rigby - at Long Mynd 1998



Photo courtesy of Pete Hartley

Race records:

Men: Mark Rigby 2.39.48 1995

Women: Angela Mudge 3.04.40 1995

Ladies race record holder Angela Mudge (Carnethy) - at the World Masters 2005



Photo courtesy of Pete Hartley

Prize giving:

Prize giving and evening entertainment to follow in the Glen Clova Hotel. There may be a small charge for the ceilidh and food and drink will be served in the hotel after.

Contact:

Adrian Davis
wild.davis@ukonline.co.uk
 or see website www.carnethy.com

Great Whernside



AS - Saturday 6th October 2007

A new race, first held in 2004, over a "classic" route that somewhat surprisingly was never a "Guides race". No times for 2006 as the race was shortened due to snow!!

Start:

Women's Race 11am. Men's Race 12 noon

Venue.

The campsite, Kettlewell, North Yorkshire. (GR SE975726)

Registration.

This takes place at my campervan on the campsite, which is 5 minutes walk from the official car parking field. Be warned there is only a chemical toilet on the campsite and a stream for washing after the race. No changing facilities are available.

Parking.

There is a field dedicated for parking at Fold Farm, Kettlewell. (GR SE 971721) which will be signposted. This is the venue for the Wharfedale TTT event in July. There is limited space however and you are requested to **car share where possible**. Otherwise there is a pay and display car park in the village centre (10 Minutes walk) together with a private car parking area next to bridge (pay at garage)

Toilets.

These will be found at Fold Farm, or at the village car park.

Entries.

On the day only. Cost £4 includes fees payable to farmer for use of facilities.

Course.

4 miles/1555 feet, part flagged.

This is very much a straight up and straight down affair. The start is on the public footpath in the field next to the campsite and without any pre-amble, runners are immediately confronted with a tough climb through the initial fields. Follow the footpath all the way and after a brief respite in its angle you arrive at the former farmhouse of Hag Dike, now an outdoor hostel. After negotiating a couple of gates through the grounds you are on open fell and faced with the next obstacle, a steep broken gritstone crag, topped by a number of fine cairns. The path takes the line of least resistance tending rightwards to the top of the crag. Here the ground underfoot changes to boggy, peaty energy sapping mire! Despair not, you are soon beyond this and as the ground suddenly steepens for the final climb it becomes firm once more and as you pass through a number of erratic gritstone boulders you will see the summit cairn above your head, perched in its superb position atop a fine gritstone crag at (SE 002739). Go round the cairn and you are now faced

with arguably the most exhilarating descent in the dales. Return from whence you came and don't forget to stop before you hit the wall at the finish – seriously!

Although there is no web site for this event, there is normally a discussion on the FRA forum where a map of the course will be available nearer the time.

Maps.

OS 1:50,000 Wensleydale and Upper Wharfedale Sheet 98.

Or: OS 1:25,000 Yorkshire Dales South and West Explorer no 2

Course Records.

Men: 29.00 Simon Bailey 2004.

Women: 38.02 Sharon Taylor 2005

Prize Giving.

At the Kings Head Inn, Kettlewell as soon as possible after the mens race.

Accommodation.

The Racehorses Hotel, Kettlewell.
Tel 01756 760233

The Kings Head Inn, Kettlewell.
Tel 01756 760242

The Blue Bell Inn, Kettlewell.
Tel 01756 760230

Littlebeck Bed and Breakfast, Kettlewell.
Tel 01756 760378

Kettlewell Youth Hostel.
Tel 0870 770 5896

Camping. At the race venue
Tel Mr Mrs Lambert 01756 76088

Enquiries.

Pete Jebb Tel 01274 563386

prior to 9pm please

or email petejebb@tiscali.co.uk

Details are not published on any club web site.

Thanks

I would like to place on record my thanks to the following;

- Ronhill Clothing, for their generous sponsorship of the event.
- Ted Mason of Wharfedale Harriers, for the use of the start/finish field.
- Clifford Lambert for parking/camp site facilities.

A final Note!

I shouldn't have to say this, but I'm going to. Its never ceases to amaze me how many people turn up at races without the proper safety equipment.

Please make sure you have the required items as outlined in FRA rules. Just because it's a short race doesn't necessarily mean you don't need them.



Sharon Taylor in 2006

Photo courtesy of Mick Watson

Don Morrison Memorial Edale Skyline



AL - Sunday March 18th 2007

Possibly the hardest AL south of Kendal, the Skyline is the biggest sandbagger of the lot – go off too fast and you will be hugging tussocks later! One to have on the palmares and promptly forget...

Start:

10.30am

Venue:

Edale Village Hall, Derbyshire

Registration:

In Edale Village Hall (GR 123853), which is 15 minutes walk from the start. Registration will close at 10.15 am. The start and finish is in the field at the bottom of Grindsbrook (GR123862).

Parking:

Parking will be in a field (£2 charge, so please car share if possible - parking is restricted) on the road towards Barber Booth, signposted, about 200 metres beyond the village.

Please don't use the main car park by the village hall. There may be overflow parking behind the station. Please follow the marshal's directions and avoid the main car park however tempting and more expensive!

Entry:

There is no EOD. Enter via the website, www.dpfr.org.uk. The cost is £9 including dibber hire or £8 with your own dibber. This includes a meal courtesy of Wilfs' Café and as much tea and coffee as you can drink.

Course:

Various details can be found on: www.dpfr.org.uk/index.php?p=skyline

You won't need to use your dibber until checkpoint 3 as the only person ever to get lost on this first section is now one of the organisers and he isn't ever going to be allowed onto Kinder without a guide, so he can't lead people astray ever again.

Quite a few runners were found wandering round the hotel car park below Lose Hill the year before last, so our brightly coloured marshal will once more be in attendance to direct the more navigationally challenged UP the hill as opposed to round it. The cut off time (2 ½ hours) at Mam Nick will be rigidly enforced by the Club Bouncer ("Big Boy" Berzins) and after that you're on your own...

Start and Finish:

Field at the bottom of Grindsbrook (GR123862)

Checkpoints:

1. Ringing Roger (GR 126872) – can't really miss this one, then keep to the southish edge of Kinder to Coffin Rock,
2. Jagger's Clough (GR144881) – drop down to the ridge. Use the shortcut via Crookstone

barn and then a long slog up to:

3. Win Hill Summit (GR 187851) – the first dibber point, double back on yourself and drop down to the road via Twitchell farm
4. Hope (Edale Road) (GR 172838) – second dibber point and drink station here, **be careful on the road** section and follow the signs and marshals UP the hill to:
5. Lose Hill Summit (GR 153853) – third dibber point, follow the tapes down off the ridge
6. Mam Tor (GR 127835) – dibber point 4, then down to Mam Nick, the 2 ½ hour cut off point. Follow the ridge along to:
7. Lord's Seat on Path (GR 106832) – dibber point 5, then cut right across the moor and head towards:
8. Brown Knoll (GR 083851) – dibber point 6, with any luck it'll be frozen otherwise take yer wellies. YOU MUST follow the tapes due west to the fence/wall avoiding the worst of the mire & the wrath of the National Trust.
9. Top of Jacob's ladder (GR 081861) – dibber point 7 and good place to drop out if you're knackered. Head up the hill and navigate across Kinder to:
10. Grindslow Knoll (GR 110868) – dibber point 8. The big question? Whether to go down and up or round the ridge. All I can say is that the winner went down and up last year.
11. Ringing Roger (GR 126872) – dibber point 9, the follow the tapes to the finish. DON'T cut the corners of the zig-zags, no matter how tempting, please, as you will be on CCTV and disqualified and your car clamped.
12. Finish (GR 123863)

Maps:

Dark Peak OS and Harvey's Maps

Records with 2006 results:

For all the previous results, please visit the Skyline webpage on the DPFR website:

www.dpfr.org.uk

The Senior Men's record is currently held by Gavin Bland in 1999 at 2:34:39 although Lloyd Taggart's time from last year is the one to beat at 2:39:32 as the course changed slightly in 2000. Sally Newman holds the Ladies record at 3:09:44

Prize giving:

Prizes will be awarded in the village hall at 2:45. These will include engraved hipflasks and ash trays and sundry other Sheffield related items (knives, screwdrivers, knuckle dusters, hammers, nails &c.)

T-shirts:

As in previous years, there will be highly sought after t-shirts. We'll do as many as we can afford (about 300) and sell them for a fiver. When they are gone, that's it, 1st come 1st served!

Accommodation:

Holiday Cottages, Bed & Breakfast, Bunk Barns, Pubs, Campsites can be found through <http://www.peakdistrict-nationalpark.com/>

Youth Hostels are at:

Edale

www.yha.org.uk/hostel/hostelpages/185.html and

Castleton

www.yha.org.uk/hostel/hostelpages/180.html

Tel: 0870 770 5808 for all YHA bookings

Tourist Information Centres: There is a TIC at Castleton, www.touristinformationcentres.com/district.php?districtid=2 and probably one at Edale too.

Contacts:

For all telephone enquiries, ring Jim on 0114 230 2144 but remember that it's a works number so he may ignore you like he does all of his customers.

Keep up to date on the Dark Peak website:

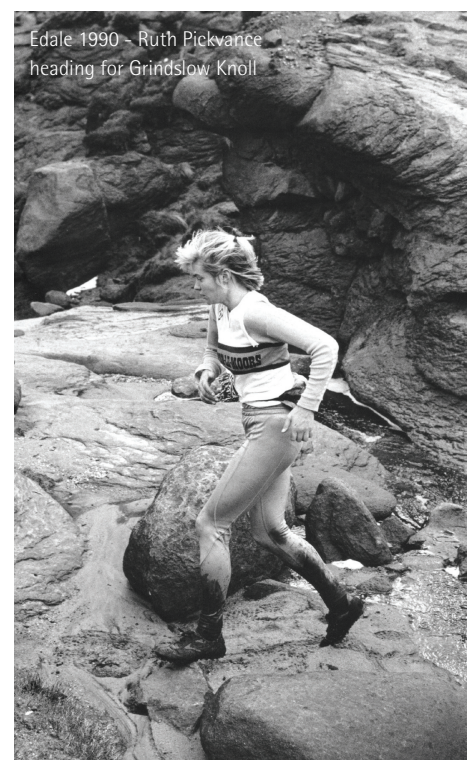
www.dpfr.org.uk/

Contact glisteningmanhood@dpfr.co.uk for further details

Now:

Get some training in! Start:

10.30am



Edale 1990 - Ruth Pickvance heading for Grindslow Knoll

Photo courtesy of Pete Hartley

Paddy's Pole

AS- 4.5m/1100' Sunday 22nd April.

A cracking fell which will suit everyone – a steep start, fast in the middle with a steep descent to the finish. The FRA Relays will be held here this year.

Venue:

Fell Foot, Chipping, Lancs GR 602442

Starts:

12noon ladies, 1pm men.

Parking:

Road side parking with one way system, please follow marshals instructions and do not block any access. Share transport, as parking is very restricted and allow extra time to get to the start. If you are late you may have a 20 minute walk to the start.

Entry:

Pre-entry only - £4 by 17th April payable to Preston Harriers. Use FRA universal form or download from

www.prestonharriers.com. Collect numbers at the start.

Course:

Start on the road at 602442 and head for Fell Foot, through the gate, turn right and ascend Parlick due north to pick up the path which contours around Parlick to the gate at 596456. Through the gate and continue north on a distinctive path keeping the wall on your left. The path veers away from the wall and heads to the ladder stile at 592472, cross and turn left and head to Paddy's Pole cairn on a faint path which crosses a step stile on the way to the cairn. Again turn left at the cairn and follow the path down hill in a southerly direction back to the gate at 596456. Keep the fence on your left and continue south ascending Parlick, cross the fence at any step stile on the way up to the c.p on Parlick summit at 596450. From here the steep descent will be flagged to the finish back at Fell Foot. If you ran Fiendsdale when it was a Championship race in 2005, the start and finish is the same. We

E

may make a few minor changes to the course to accommodate the additional runners.

Maps:

OL 41 Forest of Bowland and Ribblesdale

Records:

30.25 D. Hope 2004,
36.49 T. Sloan 2003.

Prize Giving:

In Chipping Village Hall as soon as possible after the last runner has finished. Changing and showers will be available in the hall after the race and the bar will be opened. All categories will be recognised thanks to sponsorship from Sweatshop, but only one prize per runner (hard luck, Sped!). There will also be a number of spot prizes for those who return to the hall.

Accommodation:

www.forestofbowland.com

TIC 01772 253731

www.visitpreston.com

Contact:

www.prestonharriers.com

Michael McLoughlin 07977439060

21 St. Margarets Close, Ingol, Pretson, Lancs. PR23ZU

19th UKA British Fell & Hills Relays 2007

Saturday 13th October – The Forest of Bowland

R



Parlick and Fairsnape

The 2007 UKA British Fell & Hill Relays will be centred at Fell Foot, 1.5 miles to the North West of Chipping on the South West fringe of the Bowland Fells.

Situated in the North West of England, the Forest of Bowland Area is a designated area of Outstanding Natural Beauty (AONB) covering 312sq miles of rural Lancashire and North Yorkshire.

In September 2004 parts of Bowland became open to walkers for the first time as the Countryside and Rights of Way Act 2000 gave general right of access to the public to 'Access Land' for the purposes of "open-air recreation on foot". Until then the area was used as a private sporting estate. The newly opened Access Land can now offer some of the most remote and rugged ground in the North West.

If you plan to recce before the day it is essential to use Ordnance Survey Map OL41, 'Forest of Bowland & Ribblesdale'. Maps after September 2004 show Access Land in yellow.

Much of the Access Land in the Forest of Bowland AONB is within a Special Protection Area (SPA). This

European designation recognises the importance of the area's upland heather moorland and blanket bog as habitat for upland birds. Bowland's moors are home to many threatened species, including merlin, golden plover, curlew, ring ouzel and the rare hen harrier; symbol of the AONB. Please take care

The set courses (Legs 1,2 & 4) will be run on a broad ridge of high ground, that rises to an altitude of over 1,700 feet at its highest point, and covers Parlick Pike, Wolf Fell, Blindhurst Fell, Fairsnape Fell and Holme House Fell.

The West aspect of this ridge is a steep escarpment, climbing from the Fylde plain, which is over 1,000 feet high immediately below Fairsnape. This escarpment comprises steep grass with some good trods and lines, but for those missing the good lines there are rashes of scree, boulder slopes and deep heather.

The East aspect of this ridge, around Parlick, has steep grassy slopes; but once on Wolf Fell the slopes are heathery. At Fairsnape the East aspect is a blanket



Fairsnape in snow

peat bog with plenty of groughs, grykes and thick heather.

The navigational leg has yet to be decided in detail but it is proposed that, in addition to using the ground on the other legs, it will link across the Wolfen Valley on to Saddle Fell, including its East slopes down into the Burnslack Valley, but not crossing the latter. The enclosed land at the mouth of the valley is private and out of bounds.

All legs will be on open access moorland, apart from a short stretch of leg 1 which will be across a track used as a public footpath.

Leg 1	(AS solo)	4.7m/1,800 feet
Leg 2	(AM pairs)	7m/2,700 feet
Leg 3	(pairs/navigation)	approximately 7 miles 2,000 feet
Leg 4	(AS, solo)	4m/1,900 feet

Entry forms will be published in June's "Fell Runner" with the closing date for entry. There will be a limit of 100 teams so enter early. Relay packages, with all instructions, including an accommodation guide, will be sent to all competing teams at a later date.

For more information contact Wynn Cliff on 01455-202365 or email scliff4915@aol.com.

The 40th Fairfield Horseshoe

AL - 9ml/3000ft - Saturday 19th May

"The" Lakeland Classic medium race, celebrating its 40th Birthday this year, Fairfield has it all – a hard start, runnable ascent to and descent from Fairfield summit with bits of rock to add some interest. Suffering a bit from being loved to death by walkers but who are we to criticise...

Start:

2.00pm

Venue

Rydal Hall, Rydal, Ambleside – GR 366064

Parking:

Ambleside Show Field (courtesy of Mr Hodgson)

Car Park entrance on A591 - GR. 372052 - 800 metres West of Ambleside Village Centre.

A fee of £1 per car will be charged. The walk from the Car park to Registration is 800 metres.

Registration:

Bishop Bulley Barn, adjacent to the Start area.

Race Details:

Start 2.00pm. Approx 9 miles and 3000 feet of climbing and descending. The Sportident 'dibber' system will be used at all the checkpoints and at the finish. Checkpoints will be manned and have radio contact. Should you need to retire please notify a checkpoint marshal **and confirm your return to an official at the finish.** Lost 'dibbers' will be charged for (approx. £20).

Records:

Men: M. Roberts 75.11 2000

Women: V Wilkinson 88.52 2005

Facilities

There are no changing facilities. There are toilets adjacent to the start.

An excellent 'plunge pool' exists below the waterfall which can prove invigorating to tired limbs.

Children and non-swimmers should exercise extreme caution. Squash at the finish and tea and cake at the rear of Rydal Hall will be provided on production of your race number. There is a Tea Shop on site. A licensed bar will be available.

Entries:

On the official FRA entry form (or copy) only found in the race calendar. In advance only and by Monday 7th May. The race limit is 600. **Get it in early to avoid disappointment!**

Exceptions for entry will only be made for postal entries having a post mark prior to 7th May. For confirmation of race entry and all other race details please check www.amblesideac.org.uk which will be

updated weekly. **It is expected that entries will be oversubscribed.**

Course:

An excellent fell running course with good climbs and descents with rocky sections in places.

The course is flagged from the start to the open fell at Nab Scar and from the last checkpoint to the finish.

Checkpoints:

1. Nab Scar 356072 (north side of wall stile)
2. Great Rigg Man 356105 (by small summit cairn)
3. Fairfield Summit 358118 (at the summit cairn)
4. Dove Crag 374104 (summit cairn near wall)
5. Gate near Low Sweden Bridge 374056.

The first half of the Horseshoe is fairly obvious on a good path with the first route finding decision needed at the summit of Fairfield – make sure you turn back on yourself and head east. Cofa Pike is not right! Traverse Hart Crag, to the east of and just below the summit taking great care not to head off towards Hartsop, and pick up the ridge wall as you descend to the col between Hart Crag and Dove Crag. Keep left of the wall to the summit of Dove Crag but cross to the right to get the better running down towards Low Pike. Around here you must cross the wall and drop left to avoid the Bad Step – exactly when to cross the wall and drop is for you to find out...

Pick up the track and follow it down to Low Sweden Bridge – follow the flags on the



loooong run in to the finish.

Map: Harveys Central or Bilbo special – available from www.peteblandsports.co.uk

Equipment:

You must carry or wear for the duration of the race windproof anorak/cagoule, hat or hood, over trousers, map (Harveys, OS or Martin Bagness 'race special'), compass and whistle. Spot checks will be made and **you will be disqualified if you do not have the correct equipment.**

THERE WILL BE NO EXCEPTIONS FOR HOT WEATHER.

Prize Giving:

Bishop Bulley Barn at approximately 5pm. All starters will receive a commemorative map of the course at registration.

Camping:

Camping may be available at Rydal Hall. Please contact the Hall direct on mail@rydalahall.org or telephone 015395 32050.

Contacts:

Tony Walker, 01539 724286 (day time only), watershed@enterprise.net, www.amblesideac.org.uk



Jon Wright & Jason Hemsley

Photos courtesy of Pete Hartley



Paul Dugdale - Horwich

Duddon Valley

B **E**

AL - 20mbs./16000ft. - Saturday 2nd June

See page XX

Great Whernside

B **E**

AS - Saturday 6th October 2007

See page XX

Weasdale Horseshoe

E

AM - 8m/2000ft. - Sat. 18th August

Formerly the Green Bell Fell race run from the Ravenstonedale show field. The Green Bell race was an up and down out and back race and was first organised by Richard Sewell, formerly a Kendal runner and now with Helm hill. Richard assures me that the first race was in 1988 and was from that old show ground in Ravenstonedale.

Robin Bergstrand was the winner of that first race with Keith Anderson and Mark Fleming chasing him hard in 2nd and 3rd respectively. Penny Demoss a visitor from the US was first of only 3 ladies taking part. Janet Steele and Pauline Symonds were the others.

The present showground at Newbiggin on Lune was moved to in 1989 and Richard handed the race over to Howgill Harrier Pete Davenport who organised it for 3 years. Pete kindly passed the baton to me and I simply cannot find anyone to hand it to. However beware as I am looking!

With Foot and Mouth and a frustration that there must be a better course than simply up and down there was the chance to experiment as a much-scaled down show was ran from Newbiggin Village Hall, no animals but still best cake and photograph type competitions.

Then with the show moving back to its previous field in 2002 there was a chance to incorporate the horseshoe round the Weasdale valley. This in my mind is far more of a challenging route but shows off the Howgills at their finest. There had been a dwindling field with rarely more than about 40 turning up on the day. This weekend is usually a clash with Sedbergh Hills and also some other races that are of a shorter distance, so having a race that is not as demanding as Sedbergh and a little longer

than the other races seems to have hit a niche, with a field of 58 taking part this last year. Lots of very positive comments about the course have been passed

Might be a few more runners this year?

Course Description:

After leaving the gate at the bottom of the Show Field and going down the lane almost opposite, which goes under the main road (A685), you run for approx ½ a mile through farmland. This is all on private land and will **not** be able to be used until race day. If you want to run the rest of the course then you can commence from **GR 696046** (I would recommend Harvey's Howgills).

The course follows an anti clockwise circuit of Weasdale. Having negotiated the man eating reeds and fought your way to the tarmac road you follow it into the hamlet and up the hill on the other side, (this will be flagged on the day), until you hit the fell at 685034. There is a prolonged climb from here up onto **Hooksey and Control 1** at its vague summit. A steep decent into the bottom of Leathgill bridge leads to an even steeper climb out and onto **Control 2 and Randy Gill top** highest point on the course. The well defined track through to the summit of the sleeping elephant **Green Bell with Control 3** at the trig point. The run off from here back to the Showfield is one of the best descents in the calendar but can be tricky navigationaly if you are not careful. After following the flags back to the Showfield via the route that you came out on there will hopefully be one of those teas that are worth turning up for at any local show.



Simon Bailey,
winner at Great
Whernside in 2006

Photos courtesy of Allan Greenwood

A word of caution for those who are not used to the Howgills in poor weather they all look the same it is very easy to make a small mistake and come off the wrong side and end up a long way from the Event Field. **Do not take this race lightly if the weather is poor!**

Last year the race was won by Paul Brittelton in 1;02;40 with first lady Rachel Vincent of Tynedale in 1;13;33.

For those not running there are the dog trials and sheep show and children sports that will be happening on the field.

If after the race you feel the need for further refreshments, I would like to recommend the Black Swan Hotel in Ravenstonedale. Alan and Louise have been tremendous supporters of Howgill Harriers events and always have a selection of fine guest beers.

For those of you who do not know the area there are many options for accommodation if you are making a weekend of it with bunkhouses and camping barns as well as hotels ,B&B and of course camping.

With Sedbergh Hills the next day Jon Broxap has agreed to put up a prize for the fastest male and female over both courses. If you do both then you will definitely sleep soundly Sunday night!

Hope you all enjoy the weekend. I am receiving entries by the day and have already got lists upon lists of stuff to do before the day and January has only just begun.

Yours in sport

Fraser Livesey

Montrail Ultra-running Championships



As fell running goes from strength to strength, so does Ultra-distance or Mountain endurance running. For the first time in 2006 we had a championship series expressly for the longer events at marathon distance and beyond.

Ranging from a fast 26 miler round the Eastern Gritstone edges of the Peak District through the ultra-rough Rings of Fire in Galloway to the classic Fellsman, the series provided a challenge and some excitement for everyone. Over 300 runners registered for the series and there was some pretty close fought competition.

Donald Naylor from Hunters Bogtrotters set the



tempo in the first event and blasted a new course record in a scant 3hrs 46 for the 31 mile course. Two weeks later and eventual 3rd placer, Jez Bragg opened his account with a clear win at the classic Compton 40 miler down south. Another 2 weeks and in sleety cold conditions Jez again set the mark and bagged another 1000 points whilst the overall lady winner of the Wuthering, Claire Thomas, had a complete nightmare – getting lost, cold and injured but persevering to get some points in the bag anyway.

Moving to the middle of the year, eventual winner Steve Pyke was busy everywhere. Notching up an early Ramsay Round success, clocking a hard fought and narrow win at Rhayader and closing Mark Hartell down to within 10 minutes at the finish of the Fellsman.

In the ladies series, the evergreen Wendy Dodds established a convincing lead, not just in the over 50 category but in the overall! By July, a late winter had turned into a summer heat wave and racers melted at the Osmotherley summer games tackling a fairly dry 31 mile course – Stephen Watts recording the record slowest time for the final mile at just over 35 minutes of



which part was spent sitting in a stream with heat exhaustion!!

With racers needing only 4 scores over the 12 races, the series was wide open up to the final couple of events and Emma Hargrave finally overhauled Wendy in the final event, the 50 mile Long Mynd, to take the series. Meanwhile, despite three straight wins at the medium distance, Jez didn't have a high scoring short distance race and had to concede first place to Pyke with a near perfect 3997 points and a tenacious David Waide who overcame a dislocated shoulder and dog bites in the early part of the year to clock 3958 points. The Montrail/Lowe Alpine supported team of Watts, Laney and Hartell scooped the team prize.

With generous support from Montrail and planetFear, over £7000 in prizes was available and the overall series champions got their names first on the impressive "stag" trophies which were awarded after the Roaches race in November.

For 2007, the series will follow a similar format but will be bigger and better. In addition to Montrail and planetFear we welcome new supporting sponsors – Thorlo socks, ClifBar and OMM leanweight packs. The total prize fund is increased to over £10,000 and there are 2 great new races in the series – the Manx Mountain Marathon and a new mid-wales classic, the Pumlumon challenge. As ever, it's free to register for the series at www.runfurther.com and the site is quickly growing into the leading resource for long distance running with coverage of overseas races, profiles of fellow racers and lots of useful info on the longer challenges.

Given that the Tour de Mont Blanc just sold out its 2000 places in less than one day, it looks like there are lots and lots of people who want to "Run further" Go for it!!



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ultra-running championships

2007

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www.runfurther.com



....one series, 12 races,over £10,000 in prizes

....take the challenge, register free at www.runfurther.com

The Montrail Ultra Running Championship

- Is free to register for the series (standard race fees apply)
- Prizes for men's and women's overall, 50+, 60+ and teams
- Loads of spot prizes up for grabs to registered runners
- 1 race from each distance plus 1 other to count to the championship.
- Event details, prize info, runner profiles and more at www.runfurther.com

Date	Race Name	Miles	Location
Short			
10 Mar	Wuthering Hike	31	Yorkshire
07 Apr	Manx Mountain Marathon	30	Isle of Man
29 Jul	Downland Ultra Challenge	30	Sussex
22 Sep	Pumlumon Challenge	26	Mid Wales
Medium			
14 Apr	Calderdale	37	Yorkshire
19 May	Marlborough	33	Wiltshire
07 Jul	Osmotherly Phoenix	33	N Yorks
15 Sep	High Peak 40	40	Derbyshire
Long			
12 May	Fellsman	61	Yorkshire
18 Aug	Rhayader	43	Mid Wales
01 Sep	Bullock Smithy	56	Peak District
06 Oct	Long Mynd	50	Shropshire



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FEBRUARY

89

The return of Oliver Mallis

Episode 4 In the Bleak Midwinter

The story so far: After a long hiatus Oliver Mallis has returned to fell running and to the pursuit of his beloved, Tricia Openshaw.

January, Saturday 9 am

Clunk. Plop! The morning post fell onto the mat.

Oliver Mallis rushed to the door and eagerly flicked through the pile of letters. Had it arrived? Had it? There was the usual old guff, a credit card bill, an advert for plumbing insurance, a letter from his mother...

What was that? Yes! This one must be it! With trembling fingers Mallis opened the envelope.

TO: Oliver Mallis

By the authority vested in me, I hereby invest you with the authority of a

Level 2

'Fell' Running Marshal.

Signed

Jerry Fenland

Northern Region Skills Coordinator

UK Athletics (Cross Country Division)

Mallis's heart swelled with pride. A Level Two Marshal! Crikey though! They had cut things a bit fine. If the certificate hadn't arrived that morning he wouldn't have been able to help out on the annual overnight Ten Bogs race. Now he could make amends for the 'calendar' incident last year and, hopefully, see Tricia.

January, Saturday 9 pm

Ding dong! Mallis rushed to the door. Will Ferret did not like to be kept waiting. Mallis had enormous respect for Will who, despite his relative youth, had some tremendous marshalling experience under his belt. Ferret was one of the unsung heroes of the sport whose dedication to marshalling made races possible. And whenever there was a marshalling 'incident', somehow or the other, Will Ferret was on the spot. The 'wrong' vest controversy in the Three Peaks Race; the marker tape that had sent the junior girls down the Central Gully of Great End; the 'lemming tragedy' in the supervets race over Castle Crag--In every case Will had been there, at the centre of the storm, right in the thick of things.

'Hiya Willy! I'm all packed. Spare clothes, first aid kit, thermos flask...'

Ferret broke in brusquely in a business like tone.

'What about your authorisation letter?'

'It's right here. I've framed it already.'

Ferret walked over to the mantelpiece and read the certificate carefully.

'Right Mallis. You're a Level Two. I'm a Level Five so, obviously, I'll be in charge.'

'Jawohl Mein Ferret!' said Mallis jocularly. Will did not laugh.

'OK grab your stuff and get in the back seat because we've got Rick to pick up, and he's a Level

Four. And leave your first aid kit behind because that's Level Three.

January, Sunday 4am

Where were all the competitors? The leaders should have come through at least half an hour ago. Mallis shivered in his 'lookout duty' outside the snug three man tent and then stared up doubtfully at the control feature, the great megalith that thrust itself proudly into the foggy night. Mushroom Rock. That was what Will had said it was. Of course, mushrooms came in a lot of different shapes, but this one really did not look like a mushroom very much. It looked much more like a ... well, Mallis hardly liked to say what it looked like, but the resemblance was unmistakable.

'Will' ventured Mallis. 'Are you sure that we're at the right rock? I mean, this couldn't be the Cock Stone could it?'

'Look Mate, From the recesses of the tent the controlled anger in Ferret's voice cut through the icy fog like a knife. 'Let's get one thing straight. I'm in charge. Rick is second in command, and you do what you're told. See? And if I say this is Mushroom Rock, then that's what it is.'

'Will would be well within his rights to demote you to a Level One for a comment like that' added Rick. 'Anyway, you're not allowed to read a map at your level.'

'Alright, I was just checking. Can I have a turn inside the tent now?'

'No.'

Chastened, Oliver Mallis stared forlornly out into the empty fog. What was that? Noises! It sounded like the first couple of runners were finally coming through. Yes! there were two bobbing torches barely 20 yards away in the thickly swirling mist around the rock. He moved to meet them, then paused, what on earth were they talking about?

'Why can't we just do it underneath?'

'I'm afraid that doesn't count, it's got to be on top.'

'But how are we going to climb it?'

'I'll go first, you follow.'

'But what if someone sees us?'

'Don't worry Sugar Hips, we're half a mile off course. That's it, up you come, it'll only take five minutes. That's right Baby, almost there. Now grab my hands.'

'You're not going to go boasting about it in the pub afterwards are you?'

'No No No. Of course not. No.'

This last comment was followed by a suppressed snigger. It was the unmistakable sound of the villainous Don Bates.

Mallis switched on his torch and shone it towards the pinnacle of the great standing stone. There was Batesy squatting on the summit, his hands reaching out to grasp at a figure wobbling precariously beneath him.

'Hello Don, the control's down here...'

With a snarl of surprise and a vile expletive, Don

Bates twisted round and tumbled from the rock, bringing the other person with him as he fell. There was a girlish scream and a thud.

'Ow!'

Bates appeared stunned, but who was that beneath him? Mallis quickly scanned the prostrate figure. It was Tricia!

His heart pounding, Oliver Mallis rushed to disentangle the fallen maiden.

'Tricia! Tricia! Are you alright?'

'Yes thank you Oliver. But what are you doing here? You're not stalking me again are you?'

'No, I'm marshalling the Mushroom Stone with Will and Rick.'

'Did you say "the Mushroom Stone"?''

'Yes, and you're first through the checkpoint. Well done!'

'This isn't ...' began Tricia. Then she paused and her eyes grew thoughtful.

Tricia stood up.

So I'm first through the checkpoint, eh?'

Yes. All the others must have got lost, I suppose.'

Yes, of course, easy to do in the fog, they're probably all still searching for it'. Tricia took a hurried bearing. Well, I'd better keep right on going. You alright Don?'

A hollow groan was the only reply.

'Atta Boy Batesy!' said Tricia encouragingly.

'Race you to the finish!' Then with a playful toss of her hair she was gone, bouncing off into the night, leaving Mallis looking after her with wistful adoration.

Will loomed up out of the mist followed by Rick with the clipboard.

'Number?'

'I forgot to ask', said Mallis. 'But it's alright, I know her.'

From somewhere amongst the boulders Don Bates let out another groan.

February, Saturday 8.55am

A modest smile played around the lips of Oliver Mallis, as it had done every morning for the last month. It had been a month now since he had, single-handed, saved the life of Don Bates, and under the most trying of circumstances. First there had been the fight, and then the epic retreat carrying Bates through deep snowdrifts, hugging him to his body to keep him warm. It was, admittedly, somewhat ironic that the man he had rescued was his archrival in love. but that, in a way, made his heroism all the more heroic, at least, he hoped Tricia would think so. Since that night, Mallis had deliberately kept a low profile. He wasn't going to have any more accusations of stalking from Tricia! Oh No. He was going to play this one cool. But crikey! they must really be talking about him by now...

'Have you heard how Oliver Mallis, saved the day?'

'An incredible epic.'

'One of fell running's legends.'

'...so quiet and unassuming...'

'Has anyone even *seen* him?'

'I did, I saw him a few days after the race and tried to tell him that the FRA had set up a committee about it, but he just laughed and said he had to dash...'

'That's what heroes are like, I suppose.'

Clunk. Plop! The morning post fell onto the mat and jerked Mallis out of his daydream. With a modest smile he rushed to the door and scanned the mail. Yes! There it was, the Fell Runner Magazine. There was a letter too, stamped 'Going for Gold in 2012' –that must be from UK Athletics. So! They had heard about it. Probably they were wanting to invite him to some kind of award ceremony. Which to open first? Mallis chose the magazine. Now where would it be...

Mallis ran his eye down the contents. The Federated Syndicate of Welsh Fell Running Anarchists seemed to be causing some kind of bother again. No. Ah ha! Race Reports! Yes! There it was...

The Ten Bogs Race

After the disappointment of last year, when the hundreds of indecent photographs found scattered over the first bog forced the race to be called off, there was optimism that this year's event would return to an even keel. Unfortunately it was not to be. Only one competitor, Ms T. Openshaw, managed to find all the controls, and she was disqualified for not displaying her number at Mushroom Rock.

Was that all? Surely, there was more? Puzzled and disappointed, Mallis turned to the next section,

'Committee News' What was this?

Report of the Disciplinary Subcommittee: Mr O. Mallis

It is with deep regret that the committee has to report that Mr Oliver Mallis, a Level Two Marshal on the Ten Bogs Race, has been adjudged to be guilty of bringing the sport into disrepute after attacking two more senior marshals. The dispute arose when Mr Mallis attempted to insist that the marshalling tent at Mushroom Rock was used to accommodate a member of the public. The senior marshal refused, quite correctly, on the grounds: (a) that the person in question was, by his own admission, not even a competitor, as having missed the entry deadline he had taken it upon himself to 'squire Tricia over the night section', and that (b) the self-same person had slurred speech, was complaining of dizziness, appeared groggy, and was repeatedly staggering and falling over—all classic symptoms of inebriation. Needless to add, the insurance implications of allowing a drunken member of the public into a marshalling tent do not bear thinking about. There has been some question raised as to whether the marshalling station itself was, in a technical sense, in exactly the right location, nonetheless, bearing in mind the extraordinary difficulties faced by the two more senior marshals, the committee has recommended that they receive

the warmest commendation in its report on the incident forwarded to UK Athletics. The report also recommends that Mr Mallis's marshalling status be subject to a negative re-evaluation.

With trembling fingers, Mallis opened the letter.

TO: Oliver Mallis

By the authority vested in me, I hereby disinvest you of all previous marshalling authority. You are now a Level Minus 2

'Fell' Running Marshal.

Signed

Jerry Fenland

Northern Region Skills Coordinator
UK Athletics (Cross Country Division)



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The 2006 Islands Peaks Yacht Race

A Runners Account

It was a Saturday evening in Mid May. Steve Birkenshaw's voice greeted me as I answered the telephone, 'Hi Jon. I know it's short notice but would you be up for partnering me in next week's Islands Peaks Yacht race?'

It transpired that Morgan Donnelly, Steve's frequent partner in several mountain marathon victories, had injured a knee.

My reply was spontaneous and for a moment I overlooked the fact that I needed to get the nod from my wife before reshaping our plans for the following weekend. I needn't have been concerned. Michela knew how much it would mean to me to take part in an event that had been at the top of my tick list for a year or two. Ever since a broken foot had forced me to pull out of its Tasmanian equivalent during a spell 'Down Under', the Islands Peaks Yacht race had captured my imagination. I had turned down the opportunity with another highly capable running partner just after the birth of my daughter, two years earlier. I wasn't going to let another great chance pass me by.

The next day I confirmed my availability to Steve on the start line of the Buttermere-Sailbeck Horseshoe race. Five days later on a sunny Friday lunchtime, beside a harbour filled with yachts, we found ourselves on another start line.

Pipers sounded the start of the event, setting off 51 running pairs on a five mile prologue race around the undulating tracks inland of Oban's waterfront. A brief dinghy paddle took each pair to their team's yacht; home for the next 40 to 80 hours. A solid run brought us to our own yacht in around 7th place. Our adventure had hardly begun!

Three beautifully rugged Scottish Islands – Mull, Jura and Arran – were to be sailed to in turn and their respective major peaks – Ben Mhor, the Three Paps of Jura and Goat Fell – summited before each team, consisting of the three sailors and a pair of runners, could raise anchor.

Now was the time to become gradually acquainted with our crew and their yacht. Twenty something Aiden was a long haired academic who had taken 'time out' to help run a boat yard in the North East while mastering the skills of sailing. His likeable, laid-back demeanour; consummated by the ever present 'roll up', belied a tireless dedication to his tasks.

Larger than life Angus was a man of contrasts. For a start, his huge powerful frame, no doubt in part wrought by regular swim workouts in the chilly waters of the North sea, resembled more that of a wrestler than a retired anaesthetist. His Queen's English was amusingly at odds with an 'F' word decorated

quick fire humour. Importantly, he had a wealth of experience on the seas with the skills to match.

Rock solid at the helm of his Catamaran, 'Pallet Line', stood our skipper Tony. A quiet unassuming man, his calm exterior hid an immense inner drive and pride. This surfaced with a head twitch within the first hour or so of setting sail.

A miscalculation, as we sped across the Firth of Lorn from Oban, brought us to the southern entrance of the Sound Of Mull just as the wind altered course. This left us stranded in the lee of a headland crowned by the imposing turrets of Duart Castle. Meanwhile, those yachts heading on a longer course towards the northern entrance were able to maintain an unobstructed passage up the Sound.

For at least an hour and a half we toiled away only to maintain position alongside the drawbridge of a towering edifice that was rapidly losing its visual appeal. After an eternity straddled across the bow of our starboard hull I finally resigned myself to the realisation that that my efforts with the canoe paddle had been more effective as a means of relieving boredom – an alternative to counting ancient stones – than gaining a few yards of water.

Finally, with acute saddle soreness setting in, I became aware that we had started to inch forward into the Sound. As resistance to our progress eased, so too did Tony's twitch and hand tremor. A couple of hours later we drifted dejectedly into Salen harbour on Mull, 26 positions behind 'Playing FTSE'. This fast 47 foot monohull had dominated the podium for the last three years. Simon Stainer and Gary Thorpe, disgorged two hours earlier, had been the boat's running combination in the previous two events and were looking set for their third consecutive success.

Refusing to be downbeat Steve and I slid off the high stern of our narrow hull into the waiting dinghy. In no time, we had been propelled to the shore by the powerful shoulders of Angus. After a quick kit check we were on our way along a three and a half mile section of road and track to the foot of Ben Mhor. It wasn't long before our spirits hit rock bottom as, before we had even reached the mountain's lower slopes, we were met head on by the homeward bound figures of Simon and Gary. Compounding our problems, Steve struggled to find his climbing legs throughout the ascent, the probable after-effects of a recent bug. This meant I had to carry his sack full of compulsory kit on my front during the upper steeper sections of the climb.

Despite our problems we managed to overhaul more than a dozen teams throughout the evening, arriving back at the boat in around 12th position.

Hauling ourselves into our cramped hull we cooked up pasta and buried it away before curling up in our sleeping bags for a well earned snooze, the first of our 3 ½ hour plus efforts behind us.

Relaxation didn't come easily over the next few hours. Strong north-westerly winds sped us back down the Sound of Mull and steadily veered to following Northerlies as we entered the Sound of Jura. These were the conditions in which our Catamaran and its crew thrived. Exhilarated, during the few hours of darkness I focussed my senses on the sounds and vibrations transmitted through our fibreglass shell as ruffled water sped beneath the narrow hull we called home. After drifting into a shallow slumber I awoke in the faint grey light of pre-dawn. It was a day that promised much. Surfacing my head above deck through the open roof hatch, I turned my head to the rear of the boat to be greeted by three smiling faces. Behind Tony, Angus and Aiden was the beautiful spectacle of what appeared as a myriad of scattered multicoloured sails. Turning my gaze forwards to the south I realised that I had just seen the whole fleet, bar one. Perhaps three miles down the Sound of Jura, pitched at an impressive angle, was the solitary pink sail of 'Playing FTSE'.

Several hours earlier we had been 'in the doldrums', quite literally. Now we were experiencing the 'highs' of competition. The Trimaran Memec, containing the Superstar running pairing of Phil and Jim Davies, was only a few minutes to our stern. We were now in the race for the honours.

Our circuit on Jura began with the ominous sight of Memec discharging its dinghy as we began another long road section. Several miles of upland bog trotting followed, taking us to our first control. Here the first of our five numbered discs were attached to a wire contained within familiar fluorescent orange and white plastic covering. On Mull we were able to observe a dwindling number of Discs as we moved between the controls. Seeing just two discs on the wire as I left this control was a strong reminder of how much our team had progressed since the previous day. With gritted teeth we eased into the long mist shrouded slog to the summit of the first of the three Paps.

Our traverse of the three Paps of Jura could be best described as a claggy mountain hop. A minute or two into our descent off the first, we met the climbing Davies brothers. Handshakes were made on the move as we plummeted into the hidden depths with heightened resolve. There then followed a demonstration of navigational brilliance, as Steve unflatteringly led us through the 'pea soup' to our next

control, situated by a small isolated Lochan. Inevitably, Phil and Jim finally caught us, but not before we had begun our drop off the final Pap. By now Steve was beginning to recover his strength and, if anything, it was my dodgy ankle, injured at Buttermere, that was holding things up as we attempted to keep in touch on our rugged descent. By the valley floor my endorphins were spent and I had to let go. No matter, the final stretch of road back to our boat could now be seen beyond two miles of Scottish bog.

Within the hour we were sailing back out into the Sound of Jura, 5 minutes behind Memec and 15 behind Playing FTSE. What followed was the longest white knuckle ride of my life as, leapfrogging Memec, we hit 17 knot speeds in an exhilarating race against time to beat the fierce tidal races around the Mull of Kintyre. At best we would hit slack waters before the tide turned against us. On our side was a strengthening Northerly. Up on deck Tony maintained one eye on the clock and the other on the distant pink sail which was steadily growing in size. Down below we sat rigid in petrified silence, eyes fixed on the spinnaker which was visible through the roof hatch. Time and time again we saw the spinnaker lose its purchase on the wind and flap uselessly before being tugged back in line by an invisible hand above. There would be an instant deafening crack followed by a sudden lunge as the vessel accelerated back up to top speed. A hand closed the hatch, blocking out our view of the sky and spinnaker. Our eyes were diverted to the constant stream of frothing white water gushing past the large porthole beneath my foot on the inside of the cabin. A few minutes passed by before a barely recognisable Aiden opened the hatch and climbed part way down the ladder into our hull. Minus the 'roll-up', looking windswept and dishevelled and forcing a smile as his eyes bulged out of their sockets, Aiden politely requested that we move our belongings and ourselves as far as we could to the rear of the hull, 'otherwise..', whereby he proceeded to perform a mime in which his hand flipped from horizontal to vertical.



The start of the 2006 race

Needing no verbal explanation, Steve and I lurched forwards for the food laden holdall. Grabbing a strap in one hand I grabbed my life jacket with the other on my hasty backwards retreat. As Aiden returned to deck I caught sight of a rocky headland to the south west through the open hatch, The Mull of Kintyre. I apologise for failing to use nautical terms in the description of what follows, but within minutes of making my observation we made our turn around the Mull by what can best be described as 'skidding'.

One moment we were in rapid forward momentum, the next we were skidding sideways across the water 'speedway style', stopping only once our bows were pointing northwards. The calm spell that followed was short-lived. Over the last hour the wind had backed rapidly and was now blowing us from the south-west along the precise bearing we required, north eastwards. Behind us, including

Memec, only 5 more yachts rounded the Mull of Kintyre before the tides and winds turned. The bulk of the fleet was now left stranded, battling to maintain position for a few hours before the opposing tides slackened again. Once more the spinnaker was hoisted as we resumed our hot pursuit of Playing FTSE, just 10 minutes ahead.

Rounding Kings Cross Point on Arran the wind finally blew out of our sails, literally, as we suddenly passed into sheltered waters. Frustratingly, within sight of our last major objective, Goat Fell, we watched helplessly as Playing FTSE's superior tacking abilities saw our rivals regain a healthy lead over the final few miles to Lamblash. With hindsight, it was during this spell of fine calm weather that the race was decided. Doggedly, we chased the ghosts of Simon and Gary along the long undulating run – into Goat Fell's lower slopes. We even sensed an added urgency in their steps as we finally met them descending from the col which marked the start of our final steep climb to Goat Fell's summit, still silhouetted against a fading blue sky. However, while my two club mates had negotiated the Mountain's most rugged ground assisted by the luxury of daylight, our own summit visit took place in twilight.

As we gingerly made our way down the mountain using head torches, the invisible chord of elastic that had kept us in touch with 'Playing FTSE' finally snapped. Meeting our own pursuers, Jim and Phil, on the way down, we still had everything to run for. Back on the boat, we hauled ourselves into our cramped hull for the final time.

Crashing out on my thermarest, my final thoughts before drifting off into dreamland were 'would I wake up if we had a capsized?' and 'should I go to sleep with my life jacket on?' oh sod it!

Loud drumming on the roof of our hull followed by a 'get your life jackets on, lads!' from above, snapped me away from my nightmares of drowning. At first I feared the worst of them was being enacted. Alert in an instant I fumbled unsuccessfully for my life jacket in the dark, Steve's head torch finally relieving my distress. Up on deck all became clear. In the darkness of pre-dawn we were fast approaching the lights of Troon harbour, with Memec fast closing in behind us. Within minutes Steve and I were hauling ourselves along a wooden gangway between moored yachts. In the club's office we reported to the Night Watchman who began to record arrival details. In one final act of drama I brought the ballpoint to an abrupt halt above the box for my signature of confirmation. Apparently, Memec had radioed their imminent arrival as they entered the harbour in the wake of our own unannounced entrance. I had been a moment away from signing them into the second position they had almost snatched away from us.

Further down the field Kendal AC brothers, Joe and Andrew Symonds, turned in superb runs to take the prestigious King of the Mountains trophy for the fastest aggregate running time. Their boat 'Calypso' finished first in the Class 3 Yacht category. For comprehensive listings of all category positions and photos visit the Carnethy Hill Runners Website.

From my own personal experience, camaraderie, exhilarating sailing, long hard mountain slogs, and stunning mountain and coastal scenery were the ingredients for a memorable 2006 Islands Peaks Yacht Race. Take a bow all competitors and organisers.

Check out www.sipr.zetnet.co.uk for event details.

48ft Aislig Bheag in front of Goat Fell



Running repairs

Take up AquaRunning and improve your fitness and recovery

First, a few facts about running:-

- 66% of all runners will experience a running related injury over the next 12 months.
- A runner will typically hit the ground 500 to 1250 times per kilometre (800 – 2000 times per mile).
- Running on land in excess of 56 km (35 miles) per week, increases the chance of injury by more than 55%.

Basically this means that as a runner you could be between injuries, just getting over one or just heading for one. Not good if you are building up for a big event and you start to feel a nagging discomfort from perhaps, shin, hip, ankle, knee or Achilles. All that hard training, you ignore the signals from your body, suddenly the injury becomes more than a niggle and bang goes your hopes for the next race and possibly the rest of the season.

Many running injuries are related to overuse and are relatively common. A quick diagnosis, effective treatment, maintenance and management will soon have you back in action. Even with the injury you can maintain fitness and motivation by using cross training. Cycling is my particular favourite and it is very enjoyable out here in Andalucia in a beautiful climate where roads are quiet and relatively traffic free. A close second is AquaRunning in which I became closely involved during the past year. It is now something which I highly recommend not just for recovery/cross training but as a major part of your schedule.

First of all I will explain how I became involved and introduce you to Terry Nelson, the Director of AquaRunning Ltd., which is based in Liverpool.

My interest in this form of training began over two years ago when visiting physiotherapist/triathlete Michael Kerr of Ireland was training here. He brought his aquajogger belt with him and gave it to my partner Barbara Price to try with a set of exercises to do in the pool. She has been using it as part of a health improvement plan to alleviate the problems of degenerative disc disease which was causing loss of feeling and strength in her arms and legs. Therapeutic treatments at the Balneario, (our local hot, thermal pool) and regular pool workouts worked wonders and threatened surgery was avoided.

The Balneario of Alhama de Granada is close to our home and it is a great facility for visiting athletes attending one of our training weeks, trail or cycling tours. It also made an ideal venue for our Team Axarsport **Introduction to AquaRunning** seminar. The seminar, held on a beautiful day in October, was conducted by the Director of Liverpool based **AquaRunning Ltd.**, Terry Nelson, one of the world's leading experts in this form of sports and fitness training.

Terry Nelson, a former midfielder player with Liverpool FC was forced to retire from the game through repetitive injury. Having left football he began a career as a paratrooper but was devastated to receive the news that he would face death within six months due to kidney failure unless he had an urgent transplant. He refused to believe the diagnosis, continued hard training, came close to death and was forced on to kidney dialysis for the next 2.5 years. In 1988 his brother, Dean, gave up his own military career and donated one of his kidneys.

To repay Dean he decided to become the fittest transplant patient in the world. He began running and 15 months after the transplant he completed the London Marathon. From this he went further and with expert coaching he swept the board at the 1992 British Transplant Games by winning gold medals in the 400m., 1500m and 5000m. He was then selected to run for Great Britain at the World Transplant Games in Vancouver, Canada in 1993.

Sadly, 12 months later and only 6 weeks before the World Champs, he was again given a devastating diagnosis. Not only had he suffered a badly broken metatarsal in his foot, but he was also told his transplant was rejecting. He dismissed the diagnosis and searched for a way to keep his running dream alive. He found the answer in a magazine article from the USA about aqua jogging. He sent off for the equipment which would enable him to begin intensive running and training in the deep end of the local swimming pool.

With guidance from Coach Ted Forshaw, Liverpool physiotherapist Phil McAuley and Dr. Malcolm Brown of the GB Olympic Team, he progressed so well that within 6 weeks his foot had healed and he convinced the medical staff that he was fit to compete.

He won Gold and became the 5000m World Transplant Champion, (the toughest event in which a transplant athlete can compete) in an amazing time of 15min 59secs.

After this success he came back to England and a week later ran in the British Transplant Games where he picked up two more gold medals at 1500m and 5000m, but by then he was seriously ill and forced back on to dialysis.

The average waiting time for dialysis is 2 years, but sadly Terry spent the next 11 years awaiting a second transplant. Although very ill, unable to walk unaided and confined to a wheelchair for 3 years he continued his deep water running regime in the pool where it became his therapy.

In March 2004 Terry had his second transplant, following which he decided to focus on training- putting to use the skills, experiences and knowledge he developed whilst running in the pool.

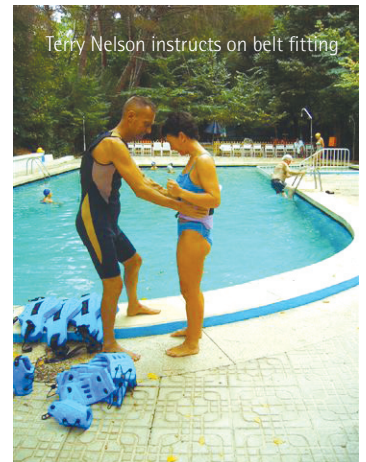
Over the next 2 years he spent his time travelling the world researching and testing the most advanced and highest quality aquatic resistance equipment and he is now the UK's leading aqua running expert. In June this year he launched his company **AquaRunning Ltd.**

For my part I use AquaRunning not just to aid in the avoidance of impact related injuries but as a regular method of training. I now find my flexibility and pace has improved and after Terry's additional guidance I have just won the Silver medal and trophy in the Andalucian Mountain Running Champs, (age cat 55 plus) a 35km race, finishing 67th overall from 290 starters. An event like this would usually cause me a lot of hip pain but this time no problems and I recovered very quickly after a session in the pool the next day and an evening massage by Team masseur Samantha Elliott, to such an extent that I was able to complete the 48km Maroma Mountain Challenge 5 days later. *(more on this in another article.*

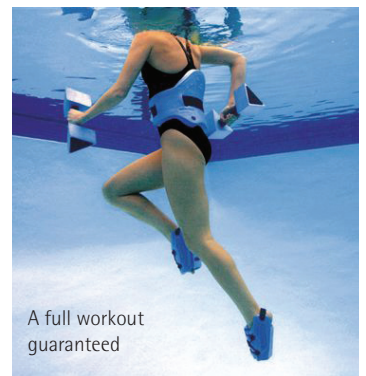
In a nutshell, an AquaRunning work out of around an hour a day can help you:

- Lose weight effectively.
- Recover from surgery.
- Prevent sports injury.
- Treat back or joint pain.
- Alleviate fibromyalgia and MS.
- Maintain cardiovascular fitness.
- Ease arthritis pain.
- Train for sports.
- Slow aging effects.
- Maintain fitness levels.
- Improve balance and agility.
- Stay fit during pregnancy.

This is how it works. You are suspended up to your neck in deep water by a flotation belt called an AquaJogger. Water's buoyancy virtually eliminates the effects of gravity



Terry Nelson instructs on belt fitting



A full workout guaranteed

supporting 90% of the body's weight. You can breathe normally like you do on land as you move through the water but your feet don't touch the bottom of the pool so there is no impact.

Water also provides resistance to movement in all directions ranging between 4 and 42 times greater than air depending on the speed of movement. As your body is submerged, the hydrostatic pressure around you pushes equally and helps the heart circulate blood by aiding venous return, (blood flow back to the heart). The improved cardiac function, lowers blood pressure and your heart rate is around 10-15 beats lower per minute than for same effort on land but with the same training effect. The hydrostatic pressure also assists the body in tissue healing and sets in motion a host of other benefits.

Deep-water running uses all the major muscle groups of the body providing total body conditioning. The support of the water decreases gravitational pull and dramatically reduces stress on joints, muscles, bones, tendons and ligament. Neuromuscular trauma is eliminated.

You can enjoy almost any activity in water that you traditionally do on land, including, running, cross country skiing, aerobics and dance moves. With the addition of other items such as Webbed Pro Fitness Gloves, DeltaBells (water exercise dumbbells) and TriFit bars (with which you can improve your golf swing) the water's resistance can be increased thereby adding to the intensity of your workout. The range of possibilities is endless.

A more recent addition to the AquaRunning range is the Aquatic Training Shoe. These have been mentioned in the running press and could almost be dismissed as a gimmick – until you try them.

Creating fatigue as quickly as possible is what it's all about when it comes to pool running and the shoes do exactly that, (when combined with the belt). They enable you to maintain a more natural leg movement, while at the same time super-loading your muscles so you can create workouts that will tire you very quickly, but not damage you!

For a very low start-up cost it is possible to turn your local swimming pool into a gymnasium and with some basic instruction, a guide book and a work out video/cd you can begin to enjoy all the benefits of *AquaRunning* and optimize your available training time. Just think, no more pounding the pavements on a dark, wet evening or watching the TV as your hard won fitness disappears because of an injury.

If you are interested in learning more about this low cost and extremely effective way to train, remain healthy or even regain lost health, please contact:



Terry Nelson, AquaRunning Ltd.
Telephone: 0151 225 0213 or
Email: terry.nelson@aquarunning.com .

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The Maroma Mountain Challenge

Introduction:

The following article was originally published in Andalucian based, English magazines but, as it is quite easy to fly into Granada airport for a long weekend, I thought the Challenge would be of interest.

There are flights to Granada from Liverpool arriving at 21:30, Gatwick arriving at 18:10 and 10:55 and Stanstead arriving at 21:50, so if you are interested please email.

The Maroma Mountain Challenge.

Many years ago I won a picture with the title, 'Challenges' followed by the words, "Accept the challenges so that you may feel the exhilaration of victory". Twenty or so years later I find I still enjoy a challenge and I compete regularly in cycling and running races in order to fulfill this need, (as well as run a business which is always challenging).

The beauty of competing in races is that there is an age category system which means that even as I get older, (now 56) I can race against people of a similar age, maybe beat them, improve on previous event times and even beat younger competitors.

Competition and challenges are what keep you fit and healthy and a challenge doesn't have to be sport related, it can be anything you choose which requires you to get out of the comfort zone and make an effort. It needs to be achievable, enjoyable and something which you maybe thought about doing years ago but always managed to avoid at the last minute, (like making a parachute jump, maybe)!!

When I lived in Competa, (in the Axarquía region of the Costa del Sol), I used to hear plenty of people talking about one day climbing Maroma, the mountain which dominates the skyline above the village. At 2069m it is the highest peak in the region, many people do climb it but an awful lot, who could, don't. So maybe make it a goal for 2007 and do it.

For those who already have and are looking for further 'local' challenges maybe the following will fit the bill.

The Maroma Mountain Challenge.

Over the past 6 years I have run and walked all over the Sierra Almijara, Tejada and Alhama planning routes for my trail running and adventure racing clients and I have built up quite a collection of excellent routes. My idea of the 'Challenge' was to link a selection of the routes to make one big, achievable circuit. The route was planned, written up, tested in sections and finally in November 2006 it was put to the test.

I invited my friend Mark Woolley, a top ultra runner who lives and works near Malaga, to join me and he came along with a team mate, Juan Fernandez Domenech, another good mountain runner who also wanted to test the route. Both Mark and Juan enjoy longer races and compete each year in the Ronda 101km, Pico Veleta 50km and the 155km Ultra Tour of Mont Blanc. Earlier this year Mark and his Jarapalos team set a record by running 80km from sea level in Salobreña to the summit of Mulhacén 3483m., so the Maroma Challenge would be a pleasant 'short' training run.

The start and finish point for the Maroma Mountain Challenge is the El Ventorro Hospedería and Restaurant near Alhama de Granada. This is the base I use for larger groups and its use also provides an element of safety as when you 'sign in' to make the attempt your whereabouts for the day are known by the staff; and your safe return is also noted when you collect your certificate. You can also have a good meal and a drink on your return and hopefully by March the new balneario, Jacuzzi and cave complex will be completed so even a massage will be possible.

The Challenge covers 48km taking in Hell's Path, the Salto del Caballo and the peak of Maroma 2069m.

We set off at 9.15am on what was to be the most perfect day possible, clear blue sky, sunshine and no wind, the early morning frost soon cleared as we ran steadily along the GR7 long distance path following the river before cutting across to skirt an ugly, (aren't they all) quarry which we soon left behind as we entered the area leading into Hell's Path.

The path, which links the Axarquía and coast to the Granada region is an old trade route which follows the line of the Rio Marchant. The hard climb takes you via a huge ruin to the pass over into the Axarquía and from the 1550m point we had a magnificent view of the mountains, Axarquía and the coast with the Mediterranean gleaming in the sun and fishing boats clearly visible off the shores of Nerja.

From here we headed west taking the forest ridge path which climbs steadily following the basic line of the Malaga/Granada province boundary. The path splits after 5km and we took the right fork which leads you to a gate, the entrance to a large high plateau with fantastic views to either side. From here the snow capped Sierra Nevada was clearly visible to the east as we continued to head west towards what looks to be an impossible rock barrier. The 'barrier' is the start of the Salto del Caballo and the barely visible track 'unfolds' as you progress, scrambling and climbing along a narrow ridge before dropping down below the summit to a 'hidden spring'. The water is excellent and the position of the spring is just right for a top up and rest before making the final assault on the Maroma summit. It also comes just before an 'escape route'. (I have marked water sources and escape routes on the Challenge map. Escape routes are necessary just in case of problems or bad weather. Maroma can be a dangerous peak if the cloud comes down and quite a few people have lost their lives underestimating its difficulty).

As we left the spring the path swung right around what had appeared to be another cliff barrier and we soon came out on the plateau area many people who make the standard climb up from Robledal will recognize. It is a wide area covered with the very spiky 'hedgehog grass' and includes a fenced off area which protects groups of small pine trees from being eaten or damaged by the local mountain goats. We crossed this area climbing towards the boundary posts which run along the cliff edge, continued along this rocky edge from which there are more fantastic views and began the final climb to the featureless summit dome of Maroma.

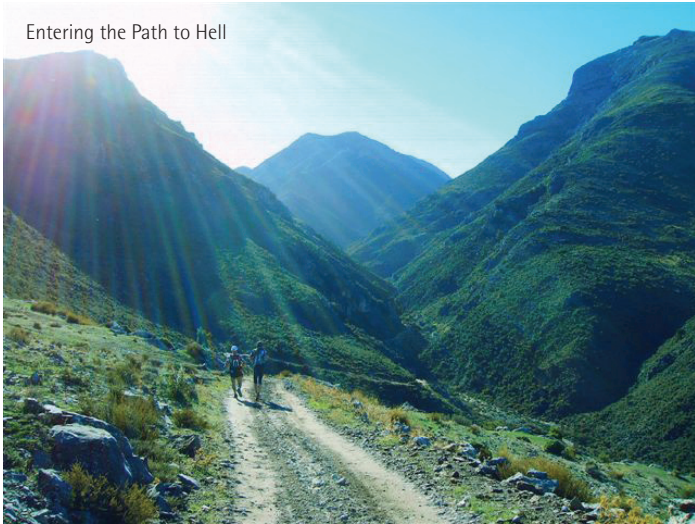
It had taken us 5 hours including stops to make the summit, the 30km point, which saw us well over half way with 'only' down hill to go. The summit was quite busy with assorted walkers including some we knew so we stopped, taking shelter from the cold summit wind behind the tower which marks the top and had some food and drink before heading for 'home'.

The route back takes the northern edge of the summit dome following a line of wooden posts. The posts were placed in 2005 and are a little too far apart if you intend to rely on them as they can be hard to see but eventually you come

Mark and the author mid way across the Salto del Caballo



Entering the Path to Hell



to the main path down to Robledal. The top section of this path zig zags below sheer cliffs and is in shadow most of the time. This makes it dangerous in the winter months when it is often the only snow and ice covered section of a usually clear route. It faces north, is very narrow and should be avoided if we have snow unless you have walking crampons and poles. For this reason I don't recommend doing the Challenge if we have heavy snow, (which is rare but possible).

The descent to Robledal is fairly straightforward, the track is marked by red paint marks, cairns and a few posts, care needs to be taken on one particular area of broken rock and along another steep descent through the trees but eventually you reach a wider track and an information board. Here we turned right and raced down to the Robledal Alto recreation area and onto the wide dirt road where, at the 41 km point we reached the junction at Robledal Bajo where we turn right to once again join a section of the GR7.

Only 7km to go and more or less downhill. Legs tired but maintaining a good pace we soon covered this final section and sprinted home along the only section, (less than 1km) of tarmac which makes up the circuit.

The 48km challenge had taken us 7 hours 54 minutes including stops. A tough but rewarding day out.

I planned the Maroma Mountain Challenge with trail runners in mind but it would be possible for long distance walkers to do it, although they would need to allow at least 12 hours. A marked up map of the route and instructions (English and Spanish) should be available at the El Ventorro and also at the Ayuntamiento/Tourist information office in Alhama de Granada.

As the El Ventorro is closed on a Monday it may be best to avoid that day but if you are interested in attempting it please email me at info@axarsport.com or telephone 958 36 37 66 so I can make the necessary registration available and supply your 'Challenge' certificate.

For details of other Team Axarsport programmes please check our websites, www.axarsport.com or www.trailrunspain.com for 2007 Cycling tours, Trail running tours and fixed base weeks.

Almost half way!



Pillar Rock

by Peter Travis

A cathedral façade, exquisitely carved by wind and rain,
where cragsmen worship with dextrous hand and foot.
Through darkened forest, across shattered mountain debris
thrown by Cyclopean arm a million years ago
I climb to reach the bastion rock
that grimly guards the shining river.

I reach a wayside shrine, built with loving care,
but not to humour fickle gods
who play us for the fools we often are,
but to the warmth of human friendship,
to one who loved his native fells and crags,
whose fibre was nourished by the spirit of the hills
and whose "gracious memory" was etched
upon the minds and hearts of fellow cragsmen:
John Wilson Robinson, a solitary cairn to immortalise his name.

From this hallowed place I viewed the mighty precipice;
formidable, yet inviting challenge like no other crag.
I sat and gazed with awe and thought
of those who scaled the grey and sombre wall
before the age of rock-assault broke forth
from urban folk who climbed and named the routes.
A dalesman, whose heart soared at such a discovery,
a shepherd, who many times had passed beneath
the towering mass in search of precious flock.
And I was one with them; the crag
had worked its mesmeric magic on my mind,
had captured thought like some rapturous symphony.
I did not apprehend the warmth of the sun
or cooling breeze when sun withdrew its comfort.

Such magic must not be the infinity of time,
for if it were then it would be no more.
The spell was gone, as the breaking of a bough,
and all things familiar flooded to my mind.
I had been among the gods that day,
yet there were kindred spirits whose love
for fell and crag had bound them
to this place for kindly eternity.

Daft ideas to far horizons!

Or where do Bowland Bats go in the summer?

It's November, the clocks have just gone back and I have finished reading up some of the 'Dig the Peat' accounts of long summer runs on the Bowland website (not a difficult choice given Saturday TV schedules). The BEGs and DEGs leagues have finished and a new Bowland Bats season has started.

Last Thursday nine of us ran along the top of Whenside on a cold frosty night, the lights of the Dales spread before us illuminated by an autumnal moon. As we ran back under Ribbleshead Viaduct a train crawled above us, a giant illuminated caterpillar heading south.

Bat runs are now in their third season. For those who read 'Batting in the Dark' in 2005, Bowland Bat runs were devised in winter 2004/2005 by Andy Walmsley and I to save us from the corrupting influences of telly, retail parks and road running. But what do 'Bowland Bats' get up to in the summer?

We have just completed our first season of DEGs and second season of BEGs runs and I have already got a list ready for next year. So what the hell are BEGs and DEGs?

Bowland Exploration Groups and Dales Exploration Group runs have to be to an area that has not been visited before, preferably in wild country. There has to be an element of interest such as plane crash wrecks, caves, silly names (such as 'Dead Man's Stake' and 'Thick Sod Holes') and if possible a bit of trespassing - even though 'Right to Roam' has removed the scope for this. We should also visit a new pub afterwards. Andy Walmsley devised a points system like he did for the Bat runs with deductions if the pub was not visited.

If you visit the Bowland website he has now put together a list of his reports and pictures of our 2006 summer season. During 2005 and 2006 they ranged from runs to crashed WW2 aircraft, mines, aqueduct sighting towers, gamekeeper's pigeon lofts out on the fells, unvisited Bowland summits and unknown caves. On one DEGs run we even saw 'Sun Dogs' from Gragareth, which there is a picture of on the website for the Green Hill 2006 run (look 'Sun Dogs' up on www.atoptics.co.uk/halosim.htm)

Some runs have ended up over 2 hours - a lot depends on the terrain and the amount of navigation involved. What all of them did was give us all a welcome addition to the usual club night runs, and a chance to explore parts of Bowland and the Dales that we had never visited, as well as another excuse to get out on the fells. Part of my enjoyment came from the appreciation by those that had never been outside 'Blazer Land'. They have been good excuses for runs on brilliant summer evenings that you can then bottle up and relive in the winter, and then be inspired to think of new ones for next year.



The advantage of Bowland over other areas is that we have an area which, until recently, has been out of bounds to most runners. A few of us have completed rounds and routes that involve trespassing but there have been some parts of Bowland, such as shooting tracks opposite gamekeepers cottages that even the best trespasser has to draw the line at. So when it comes to finding areas that no one has previously visited there is a lot of scope to explore the hidden crevices of Bowland.

We devised BEGs and then DEGs runs to be once a month. There would be points for attending, which would be forfeited if you didn't come to the pub afterwards. League tables were published after each run together with a report. After a successful 2005 BEGs season we decided to go a further afield and cross the Ribble. We had already ventured out to Green Hill, the highest point in Lancashire, in 2005, so extending our exploration runs into the Dales was no big deal - it was just a bit further. So in 2006 Dales Exploration Group runs entered the calendar. (Andy had to fight off the suggestion to name them *Dales and Upper Ribblesdale Explorers!*) as it might have attracted the

wrong sort! - You might say it already has, but we won't mention Ian Roberts!

As a result the turnouts have not been as high but the quality of exploration has been even better, as have the new pubs.

By looking for new places to explore it has given the club a vitality that would not be there if all we did was just go out and train.

Some runners have been reluctant to be drawn into this sort of activity, which by necessity involves serial map fondling, although Yiannis has eventually consented to the fondling! But it has brought an interest and enthusiasm to the club that shows no sign of abating.

So if your club is stuck for ideas of what to do, apart from training, think of a daft acronym and plan some exploration runs. Even some of Bowland's elite runners have got themselves an acronym 'The GHANDI Boys' (General Hill And Dales Investigators) - no-one over 9 stone eligible! Apart from one member BEG and DEG have yet to meet them out exploring, and rumour has it that they just go off fasting!



"Kick Start Your Day And Improve Your Performance!"

Do you know how important protein is to your athletic performance and how detrimental a lack of it can be?

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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For example if you weigh 70 kilos, train regularly and compete, your body will need more than 100 grams of protein daily. But it can only absorb about 25 grams at a time approximately every three hours.

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Why is it so important?

Protein is muscle food. It's the thing that repairs and rebuilds your muscles and without strong muscles you can't run competitively.

So if you just take a bit of trouble to get your daily intake right you'll improve your performance no end and eliminate a lot of exercise related muscle problems.

And where better to make a start than with the main meal of the day - BREAKFAST!

If you're typical of the hundreds of athletes I've spoken to over the years your breakfast is probably a rushed affair and it's probably carbohydrate biased - cereals, porridge or toast. This is fine from the energy point of view but will only deliver roughly 8 grams of protein.

This is well below the 25 grams you should be taking in.



It is particularly important to slot in the first 25 grams of the day as soon as possible after an all night fast. Now I know that our modern lifestyles do not lend themselves to elaborate breakfast preparation so this is why we've come up with a modern solution - Kick Start®.

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The good news is that you have no need to change your breakfast routine, after all you need the carbohydrates for energy and to help drive the proteins into your muscles.

We've developed a delicious 'meal topping' protein formula, made from dairy caseinates and whey, which when mixed with milk will deliver a desperately needed extra 16 grams of protein to your hungry muscles.

So by all means carry on having your cereals, porridge and toast but top up the protein using Kick Start® as well.

Kick Start® comes in three delicious flavours - Strawberry, Banana and Peach. It's dead easy to mix, just add the milk to the recommended amount of powder in a screw top jar and shake or use a blender if you're not too pushed for time. You could even mix it up the night before and keep it in the fridge ready for the morning.

The pack size is 1 kilo (30 servings) with a handy measuring scoop included. Each pack costs just £12.95 plus £4.50 post and packing. 2 or more packs post free.

"Hi Robin,

You may recall that we discussed my diet and you identified that there was a distinct lack of protein from my evening meal through to mid day the following day, some 18 hours! From that time I started to supplement my diet with Whey Protein powder. This solved the leg pain problem which had been a real worry and improved my recovery capacity beyond belief.

I was taking Whey by putting it on my cereal in the the morning and, with the grapes and banana I was also adding, the bowl was getting bigger and bigger. However since you introduced me to Kick Start dairy protein drink mix, which I take mixed with milk and drink, my breakfast is easier to deal with and my body is responding in a very positive way. No doubt whatsoever, and it only confirms to me your advice, that protein was the most important element in a person's diet, was the best of so many gems you have given me."

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



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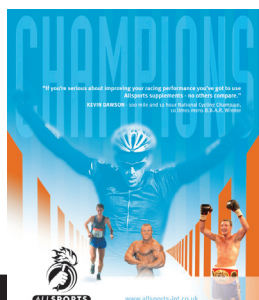
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Fell Runner

Your letters

Fellrunners: Not such an enviable reputation

Sir

In regard to the complaint about the Ben Lomond Race, earlier this year I discovered what some other users of the outdoors and conservationists think of fellrunners in the Peak district.

We were in the process of having discussions with local landowners over access issues and I phoned a contact in the Ramblers to canvass support. 'Oh yes,' he said, 'fellrunners – spread across the hillside, trampling everything underfoot'. A phrase I'd heard several times from bird watchers and other conservationists.

It turned out my friend hadn't actually seen any fellrunners in his lifetime of rambling, but had formed his opinion when he saw a large orienteering event over open moorland. Somehow that impression of fellrunning has stuck – with people who are influential on lots of committees including the Local Access Forum.

For my part, what I try to do is get involved, educate people about fellrunning and get the evidence together to show that we are considerate, responsible users of the countryside.

Bob Berzins
Dark Peak
30/10/06

agree with me. As reported in the minutes of the AGM, the response was overwhelmingly in support of my view. No one at the meeting argued strongly in favour of staying with UKA. The minutes failed to report that we also had a show of hands to reveal how many members present were also current race organisers. My rough impression was that it was around a third to a half of those present, i.e. it was a significant proportion of the total.

I see no clear reason why the attendance at the AGM should not be statistically representative of the FRA membership at large. After all, none of the so-called activists were bussing supporters the length of the nation to rig the ballot. However, I was offered a surprising observation after the meeting – that the discussion was too one-sided and of little value because most of the participants agreed with me. Well – yes!

So I conclude that most of us want FRA to manage fell racing independently of ignorant, incompetent governing bodies. I am confident that the committee will want to act according to these wishes. If it does not want to do this, it is obliged to explain why it chooses not to. If it needs further help, perhaps a postal ballot and EGM might be appropriate.

Yours sincerely,
Keith Burns

(FRA member since 1980, English, living in Scotland)

Democracy in action...?

I was the author of the late resolution to the FRA AGM. Andrew Schofield seconded the resolution. Our resolution proposed early secession (by 1st Feb. 2007) of FRA from UK Athletics. Having read the FRA Constitution, I thought that considering the urgent need to avoid further mayhem and confusion at the hands of UK Athletics, the Chairman might allow the resolution under the terms of Clause 7. We gave it as much advance publicity (on the FRA Forum) as we could under the circumstances (i.e. there were very late developments). The Chairman rejected it. I don't condemn him for this. It was a hot potato to handle as a late resolution. It was allowed for informal discussion at the end of the meeting. I was happy with that. I wanted to focus members' attention on a clear objective. I wanted a show of hands to indicate the consensus of those who had travelled to the meeting. Some said that it was their first AGM and that they had travelled a long way to vote on this issue.

Towards the end of the informal discussion leading to the show of hands, I was concerned that the vote risked getting too fuzzy. So I made it clear that I wanted an indication of how many members felt like me – that they knew NOW that they wanted FRA to leave UK Athletics; that they didn't feel a need for further analysis and investigation by the sub-committee given the job of looking into the issue. Some were content to wait until the sub-committee had reported. The majority seemed to

Dear Dave,

On Sunday 12th November last year I was out walking with friends and a former running partner in the Roaches area, having planned to watch as much of the Roaches race as we could.

We positioned ourselves near to where the runners start the steep climb to the ridge of the Roaches and watched all the competitors as they came past, led by the eventual winner, Simon Bailey. We offered words of encouragement and some pleasant banter. Many of the runners mistook us for official race marshals and a good number, as they went past, thanked us for marshalling the event. I found this very pleasing, to realise that there were so many runners who appreciated the organisation of the race (even though we were not part of it !!)

Having read the report in the last "Fellrunner" about the troubles and unpleasantness experienced by the organisers of the Calderdale Way relay and the depressing effect this surely had on those who put so much work into that event I felt that it needed to be said that not all runners are so shameless and that they do appreciate the vast amount of time put into such events.

I ran in the Roaches Race some twenty years ago, when it was organised by the Cambridge University Fell Runners, and I can say that I really appreciated the work put into its organisation.

Take heart, you organisers of the Calderdale Way Relay – not all runners are as bloody-minded as the few you have had to put up with. Those who stoop to abuse the organisation of races are not worthy of the name of fell-runner. There is a spirit among fell-runners that takes into account the real difficulties that can be faced by those who dedicate themselves to the putting-on of such events.

So, it's three cheers for those who organise the races, give their time, energy and sometimes, I suspect, at no small financial cost to themselves – and shame on those who abuse their efforts.

Sincerely,
Peter Travis

Licensing of Race Officials and other Idiocies

Spare a thought for those of us involved in putting on road, multi-terrain and cross country races. All the FRA objections to the proposed licensing of "officials" and "volunteers" are equally applicable to us. The lack of consultation, lack of publicity, total lack of planning and lack of evidence that there was a significant problem to be solved were in the first place, were/are just the same for other "endurance" disciplines.

The FRA has mostly been labouring under the misapprehension that UK Athletics is there solely to serve athletics. We must remember that the salaries of UKA officers are in effect paid for by the Government; and he who pays the piper calls the tune. From my involvement in other sports such as orienteering, caving and cross country, I know that there is a consistent pattern to the involvement of the current Government in sport. Professional sports administrators are continually looking for ways to impress their paymasters.

The agenda for the Government (not in any particular order) seems to be as follows:

1. Control

The current government believes that we are all incompetent to do anything unless we have a certificate to say otherwise. It is hooked on accreditation, certification and grading. Nothing is too basic or trivial to escape its attention. Remember this is the government that decreed that you cannot replace a pane of glass (even in your own home) without paying several hundred pounds a year to be accredited. And whose factory inspectors have been known to insist that "dangerous" chemicals such as scouring powder and domestic bleach shall be stored in a locked chest.

2. Job Creation

All this regulation and supervision creates jobs for professional sports administrators. After all people have to do something now that manufacturing has been sub contracted to China and food is grown anywhere but in the UK.

3. Social Engineering

Don't see too many black and Asian fell runners do you? And those courses are not very wheelchair friendly are they? Perhaps fell races should be held in the inner cities to avoid all that environmentally unfriendly car travel?

4. The Feel Good Factor

The Government thinks that votes are to be had if it can be seen to be "buying" Olympic medals and success in other very high profile international events. If your sport can't make the back pages of the tabloids don't expect much financial help.

If road running and cross country running don't get a fair crack of the whip you cannot expect a discipline like fell running which is beyond the understanding of most MP's to get any respect at all. These guys at UKA are looking after their careers first, the shopping list from the Government next and fell running will be right at the bottom of their concerns. They are always going to promise the bare minimum to keep the FRA on board and then renege on most of these promises later.

The only way to get any respect from UKA is to massively raise the profile of the fell running etc. This is something which I suspect is anathema to many fell runners and even if we go down that route it will be a very, very long haul. To give you a flavour of what I mean, a typical race on the continent is accompanied by bunting, oompah bands, much ceremony and publicity. There is a podium at the finish and the general public will line the route cheering. We do things differently in the UK and any members of the public present are more likely to be found wandering around oblivious to the race creating a potential hazard to both themselves and the runners.

There is much to be said for both the UK and continental models. However if we want to be taken seriously we must take ourselves much more seriously. The choice is ours. But always remember Government money always comes with strings attached. If the consensus likes things as they are, the FRA should leave UKA **now**.

As understood the FRA has our authority to take Fell Running away from UKA without reference back to the membership. Logically I would go a step further. If it has not already been done, I would advocate drawing up plans as to how this withdrawal should be achieved in an orderly manner with the minimum disruption and confrontation.

(Presumably we would need to split off the domestic side of Fell Running from the international side and make a present of the latter part of our organisation to UKA. This would basically just include team selection and the organisation of international races and selection races.) Then when the next confrontation occurs as it inevitably will, given the Track and Field monoculture at UKA, the FRA committee will be in a position to pull the trigger at a moments notice if they think it fit. If they haven't got the bottle to do it we need to have more debate as soon as possible on what sort of sport we want.

I actually believe that if current trends continue road running and cross country will eventually have to follow the FRA, however this will be a slow process because there are not currently the structures in place for these disciplines to operate independently.

Don't be surprised if you break away to find that organisers of road, multi-terrain and cross country races are queuing up to hold their events under FRA rules.

Geoff Newton
FRA number 338

EVEREST SUCCESS

The Everest Challenge Team from Clayton Harriers has succeeded in reaching the target of £50,000 for their chosen charities.

The team of Garry Wilkinson, John Roche, Neil Worswick, Tyrone Morgan, Peter Booth, Mark Brown and Candice Leah all competed in the Everest Marathon in November last year.

After an arduous trek from Lukla to Everest Base Camp at 17,500 feet, taking 17 days, enduring temperatures of -20°C and coping with illnesses associated with altitude gain, all the team completed the gruelling marathon course from Gorak Shep to Namche Bazaar.

The inspiration for the event came from watching the Paralympic Games in Athens. John Roche & Garry Wilkinson decided that after competing for over 20 years in the sport they love, it was time to put something back and so set about planning the events and functions to raise money in particular for disabled sport.

Such was the commitment of the team, they even bought a Mercedes Sprinter Van to advertise prospective sponsors names on. The van has been seen at many of the leading

fell races throughout the year including the Yorkshire Three Peaks and sponsor donations have brought in over £15,000. Other money raising events included a Northern Soul All Dayer at the Circulation Club in Burnley, a Live Rock & Jazz Band, **The Uptown Band** at the Keirby Hotel, Burnley and a night of entertainment with Andy Ronnan's band, **Julio Stelios** at Rendezvous Night Club in Whalley.

Over £7,000 worth of raffle tickets have also been sold throughout the year. The draw took place at the teams premier event of the year a Dinner Dance at the Dunkenhalgh Hotel, Accrington where Honorary Guest Dame Tanni Grey-Thompson drew the winning ticket.

The star prize of £2,000 cash was won by Billington's Lorraine Price. There were also guest appearances by marathon running legend Dr Ron Hill MBE and fell running legends Joss Naylor MBE and Billy Bland. Local guests included Harry Walker, John Calvert and Shaun Livesey. Andy O'Sullivan MBE compared the evening with TV's **The Comedians** star Duggie Brown heading the bill. The evening was finished off with an auction and live entertainment from jive band **The Swing Commanders**.

A staggering £12,000 was raised on the night.

The total money raised will be split between various causes and over the next year the team will decide where the money will be best spent.

These charities include The Everest Marathon Fund – which continues to fund water aid, Leprosy in Nepal and hospital ventures in the Himalayan region. They have been donated £10,000.

Get Kids Going the charity that provide wheelchairs and back up for disabled kids – helping them into sport – have also been donated £10,000. This charity has recently had success with Shelly Woods who was selected for the Commonwealth Games in March and we are proud to have been associated with Shelly. Shelly has been sponsored by the team in the way of kit and wheelchair spares.

Something quite dear to the hearts of the team was the livelihood of the Nepalese porters. The porters are solely responsible for carrying all the tents, food and when necessary sick people. They do all of this, always with a smile and without complaint, yet they are not provided for. They too suffer from altitude sickness and illness and yet sleep in caves and live generally very poor lives. The team is looking to provide a rescue post for the porters in one of the more inhospitable places on the trekking route.

The team also want to develop a link with a local disabled facility and are looking into a project at the moment.

We will keep you posted.

"We've had a fantastic year brought about by a lot of effort, hard work and support from a small nucleus of people, and they know who they are!" quoted Garry Wilkinson.

Three people in particular supported our cause to such an extent that they came with us and acted as our support team. Steve Heys and Stuart James, as well as raising a lot of money, actually marshalled in the race. Photographer Peter Hartley complimented the team, newly nicknamed 'Clint' after problems with his hip forced emergency evacuation down from the mountains on horseback.

Once again, Thank You Very Much to everybody who helped and raised money for us.

Yours in Sport

The Everest Marathon Team



Photos courtesy of Pete Hartley

The Auld Lang Syne

As traditional on New Years Eve as Christmas Dinner is to Christmas

This race is not all about racing, but more about socialising and having fun, which could be why a bumper field of 453 turned out on a wind swept Penistone Hill for the 13th running of this event. The popularity of this race just grows and grows, with only the Millennium race record of 532 being greater, although in the 1994 inaugural race only 137 runners ventured to the blizzard-swept event. Once again a splattering of fancy dress competitors took the fun to a new level, with 'caveman' Ian Nixon and 'escaped prisoner', Chris Heys, being the fancy dress winners of tins of Heroes chocolates. Peter Parker, alias Spiderman of course, telephone 118 118 runner, a sexy cowboy in a pink stetson, shirt and boa, a tortoise, a hare and oodles of others made an appearance. As is customary Louis Holmes was the celebrity guest starter, he also got in to the spirit of things by being dressed as Sponge Bob Square Pants, last year King Kong was his fave, Louis is developing a taste for this running lark like dad, and recently finished third at the U8's Stoop Quarry run. Another ten years could possibly see Louis win the Auld Lang Syne, here's a scary thought the Woodentops will be silly old goats, doddering around in their sixties!

Former English and British champion Simon Bailey, second last year to eleven times winner Ian Holmes took his revenge, equalling Ian's time, but the record now goes to Simon.

The reason is the farmer asked us to run down the fields like the Sreen Stanbury Splash route, but climb back up via the next few fields, thereby making the course 100 yards longer, and a little steeper. Farmer Steven doesn't want to spoil anyone's enjoyment of the outdoors, so this compromise means his green pastures are worn more evenly by the hordes of runners. 'Grand folk are farmers', say the Woodentops.

Simon, along with Olivia Walwyn of Altrincham and District AC, will now be immortalised on all the beer labels for 2007, just like last years winners Ian Holmes and Natalie White were. 23 year old Olivia also broke Natalie's course record by 13 seconds, with new recruit to Bingley Alison Raw second and Lisa Lacon third. Lisa did break The Giant's Tooth ladies record on New Years Day.

Olivia is fairly new to fell running, but has

been running on road, track and cross-country for about 8 years as a member of City of Norwich AC. She always enjoys cross country races - 'the muddier and hillier the better', and finishing 13th in the senior race at last year's National Cross-country is probably her best result. Norfolk wasn't the best place to try fell running, but having moved to Altrincham in 2005 with partner Tom Bush, whom she met at Durham University Cross-country Club, she has now managed to fit in a few races. In May she won Belmont Winter Hill and then a knee injury through the summer held her back before returning in September to win the Lantern Pike fell race. The pair have really enjoyed fell running, especially because there is always such a friendly atmosphere, and intend to compete more in 2007.



'I arrived at the race not really knowing what to expect, and I didn't have long to think about it as we arrived with only about 10 minutes to the start! It turned out to be a brilliant race with lots to keep you interested.

To start with I got pushed quite near the back as it was a big field, but I soon started to work my way through. Then there was a bit of a surprise with the steep hill down to the river. I must have lost a lot of ground as I was a bit too careful sliding down the hill in the mud, (this is definitely something I need to get better at!) but I enjoyed splashing through the river and tried to make up for it by picking up places on the way up the other side, as there was a long gradual slope up to Top Withins Ruin.

The river slowed me down again on the way back, but luckily there was enough smooth ground for me to out sprint the alternative first lady (who I think may have won a fancy dress prize?!).

Little did I know the true test of strength was yet to come: I was a bit puzzled on finishing when I was asked if I'd got a strong arm? I soon found out why as I was piled up with mountains of chocolate and beer, which I'm still working my way through...'

Olivia Walwyn – Altrincham & District AC - first lady & new record time of 49.15

Leeds based company, **Crosstrax**, once again kindly donated 4 pairs of fell shoes to the free prize draw in the Old Sun Hotel, where it was packed to the rafters with tired but jubilant fell runners eager to refresh with a pint or two. The surprise lucky winners were; Sue Wilson – Keighley & Craven, Christine Preston – Todmorden, John Griffiths – Preston and ‘caveman’ Ian Nixon – P&B getting in on the action again. They will all be seen in 2007 wearing some brand spanking new super fast shoes – good running.

‘In the beginning of this article it says “The Auld Lang Syne is not all about racing, but more about socialising and having fun”, and I couldn’t agree more! That’s why I race! The atmosphere, and many friends I’ve met through racing. For me, this and other Penistone races are even more special as they are just a short walk up the hill from home. The weather is always unpredictable & usually 5 degrees colder than in the valley, and there’s always friends to chat with in the registration queue. I try to race all of these races from Penistone Hill - well its home turf and I love running on the Haworth moors any time. At the Auld Lang Syne this year I was lucky to win a pair of new fell shoes in the prize draw – I’ll definitely put them to good use over the next 6 months in training for my Bob Graham Round. Cheers Dave & Eileen for putting on such a great series of races and organising this year’s race on a Sunday so I didn’t need to take a day off work!’

Christine Preston – Todmorden Harriers finish time; 59.22

‘I first started running in 1998, and joined Keighley & Craven AC running club as I had entered the Great North Run and continued to do the odd road race here and there. Knowing quite a few fell-runners I would often go and support at races, but was adamant that I did not want to become a ‘Bog Trotter’ and much preferred the stability of tarmac! Funny how things change, eight years on I have swapped the Great North Run for the Half Yorkshireman, and the Abbey Dash for races such as the Stoop.

This year was my third Auld Lang Syne race. Speaking to my running friends, Liz Crosland & Margaret Marsden the week before we discussed the terrible weather forecast. My response was ‘tough we are still doing it’ whatever the weather the Auld Lang Syne is as traditional to local fell runners on New Years Eve as Christmas Dinner is to Christmas. It’s all about taking part and finishing the race to the best of your ability not forgetting trying to beat Spiderman & Batman!

It was a hard run out, mostly uphill and straight into the wind, but luckily no rain. It was great to hit the muddy field, and run straight down to cross the stream without falling. I was wearing Inovate Mudclaw fell shoes, which are excellent in the boggy conditions. Then what a relief to hit the trig point, and have the wind behind you and just let yourself go, eyes totally focused on the uneven path in front and conscious of thundering footsteps right behind you. On the final run in the legs had turned to jelly, and I was convinced lots of people would run past me, but I managed to hold them off and gave it everything I had on the last few yards despite the wind trying to blow me in another direction. Another tough race, but it all melts away when you are chatting in the pub an hour later, and then even better when you win a pair of fell shoes. It’s nice for a change that not just the winners get the best prizes.’

Sue Wilson - Keighley & Craven finish time; 70-57

I competed in my first fell race five years ago at the **Surrey Hills** race, but it wasn’t until I moved up to university in Leeds from Southampton that I did any more fell running, which included a few of the Jack Bloor and Bunny Run races. A couple of years ago I wanted to try doing quite a bit more fell racing to get some practice at head-to-head racing which is hard to come by in my main sport of orienteering and so I joined my local fell running club Pudsey & Bramley.

However, it is races like the Auld Lang Syne which have seen me entering more races than I envisaged. The atmosphere at this year’s race was great, and not just at the start but throughout the race and well after the finish team had packed up.

I decided to run in fancy dress after a moment of madness, deciding that it would be more fun that way - maybe not the term I’d use whilst in the race, but I certainly received more encouragement than usual, so thank you to everyone for the support, and my apologies to anyone who suffered at the hands of my frantic club waving!

The prize giving was as eventful as any Woodhead production. It always amuses me seeing the winners staggering back into the crowd laden head to toe in festive spoils.

Since I’ve started working at the new Up & Running store in Leeds I have come into contact with many like minded folk who like nothing more than being out on the fells, be it in a race or recreational, and I hope to meet many more over the years as I travel further afield to try as many different races as possible.

Previous claims to fame!

School: 60m skipping rope race winner ‘91, ‘92, ‘93

Fell: Ilkley Incline winner ‘06

Orienteering: GB team for Junior European Cup ‘00 and ‘01, Junior World Champs ‘02 Yorkshire Champion ‘05

Ian Nixon, Pudsey & Bramley, time of 44:39

‘At the presentation in the pub I was a lucky prize draw winner entitling me to fell shoes, gratis from that fine purveyor of sports goods / accessories Crosstrax !

The organiser asked if I would do a race report / profile of myself as an average runner instead of again profiling the top runners, one of whom and I quote; “doesn’t want to see his face yet again publicised as he knows what he looks like.” The quote from Dave – the subject – Ian Holmes !

About me; (please don’t turn to the results page just yet!) I am 42, a single dad of three teenage boys. Preston born and bred, I run for my local club, “the famous Preston Harriers” as Brendan Foster refers to us on television. I work full time as a driving test examiner in Blackpool. An interesting job – hair-raising even at times.

I started fellrunning age 34 and thoroughly enjoy it even though at times questioning why I do it, particularly during bad races or when going through the pain of finding post injury fitness. I am kept busy looking after my sons, running a house and work so don’t have as much time to train as I would like, (that’s my excuse and I’m sticking to it), though things are getting easier.

The highlight of my modest fell running career was being Preston’s club fell champion 2005, and I consider a top 20 race finish as a personal triumph, something I have achieved only rarely.

I attempted this race on the back of a truly annus horribilis (if Her Majesty can have one – so can I !) including injury after injury, minor op and the lowlight being collapsing at the end of the Paddy’s Pole fell race due to infection requiring ambulance, hospital treatment till the early hours and endless subsequent blood tests. At the time, I honestly thought I had breathed my last.

This race then was a chance to exorcise the events of the year. As usual, there was lots of atmosphere, a host of goodies / prizes and an army of runners, most in club kit, some with flamboyant hair styles even superheroes and villains ! All this against the backdrop of a grey December sky. What a contrast !

The race seemed to take in parts of other races, and it was very heavy going in a strong wind, plus was that really spiderman pulling up in front to re-do his shoe lace ?

I finished in the pack 117th position, tired but exhilarated and happy to be racing again. And what an occasion. Where else would you get 450+ runners in great humour on what was a nasty day in t’Yorkshire. Eileen and Dave put a lot of effort into their races and it shows. The post race craic in The Old Sun Hotel was great fun, the free shoes (now gratefully received) being the icing on the cake. Here’s to an injury free and race filled 2007, for everyone.’

John Griffiths – Preston Harriers finish time; 54-03

Why not look on www.photos-dsb.co.uk for photo’s of the event!

Junior pages

Happy 2007!

Another year packed full of fell running coming up. The championship races are listed below – hope to see as many of you as possible at them. There will be T shirts for everyone who competes in four or more races (and I will let you know exactly what the sizes are this year so you can pick the perfect fit!). There will also be a memento for everyone who competes in all 6 races. I do have an idea what that will be, but I am happy to have suggestions! We are also very lucky to have sponsorship from ETA Sports again. There will be two pairs of Walshes to give out at each of the races, and the winners at the end of the season will each receive a pair. The first one is on April 1st, so start training now!!

Madeleine

Write for the June Fellrunner

Get your name in print! Send me pictures, write about a race you've done, what your aims are for this year, etc and I'll get them included in the magazine.

High Rigg

NOTE!!!! Change in date. This will now be held on Sunday 27th May. This is the bank holiday weekend, so no need to rush off back home after the race!

At the 2006 presentation do, from left to right: Dionne Allen GU18, Hannah Bateson GU16=1, Rosie Stuart GU16=1, Hannah Bethwaite GU12 and uphill champion, Rory Addison BU12 and uphill champ, Mel Hyder GU14, Luke Maude BU16, Jenny Read uphill champ, Samantha Morphet GU20

Goodies from 2006

I still have a trophy, some medals, T-shirts, certificates and bumbags from last year. Please get in touch with me so that I can arrange to get them to you (easiest way is to email me on thewatsonroundhay@yahoo.com). Or see me at the championship races.

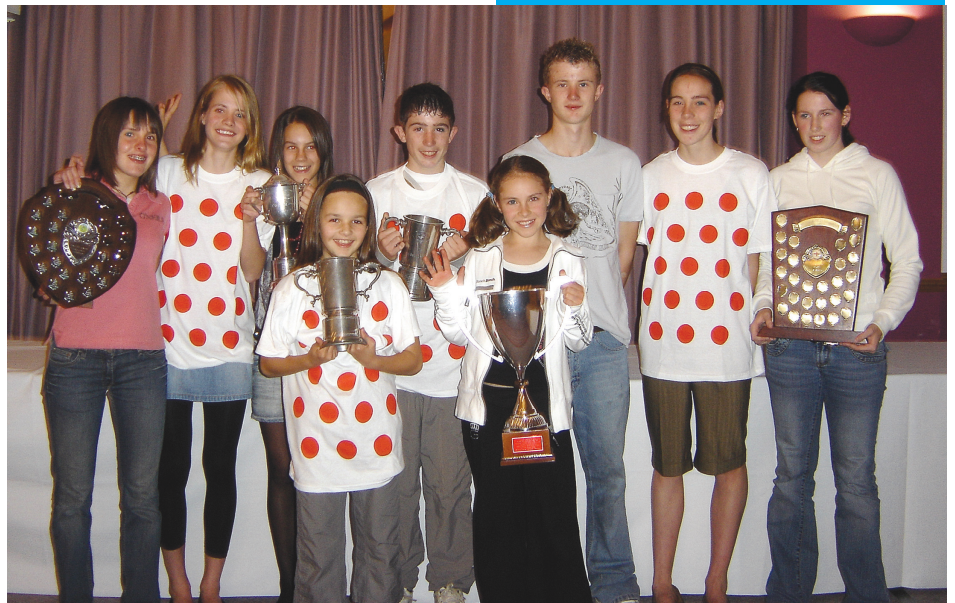
Keep up to date

Look at the junior pages on the FRA website (www.fellrunner.org.uk).

Watch your distance!!!

Please remember that there are maximum distances which juniors are allowed to run. These distances are set out in rule 10 in the FRA handbook. They are there to protect the welfare and development of juniors. So juniors, parents and organisers please take note.

Thanks



2007 Presentation do

The presentation do for the certificates, T shirts, medals, trophies, mementos etc will be at Horwich RMI club house on Sunday 14th October. Obviously not just for members of

Horwich, although if you are in Horwich you won't need me to tell you how to get there! There will be a buffet and disco. More details will follow later in the year.



www.etasports.com

Junior championship races 2007

(U12,U14,U16,U18 plus non-competitive U8 & U10)

Sunday 1st April	Wrekin
Sunday 27th May	Higg Rigg
Sunday 3rd June	Skipton/Keighley
Saturday 28th July	Pendle
Sunday 19th August	Sedbergh
Saturday 15th September	Lantern Pike
Uphill Championships	
Sunday 1st July	Ilkley

Contact me on
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 Tel: 0113 269 2526
 65 Old Park Road, Roundhay,
 Leeds, LS8 1JB



Coaches Croakings

All the best to the young and old for 2007 from the 'frog' who may well be known as the 'Cotswold Crackpot' after his current croak. Two themes this time – finesse and fun.

No matter how good your running sessions may be and how much ability you have, there is always that extra bit of improvement to be made which takes you to the next level. That is where refinement or finesse becomes important in terms of all round preparation. So I am harking back to methods some of you will associate with me, core training and drills. Why do them when you think you are already pretty good? Well there is plenty of evidence of the benefits in terms of strength, balance, suppleness and improved cadence. Moreover, all the experts will assure you that you are more likely to remain injury-free. Some of you, like my own little group, will be doing these things with your coach or parents. We sacrifice a running session for a weekly 1 – 1 ½ hours of flexibility, core training, drills, circuits, ending with a 'fun' shuttle running effort with cones, hurdles, benches and anything else which comes to hand. However, I do not think this session is enough on its own for youngsters who have reached 16 years or so of age. If they are ambitious they should be doing perhaps 20 minutes of 'core' and drills on as many other days as they can. The weekly session can then act as a check on their progress and show them loads of variations and different exercises so that they do not get bored when doing their own short work-outs. Remember this, core training and drills can be done inside the home and just outside it. For the sceptics among you, all I can say is that the youngster in my group who has really taken all this on board as well as 'upping' the running sessions a bit has truly progressed to another level. This athlete made the Junior World Trophy team and is among the top few (age-group) at cross country and longer track distances. All that has happened in about 9 months of 2006.

If you are still taking notice you may say 'so what are these wonderful exercises and drills?' There are literally hundreds of them but as in most walks of life you should start with a few simple basic skills and work up in volume and intensity as time goes on. Ideally you will have someone to supervise and teach you. Above all they can check on your technique. If anyone is interested I am putting together a booklet containing most of the exercises and drills which my group use. It will have 'matchstick men' and photocopies to illustrate the movements. I am very happy to send it to anyone of any age who would like a copy (apparently some of the 'oldies' read the junior pages). My phone contacts are 01513364561 or 07923608227 (mob) and my aged brain copes with 'texting' too. At least I might find out if any juniors actually read these articles. There are two books which can be recommended.

1) Core Training by Thomas Boettcher (pub. Collins & Brown)

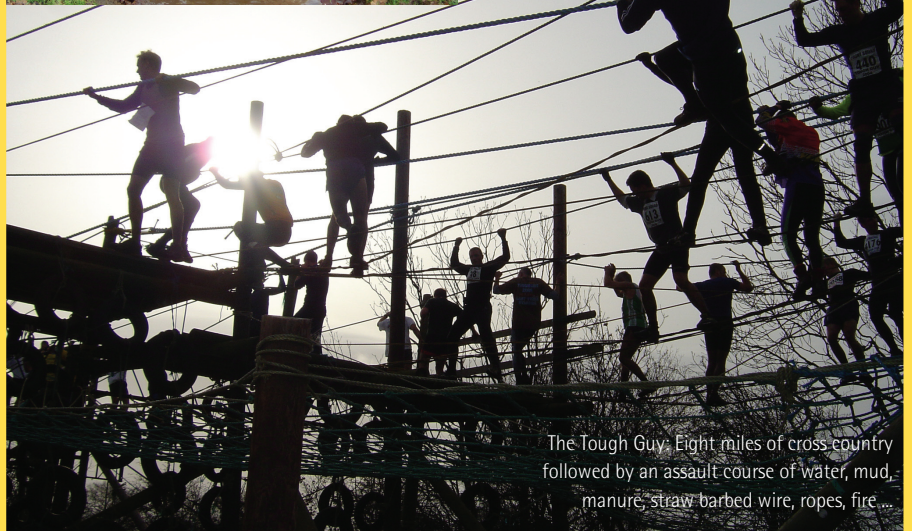
2) Strength Training Anatomy by Frederic Debiere (pub Human Kinetics).

There is a separate Womens edition.

Both books are full of illustrations. If all this is still not your idea of fun lets try something else which may be. Some of you will want to concentrate on the Junior Championships this summer. Others (16 plus) will set their sights on international vests. Hopefully the ambitious ones will have noticed that there is a European under 20 championship this year for the first time. It will be a Great Britain team. The race is in July with a trial in June (refer to 'calendar' & 'Fellrunner'). This years race is uphill only while the World Trophy in September is 'up and down'.

Those amongst us who cannot aspire to such dizzy heights could try another form of fun to provide some variety. This involves races or events involving degrees of madness. Some of them are in my original homeland and others dotted around. Top of the madness scale are two events on the same day over Spring Bank Holiday i.e.

1) *Coopers Hill Cheese Rolling event* at Coopers Hill, Brockworth, Glos. May 26th (www.cheeserolling.co.uk). You chase a Double Gloucester cheese down at 1 in 1 grassy, humpy hillside. There are several races (5 last year) and you can even race up (if your nerve has given out). Downhill winners get the cheese as a prize. It should be noted that the cheese reaches 70 mph so you would go into orbit if you tried to keep up with it. The Gloucester Royal Hospital is



just a few miles away.

- 2) Equally daft but less 'hairy' are the *Woolback Races* at Tetbury Glos. You carry a 60lb sack of wool 240 yards up a 1 in 4 hill. It is only 35lb for the ladies. This is also on May 28 (www.tetburywoolsack.co.uk). Who knows? It may be possible to do 1) and 2) on the same day. Then you would know that you have really 'lost it'.
- 3) 'Pretty mad' for the older ones is the *Tough Guy* at Mr Mouse Farm for the unfortunates (in Wolverhampton). Held in January and July (www.toughguy.co.uk). Eight miles of cross country followed by an assault course of water, mud, manure, straw barbed wire, ropes, fire - in fact anything. Each race has a theme some cannot be printed here.
- 4) Now two slightly more normal events.
 - a) *Race the Train* (it is a narrow gauge one) on August 18 (www.racethetrain.co.uk) at Towyn, Gwynedd. You race over a shorter or longer distance. Quite a few athletes beat the train.
 - b) As a long Sunday run (1 to 1 and a half hours) the *Saab Salomon Hellrunner*. This is 11 miles through Delamere Forest (near Chester). This years event was held on the last weekend in October. Hundreds of fun runners were there as well as Simon Bailey. My group's regular Sunday runs are at Delamere. It is superb!
- 5) Lastly, Bashir's speciality (England Junior Team Manager). The *Killer Mile* at Mow Cop near Aloager (Crewe) Cheshire. A series of uphill mile road races on a midweek evening in April for all ages, sexes, shapes, sizes and abilities. Bashir usually does at least two of the races and can still win one.

Well there you have it. Finesse and fun. Hopefully you will experience both.

Mike Hancock

The Tough Guy: Eight miles of cross country followed by an assault course of water, mud, manure, straw barbed wire, ropes, fire...

General healthy eating

I was asked to write an introductory article for the FRA magazine by our new editor – Britta Sendlhofer. As usual I have left it to the last minute and with just 2 days before the dead line she gave me I have decided to write some basic nutritional advice and am happy for feedback.

My credentials for being asked to write this article are a degree in Sport Science in 1991 followed by 6 months of research in Sports Nutrition and a two year Post Grad course in Dietetics with a subsequent 10 years of work in the field of Nutrition and Dietetics.

So what constitutes good nutrition? 'You are what you eat' is quoted at the front of many diet books and indeed what we put in to our bodies will obviously effect the output. The human body is sometimes compared to a car – you would not put petrol in a diesel car – although no doubt plenty of you have tried! As such I hope you would not fill your body with processed, high saturated fat foods and copious amounts of alcohol each day!!!

Basic nutrition constitutes three food types: carbohydrate, protein and fat. Naturally on top of that we need plenty of fluid. About 30-35mls per kilogram of body weight per 24 hours. So for me that's about 2000 – 2300mls a day. However this will naturally alter depending on your environment (and therefore this amount will increase considerably in warm weather). A good indicator is the colour of your urine. Straw coloured is what we want all of the time (or lighter), so very light yellow at the most. Not bright orange like the top runners after the LAMM!!!!

It is recommended by the Government (COMA reports) that we should be eating approximately 50% carbohydrate, 35% fat and 15% protein. I generally recommend an increase in carbohydrates to 60 – 65%, 20-25% fat and 15% protein (for the average club athlete). Some of you may take a little more protein (esp if you have high mileage or train twice a day). The worry of more protein is that it may include a high percentage of saturated fat (as most of you out there may chose to have more meat) and as you will know, this type of fat has been unequivocally been linked to atheroma and CHD.

So Britta asked me to outline a basic menu plan. Naturally everyone will require different daily calories depending on body weight and physical activity. Very roughly if a woman (between 30 – 60 years old) trains once a day for 1-2hrs and weights 60kg she will require approximately 2000 - 2300kcal. A 75kg man (30 – 60 years old) training once a day for 1-2 hours requires approximately 2500 – 2800kcal per day. To give you an idea researchers believe that a day of *The Tour* requires approximately 6000kcal. Not many of us train that much!!! The above calculation will vary considerably depending on how active you are over 24hours (your working day, how you travel to work and then your training on top!).

Note from the editor: Please send in any particular questions you have regarding your nutrition and we'll try and answer them in the next issue.

BASIC MENU PLAN

Below are food types rather than amounts, as these will vary with each individual. I have also based the menu on a general working day and calorie content of each meal should be roughly the same. However time often plays a huge factor and most of us have the time and make the effort to enjoy an unrushed larger meal in the evening!

Breakfast

Cereals such as porridge, weetabix, shredded wheat, no added sugar muesli with milk and /or yoghurt, fresh fruit or a small amount of dried fruit. If you have toast as well – granary/wholemeal/ wholegrain/stoneground with spread of choice (preferably vegetable fat such as an olive oil spread)

Lunch

Sandwiches on granary/wholemeal bread. Fillings: egg, lean meat, fish, soya/quorn/bean spread (any low saturated fat protein filling) with salad. Or soup made with meat/pulses/beans and fresh vegetables. Fresh fruit.

Evening meal:

Lean meat, fish, egg, nut/seed based dish, beans, peas, pulses, soya, quorn. Potatoes, pasta, rice, or other starchy carbohydrate and plenty vegetables and/or salad.

I have omitted cheese as a main protein source being so high in saturated fat (usually 20- 30 %). The Vegetarians out there must realise that there are better alternatives to meat than just cheese. However some lovely mozzarella, feta, parmesan, stilton etc definitely has its place in a varied diet.

Snacks in between meals

Fresh fruit, dried fruit, unsalted nuts/seeds, fruit bars, flap jacks or equivalent carbohydrate foods high in fibre and low GI. (Some of you may take protein snacks).

Many of you will snack on very high sugar foods and drinks feeling that you need the extra energy in this form; and perhaps those who train two or even three times a day will need some quickly absorbed carbohydrates so that you do not get uncomfortable gastrointestinal pains when training. But a good, regular and varied food intake with ample fluid (not necessarily the amber nectar

or local brew) with the odd carbohydrate (low GI) snack in between is all most of us need.

And do not forget your daily fluid intake

Alcohol is useless but enjoyable calories, and because it is enjoyable it may have some social/ emotional benefit – various research claims that teetotalers have a higher risk of CHD– but how many of you stop after a couple of units a night???

Before you all write in, I realise race food is different to our normal diet and usually higher in monosaccharide (glucose) or disaccharides (fructose, sucrose) but the better drinks are mainly polysaccharides (maltodextrin) and yes you do need to train with your chosen race food before the big day!!!!!! For this season's issue I hope I have given some of you (no doubt most of you have exemplary diets!) a wee bit of food for thought!!!



Glossary

- CHD** Coronary Heart Disease
- Atheroma** Those nasty fatty plaques, which may start developing in your arteries from childhood and may lead to CHD
- GI** Glycaemic Index is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Glucose being 100% and white bread the same! Low glycaemia foods are usually higher in fibre.
- COMA** Committee on Medical Aspects of Food Policy



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Martin Stone's

LONG DISTANCE

NEWS SUMMARY - JAN 2007

FRA LONG DISTANCE AWARD 2006

Steve Perry of Todmorden was the worthy winner of the 2006 Long Distance Award. On 1st December 2005 Steve set off to climb all the 284 Scottish Munros in Winter, linking them all on foot. He completed his epic journey in 121 days, within one day of his schedule. He camped on many of the nights, sometimes high on snowcapped mountains. Steve spent many of the days on his own in severe winter weather. It was an amazing achievement and Steve writes about his experiences elsewhere in the magazine.



I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to:

**Martin Stone, Sleagill Head Farm,
SLEAGILL, PENRITH CA10 3HD,
Tel: 0870 766 1792,
EMAIL: martin.stone@sportident.co.uk**

JOHN FLEETWOOD - WINTER PADDY BUCKLEY ROUND & WINTER TRILOGY

John set off early on the morning of 8th December 2006 from Llanberis. He was aiming to become the first person to complete the three British 24 Hour Rounds in Winter, all within 12 months. He had already completed a Winter Ramsay and Bob Graham Round almost a year ago. The weather for the attempt was far from ideal. There was no moon and for most of the round it was dank and claggy. On the highest summits there were patches of ice and snow. A fresh southerly blew in occasional snow showers. Progress was slow but John was determined to complete his Winter trilogy. On the final section in the dark as he crossed Snowdon after 24 hours, he was battered by gale force winds. John completed the second ever Winter Paddy Buckley Round in 28 hours 15 minutes and became the first person to complete all three rounds in Winter. You can read more about John's winter journeys elsewhere in the magazine.



MANNY GORMAN - BADENOCH & STRATHSPEY BOUNDARY RUN

Manny sent us some detail of a run he completed in late May, 2006. He writes - "This year (after 2 failed attempts in 2 previous years) I managed to complete a 2006 miler with 34,000ft ascent/descent around the watershed of the River Spey, following the boundary line of the Badenoch & Strathspey area. It religiously stays to high ground, virtually all of it over open ground without tracks and paths. It travels through the Carrbridge hills, Dava Moor, Advie Hills, Cromdale Hills, right through the heart of the Cairngorms,

the Drumochter hills, the Ben Alder hills, Creag Meagaidh, Corrieyairack hills and along the top of the Monadhliaths to Slochd. I managed to pick the worst weather in May in living memory (well, mine anyway!) and took 8 days in gales, blizzards, torrential rain, thick clag etc. I had my water proof off for 4 hours in 8 days and had my shorts on for 1 hour in 8 days!! The biggest day was about 42 miles from Drumochter to Luib Chonnal bothy in Glen Roy. The intention was to bivouac on the hills, but the weather was so severe I had to stay in bothies and with friends. The route is exceptionally hard going underfoot, very remote, and the weather just made it a real mental battle every day.

I was forced to alter the route on a few occasions due to the weather on the tops and also to hit bothies. During the trip I met only one other soul (other than end of each day) on the hills, and that was at the summit of Cairngorm in a near white-out blizzard. This was the first run I've ever undertaken to raise money and I managed to raise £2416 for the Cairngorm MRT, so was worth a bit of suffering for that".

LONG TRAIL RACE NEWS

Murdo McEwan reports from the 2006 Tour de Mont-Blanc Ultratrail Race. The winner of this tough 163KM, 8900M race was an Italian Super Vet **Marco Olmo**, 58 years of age. Marco completed the course in 21 hours, some 30 minutes ahead of the 2nd placed runner. **Steve Pyke** was the first Brit in 14th place and a time of 24hrs 14mins. The winner of the shorter 86km race was French lady, **Corinne Favre** who completed the course in 10hrs 53mins, beating our own **Alun Powell** (winner of the 2006 OMM) into 2nd place. A good day for oldies and a good day for the Ladies!

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A Winter Trilogy

The first completion of all three of the 'Big Rounds' in winter

Why? It's a question we all ask ourselves from time to time. Why do we do we do a certain type of work, why do we choose to have a family or not, why do we believe certain things, and why do we subject ourselves to experiences that are going to cause us pain, pain and more pain? In the pain stakes, 24+ winter mountain traverses are high up the list so it's not surprising that until last year the Bob Graham Round had seen a mere ten completions in winter, the Ramsay and Paddy Buckley rounds just two, with no-one having completed all three. The reasons are not hard to fathom: fifteen hours of depressing darkness, ever present cold that invades your body and saps your energy, highly changeable, windy weather, and the bugs that lay one low in a British winter. If Summer rounds require a certain degree of tenacity and willpower, Winter takes them to a different level. With luck, you may have clear skies, frozen ground and a fitness borne of months of hard training, but in reality, you will probably be recovering from the latest cold, you will be battered by the wind, you won't be able to face any more semi-frozen water, the cold will have seeped in to your bones, the long, long hours of dark will drain your energy and spirits, and your will lose all feeling in your feet.

Having struggled round the Bob Graham in June 1998 in three minutes under the 24 hour allowance (it was my first run!), I could scarcely conceive that anyone could complete something so demanding in the Winter. Yet eight years later and I'd achieved not only this but the other two classic rounds in the Winter months and all within a period of twelve months from 16 December 2005 to 9 December 2006. As I reflect on this particular personal achievement, I can only conclude that I must have a self-flagalating streak. Take away any sense of achievement and camaraderie, and the planned, supported rounds lose much of their meaning. Yet the fierce intensity of the solo round in full winter conditions does not, since the ordinary becomes extraordinary, our eyes see afresh and the mountains take us out of this world toward the next.

It all started at the Moot Hall on a frosty morning in December 2003...

If At First You Don't Succeed ... A Winter Bob Graham Round

7 December 2003

The streets of Keswick are deserted and not for the first time, I begin to wonder what on earth I am doing alone at 4.25 am on an icy December morning with the prospect of 24 cold hours before me. I start hesitantly, protecting the knee which has been giving me so much pain over the preceding months. I feel twinges as I trot down the High Street which does not bode well for the day ahead – 300 metres down, only 65 miles to go!

Fortunately the pain in the knee eases as I leave the town and I enter a different world. A full moon is casting its spell, seemingly sending everything to sleep. Nothing moves, all is still. The crunch of my shoes on the hard frost and my steaming breath are all that disturb the perfect calm. The world is asleep and I am in a different place.

The sack slows me down as I jog up the lane, and the first rocks of Robinson are verglassed and time-consuming. The six weeks of flu have taken their toll and I am slow, but it seems not to matter on a night like this. This moonlit world is mine for a night and I have such an overwhelming feeling of privilege to have it to myself. The wind allows no idle sauntering, however, and stings me in to action over Hindscarth, Dale Head and Grey Knotts. Copious ice drools down the rocks and verglas glazes the bald head of Gable, but as Pillar lights up pink, glorious day banishes the dark of the night. The rocky ridges are a delight in the frigid morning air and it feels good to be alive. I skitter down the screes of Yewbarrow in a joyous controlled tumble and join my support feeling elated and also somewhat sweaty.

Christmas pudding powers me up Scafell, at last free of the sack, and enjoying the company on that most dreary of slopes. Scafell – what a mountain of contrasts: The fierce cliffs of the Crag and the grassy slopes of the moor that stretch, seemingly unending from the lake to the summit. They do end but today this signals the start of a searing pain in my knee. I am forced to walk down the stones to Foxes Tarn, but thankfully the pain eases and I can enjoy the day once more. Scafell Pike, Broad Crag, Ill Crag, Great End, Esk Pike, Bowfell ... the summits slip by. Even Martcrag Moor fails to dim my enthusiasm and a deep red glow lights up the Langdale Pikes. Only as we descend High Raise does the light fade and with it my spirits. The icy path seems to drag on endlessly over the bog to Steel Fell and I am glad to finally drop down what looks like a precipice in the dark to the welcoming lights of the support party at Dunmail.

The cold of the night starts to grip me and the steep slopes of Seat Sandal are a brutal reminder of the labour ahead. Yet once we are established on the Helvellyn ridge, the beauty of the moonlight is not lost on me. It weaves its magic once more, revealing the proud

buttresses and dark gullies that flank the windswept plateau. On and on, slowly now, but with purpose. Blencathra rears ahead, a blunt reminder of the work still to be done. We stop only for a few minutes at Threlkeld and push on, my head swimming, my legs buckling. Gary's light eases ahead but I can do no more than sway my way up the rocky crest. I hold on to the rocks, fearful of falling off the ridge in my spaced-out state. The experience seems quite surreal now – it's as if I can do nothing else but keep moving, my head a jumbled mess dominated by the desire to finish this. Only this desire overcomes the overwhelming instinct to sit down and go to sleep, or at least it would be if Gary weren't there to cajole me on.

I feel as though I'm running down Blencathra, but in reality I'm not: I'm walking. As we hit the tussocks of Mungrisedale Common I slow even further until the heather reduces my pace to a slow thrash. I'm cold, I'm fed up of the dark, I feel sick, I want this to end. Gary gets further and further away as I pull my way through the heather. I feel angry, tearful and weak all in the same moment. The heather just seems to get thicker, I get slower and the summit gets no nearer whilst my time is slipping away, slowly at first, but then more and more, until I realise that I am not going to make this. I cry out in frustration, yank my way through the heather and once on the path, 'charge' as best I can up to the summit. I know that I'm beaten but I won't believe it yet. I take a swig of coffee and trot after Gary. He leads expertly down the trod and on to the grass of Skiddaw and I force myself on, driven only by the thought of failure. Gary drops behind but I wheeze my way upwards. Soon I am on the top where the wind cuts right through me. I look at my watch – 53 minutes – should be just about possible, even in my feeble state. I lean in to the wind and soon Gary overtakes me to lead me down the long and winding road that leads to Keswick. On and on we go – I can go no faster, but surely we have time? I can only try my hardest, but at Latrigg Car Park I know the game is up. We run on as fast as I can manage but as we reach the park, the time is up: nothing is said. We just walk quietly back to the Moot Hall. It is 4.30 – five minutes too late.

20 January 2004

I fail to sleep, worrying over what equipment to take as the conditions are looking challenging. Should I take an ice-axe and crampons – will I have any chance with the extra weight or will it be too dangerous without? I toss and turn and eventually decide to leave out the crampons but take the ice axe which proves to be a good decision.

As I drive over to Keswick, snow sweeps across the road mesmerising me in the darkness. My sack is too heavy and even the road up to Newlands is icy and slow. Above 450m I enter the cloud with next to no



visibility in the impenetrable dark with no moon to light the way and mist to reflect back the feeble rays of my torch. The snow is crusty and 15cm deep with 30cm drifts, and the only footsteps are intermittent and partially snow filled. Running is quite impossible even on the level sections in the mist, snow and dark. The whole experience takes on a hostile quality, which only deepens when the wind rises to whip away a glove in to the night. As I approach Honister I am already half an hour down on schedule, but having missed a night's sleep I am not going to stop now, notwithstanding the greyness of the dawn and the impending slog up Grey Knotts which proves to be tortuous with no tracks in deep snow. On Gable the wind has turned the snow to neve and I am glad of my ice-axe, a feeling which grows on the slow descent to Beck Head where 30cm of powder overlies frozen scree and neve. By Jos' Gully I am chuntering thanks to God as the chockstone requires definite climbing moves to overcome it and the axe proves indispensable. By Pillar the wind has picked up to almost gale force with spindrift blowing across the ridge and filling any steps in the snow, whilst the traverse out to Steeple proves to be a teetering affair in my Walshes, with 20cm of powder overlying rock hard neve. My Walshes don't even dent the snow and I only make progress by whacking my axe in and shuffling my feet across tentatively. This nervy traverse is followed by waves of snow being whipped up by the wind over Red Pike, hurling the spindrift in to my face in a stinging assault and by Yewbarrow I have had enough.

However, my support has driven for two and a half hours to get to Wasdale so I feel obliged to carry on, despite being an hour and a half over schedule. The impetus has gone from the day and my mood is as downcast as the cloud hanging over Scafell. Fortunately the snow has blown off the Western slopes of the mountain, but this has only been deposited on the descent to Foxes Tarn where knee deep powder predominates. With no prospect of the cloud lifting and the wind still strong I give up at Scafell Pike and descend to the comforts of Langdale.

8 February 2004

Back again at the Moot Hall. This time I don't rate my chances at all, feeling jaded and without support. However, the night is superb with almost a full moon and snow above 550m. By way of variation I go clockwise starting at 8.50 p.m. and up to the summit of Skiddaw everything goes smoothly despite snow and a stiff breeze. It isn't long, however, before I realise the enormity of my challenge. The slopes leading to Calva are covered in crusty windblown snow in which

I make big holes as I lunge down. The snow trapped in the heather below Hare Crag is truly exasperating and whilst the moon lends an austere beauty to the white slopes, it doesn't make them any easier to climb. The Caldew is icy cold and reaches above the knees, after which the never ending slopes of Mungrisedale Common reduce my shins to a bloody mass by way of the icy crust cutting my legs as surely as a rasp. The Alpine Ridge of Halls Fell rejuvenates my soul, but progress is slow as I pick my way down the icy rocks in the moonlight. I can't undo my laces at Threlkeld as they have frozen in to an icy mass, but eventually I manage to pull them off and feel life again in my feet which have lost all feeling over the last two hours.

Things go better over the Helvellyn Ridge where the snow appears to have been blown away and I start to get back on schedule, but Dollywagon sinks me as surely as an anchor tied to my waist, except that I am sunk not in deep water but snow. By Seat Sandal I'm drowning in self pity, utterly drained and lacking in inspiration to continue. I retire for breakfast and a quick exit.

19 December 2004

Another year, another cold, another BG attempt. This time I have a driver (hooray) who takes me to the Moot Hall and waves me on my way. Not quite the start of the London Marathon, but infinitely better than those lonely starts of last year. Despite my sore throat I seem to progress easily up the road and my progress is equally rapid on the fell, notwithstanding the snow which graces the slopes. It is a delight to skip over the crunchy white blanket in the moonlight, particularly as I bound down the slopes from Dale Head, the snow lighting up my way and cushioning my footsteps as I go.

However my joy turns to alarm as I fail to see any lights at Honister. I run from one car park to the next like a tadpole darting to and fro, but all in vain. Gary is nowhere to be found, so with just my fleecy buffalo jacket, under gloves, 3 chocolate bars and no crampons or ice-axe, I set forth. I skitter about in the wind on Green Gable where the snow has been blasted in to an ice rink, but fortune favours me on Great Gable where the snow just lies deep. This makes for a whooping, exhilarating tumble through the powder snow where gravity does its work and the snow stops gravity from taking me rather further down the hill than I intend. The hills are positively plastered in snow and on Kirkfell I realise the enormity of the day ahead as drifted, crusty snow starts to make the going very laborious and tiring. At times the wind is gusty and whips up spindrift, which has blown over the tracks, but the physical ardour is more than recompensed by a sublime pink sunrise on Pillar, which gradually turns in to the full brilliance of a sparkling winter's day. I can not believe that I am here on this day in these conditions. It feels such a privilege to scamper over virgin snows on the roof of England. All around is thick snow, white and unblemished, whilst above is the deep blue of the sky, untroubled by the slightest hint of a cloud. Only as I descend below the snowline to Yewbarrow is the perfect symmetry disturbed by the rocks beneath.

Falling down the screes of Yewbarrow, I begin to dwell on the pleasures of the rest stop, but on arrival all is quiet. Cars line the road but of Gary there is no sign. Dejectedly I pull off my shoes and remove the grit before replacing them and my wet socks. I have a swig of water, eat my remaining chocolate bar and reluctantly drag myself toward Scafell. I can not think

what has happened to him (It later transpires that Gary missed me at Honister because he became stuck on the ice at Newlands Pass, not being able to go nor down. After that he did get to Wasdale but went to sleep in the car with his head out of sight, so that I didn't see him and not knowing his car had no reason to suppose that he was there), but I have no choice but to continue, once more alone and this time without any food until I meet Simon at Esk Hause. The climb up Scafell doesn't get any better with repetition but the traverse below Scafell East Buttress from Foxes Tarn is magnificent. Deep snow and ice bury the traverse near the rock wall, untravelled and perfect. Above the sun's rays carve the deep blue sky, whilst I carefully pick my way through this Alpine scene of ice bosses and drifted snow. It's as if I'm trespassing in a virgin snow garden, forbidden to spoil this pristine beauty, but the lack of an axe makes me touch the ice, feel the snow, rub my chin in it, kick, scabble and heave up it. Away from the crowds, I'm not in England, I'm part of it, part of this ancient landscape which today shows no sign of man. It's quite simple – rock, snow and sky – and that's the beauty of it.

On Scafell Pike I am rudely awakened from my reverie, so I hurry on to meet Simon, keen to escape from the crowds. Its good to have company, but I'm alarmed to find that I can't eat: my body needs fuel but I can't take it in. Over Bowfell and on to Pike O Stickle this seems to have little impact but then I run out of gas and my engine stops running. Simon descends to Langdale and I continue, once more alone, but this time I feel alone; I feel cold and I feel exhausted. My batteries need recharging but I have nothing to charge them with. The drifts which I was previously forcing myself through seem to swallow my legs. By Calf Crag it is dark and my spirits sink further. Below the snowline much ice has formed, so much hop, skipping and jumping ensues on the path out to Steel Fell. I slither slowly down to Dunmail, hoping to recover from a rest and hot food. It doesn't happen.

I'm unable to digest any food, I'm chilled and the tongue on my Inov8s has slipped to one side cutting in to my foot. In the dark, Simon and I slip-slide our way up Fairfield, and then down it. I'm losing time on each section, Simon has to return to his car and I face a night on my own in poor condition, with the prospect of drifted, trackless snow on the back of Skiddaw and Blencathra. The chances of completing within 24 hours look increasingly slim and hazardous. Reluctantly I descend after one of the most magnificent days I could ever hope to enjoy in England's hills.

23 January 2005

Full moon + snow + reasonable weather forecast = Winter Bob Graham Attempt. After the debacle with support in December I opt for a solo unsupported attempt, this time going clockwise. There's not a lot of snow but enough to make it look like winter. Unfortunately the cloud descends on Jenkin Hill and remains with me for much of the first part of the night. It even starts to snow on Calva, which only adds to the sombre mood. After the perfection of December, thrashing through heather strewn slopes in the dark in a blizzard and alone doesn't seem a lot of fun. Nevertheless I continue well enough considering the fresh snow, past Threlkeld, over the Dodds and on to Helvellyn. The wind has risen to a gale from the North East so I can't stop even if I had wanted to – the

screaming wind cuts across the plateau and through my jacket. By Fairfield the wind is a strong gale, thudding in to me with every gust and threatening to take me off my feet. I reason that it is funneling up Grisedale, but am sorely disappointed when it only strengthens on Seat Sandal. It is the middle of the night, very dark, very, very cold and I am reduced to a crawl. I can't stand up let alone walk, so on I crawl through the snow with nothing more than my Buffalo jacket on. The wind chill must easily be below -20 C and I'm crawling on my hands and knees alone at 4.30am in the dark. I can't hear anything above the battering of the wind on my hood and I can't see anything in the darkness – all that I can do is feel – feel the power of the wind, the friendless rocks and the ice crust. Only the effort of pulling myself onwards keeps me from succumbing to the cold and anyway, once the wind becomes this strong, it actually feels warmer from the sheer effort required to fight it.

Finally I win the battle and the wind yields on the far side of the hill. Dunmail still seems a pretty hostile place with the wind whistling up the pass, and only a flask of tea provides any comfort. The soggy cold sandwich that passes for breakfast certainly doesn't, nor does the prospect of re-ascending into the tempest once more. However, I am on my own, I don't fancy hanging around for a lift and I can't think of anything else to do at 5am on a cold winter's morning, so I just carry on. Although windy, it's not as severe as on Seat Sandal and I can walk, albeit not in a straight line. I am bounced like a toy from Steel Fell to Calf Crag to Sergeant Man and there I stop. Tiredness hits me in a wave and I am powerless to prevent it. My eyelids close, my body curls up like a foetus and I doze in the shelter of the cairn. Day is about to dawn, but my day is finished. I dodge the ice for a breakfast in Grasmere.

17 December 2005

What feels like an annual pilgrimage to Bob Graham Land is about to begin, and as has been the case for my previous pilgrimages, I feel poorly prepared. I have had a cold for two weeks and have been prevented from racing since August by overwhelming tiredness, but I conclude that deep reserves are what count for the BG and that may be enough. This time I engage the support of an able team of pacers and of my wife, Alison, for the road stops. I warn them all that I may pass out and give them instructions on what to do should this happen, since I blacked out only a month previously whilst on a run and feel prone to faintness. I hope that my pacers aren't unduly alarmed! In my weakened state I'll need all the help that I can get.

The first excitement of the day is provided by Jonny driving at 85 mph by means of his knees holding the steering wheel whilst drinking a cup of coffee. I am reminded of the Mr. Bean sketch in which he changes from his pyjamas in to his work clothes whilst driving his mini – except he was not charging up the motorway. Anyway we arrive at the Moot Hall safe and sound and the late revellers laugh as we jog down the High Street. I have a distinct sense of *deja vu*, as my knee is hurting slightly, it's crisp and I'm not feeling at my best – two years on and little seems to have changed.

One thing has changed, however, and that is the company. This provides a psychological boost as we jog along the lanes and up the first hill. The moon is amazingly bright – the brightest for many years

I subsequently learn – and torches are dispensed with until we reach Robinson. Jonny's enthusiasm is infectious and we soon arrive at Honister where Bob is waiting having spent the night in his car. Jonny seems quite concerned that Bob will be cold until I tell him that Bob has climbed the North Face of the Eiger and Honister Car Park shouldn't present him with too many problems.

I determine to push on to the extent that Bob and Jonny struggle to keep up and I am glad that I know the route so well. The rocks are mercifully dry until Gable where we are forced to pick our way carefully down the slippery rocks, still very much in the dark. When day dawns, it is very good rather than exceptional, and I can't help but compare it with the previous December of unblemished snow. The snowless and dry conditions make for fast going however, and the only mishap is the churning in my bowels, which demands frequent stops all the way to Dunmail where Simon provides a pill which bungs me up at last.

The summits seem to fly by in fairly effortless succession until, before I know it, I am once more battling the screens down Yewbarrow. The warmth of the sun begins to make itself felt and I strip off at Wasdale. *Deja vu* once more as I consume Christmas pudding and custard and plod up that familiar grassy slope to Scafell. Ali has gone on ahead to rig a rope on Broad Stand, but his efforts are repelled by sheets of ice on the slabs and he greets us near Scafell before leading off down a sneaky short cut to the Mickledore traverse. Even this is surprisingly icy but Ali leads on expertly and chatters away in his genial manner. It feels comforting to have two good pacers and we make good time until Hanging Knotts where we miss the track and take a poor, time-consuming route down the stones. I don't have to think – I just follow like a sheep, responding occasionally to the conversation. Unlike the sheep, I struggle to munch on the move and feel a bit sick, so I stop on Harrison Stickle to force a piece of Christmas cake down. It seems fitting to consume seasonal fare in the festive season, and fires me on. We reach Dunmail before dark and have gained so much time that I have 11 and a half hours for the last two sections.

Keith has failed to arrive, but fortunately Simon and Andy are there ready to take me over Helvellyn and I begin to think that I will have to struggle very badly not to finish this time. The dark descends and with it my spirits. The darkness seems to draw my energy,

and it draws out time, elongating minutes to hours, hours to days. It also distorts perspective, what seems near is far, and far is near. In this environment I can only plod ahead focused on nothing in particular, wishing for the end. But the end is still a long way off and I feel sick, a little at first, but as the slope steepens it gets worse until I am forced to hold back to curb my sickness. I resolve to plod slowly until the end to manage the sickness.

Simon chatters away, but I can do no more than grunt the occasional reply. My head can't focus on anything apart from the sickness, but the company is a welcome relief from the darkness all around and the boredom of the night. In my tired state, the night is boring, so boring, as I can do no more than shuffle along focusing on the path ahead, trying not to think too much and keeping focused on the goal. Each step is much like the last and the next and the next and the next There's a small pool of light just ahead, a bit of gravel in between and then there's me, a gently lumbering body eking out the miles, top after top after top. After Dollywagon, it's just a case of shuffling forward at a pace that accommodates my sickness whilst not losing the light in front. The moon casts little useful light but rises as an orange orb in the direction of High Street. We do not stop, but gently traverse the night's highway of Helvellyn and the Dodds. I am wrapped in a world of my own, where fatigue, nausea and darkness immerse my head in a fug, from which Simon tries to extract me by his chatter. It is fortunate that Andy is there to converse, as I can do no more than mutter an unintelligible response.

From our night's highway, we descend deliciously springy grass to the Newsham road, and meander up to the waiting party of Alison and Dave. Alison tends to my every need, which aren't many if the truth be known, as I am in a bit of a stupor. I try the ubiquitous Christmas pudding but spit it out at the first mouthful. It's dextrasol and water from now on, not quite as seasonal but then again if they made mincemeat flavoured tablets ... Dave looks anxious to be off, so it's a last goodbye and the beginning of the end. This is the section that I've tried to forget about, where the going gets tough and the tough get ... slower. If slowness is a measure of toughness then I must be very tough. The pace seems quite relaxed but I can't raise my speed without increasing my nausea, so I stick to slow plodding in the knowledge that I have more than five and a half hours to complete. Dave

Leaving Bow Fell



has listened carefully to my request to stick close to me whilst setting the pace, and he leads up Halls Fell like an Alpine Guide with a clueless client, telling me which route to take and berating me when I say that I just want to go to sleep. I feel severely woozy and begin to sway from side to side to the extent that I hold on to the rocks to save myself from falling from the ridge. It is uncanny how history is repeating itself from two years ago. I am determined, however, that history will not repeat itself in the final moments, and shuffle off the summit without stopping. I am eating and drinking very little, but the end is near now. I can feel it with a sense of mounting anticipation.

Not that you would know it on the broad slopes of Mungrisedale Common. The shuffle downwards degrades to a walk in the deep tussocks near the bottom and then it's the river. By now I couldn't care less and just splash through the water above my ankles. Dave is more circumspect but nevertheless I suspect that he has wet feet as we grope our way through the knee high heather and tussocks. In the dark, we fail to locate the trod and struggle in the boggy jungle, pulling our way forward until we finally reach the sheepfold and the sanity of a reasonable path. It seems that the Back of Skiddaw is wreaking revenge on me once more.

This time, however, I know the way, and it is no more than an arduous pull up the fence to the cairn on Calva. I heave myself up, arm over arm, all dignity long since departed. Forty one down, one to go. It has taken us almost one hour and forty minutes, and time is getting a bit tight, so we don't hang around and shuffle off down the trod towards the stream. By now, the hard frozen ground causes each step to send a shock up my leg and into my knee, so I shuffle hesitantly through the heather following the light in front. I am divorced from my surroundings, save for the immediate environs of the path, my feet and the torchlight.

We inch forward to the stream, then find the trod through the heather to Hare Crag and on to the open slopes of Skiddaw. Without the time pressure of two years ago, we just plod steadily upwards and before I know it I am on Skiddaw's summit. Like two years ago it is a breezy and cold spot, so we set off directly for Keswick. The pace is raised a fraction but we should have enough time, and I settle in to a rhythmic shuffle downwards. On Jenkin Hill, Dave becomes anxious about the time. He says that it takes him 18 minutes from the summit to the Latrigg Car Park in training, but I'll be lucky to manage it in double that time today. He urges me on to the car park where we pick up the pace slightly and I follow him silently through the trees. There is an urgency to the night now: Dave's anxiety is infectious and I begin to wonder whether I will do it after all. I look again at my watch – less than 20 minutes to go, but it's only a mile and a half. It really shouldn't be a problem. Over the bridge, along the road and into the park. It's only a short way now. Up the alley, into the car park, through the ginnel and we're there. Alison cries out at the Moot Hall. A last run up to the steps and check the watch: 23 hours and 54 minutes. Dave breathes a big sigh of relief and Alison hugs me. My pilgrimage is over.

With thanks to my support over the various attempts: *Matt Beresford, Jonny Bland, Alison Fleetwood, Chris Haddock, Gary Murray, Simon Theobald, Dave Ward, Ali Welsh, Bob Wightman, Andy Young.*

Seeing but not believing – a Winter Ramsay Round 6-8 March 2006

An account of a solo unsupported 48 hour non-stop traverse of 23 Munros around Glen Nevis in full winter conditions.

Glen Nevis Youth Hostel is all too familiar in the cold light of pre-dawn. For me this is the scene of two summer Ramsay attempts (the latter one of which was successful) and two Tranter rounds, as well as countless excursions up the Ben. Today I feel slightly drained and lacking in sleep and the 10kg sack reduces my pace to no more than a yomp down the forestry track. The summits are cloud free at first but are soon draped in cloud and I am similarly wrapped in my own thoughts until the keen breeze shakes me out of my reverie. At the first steepening I don crampons which at least lightens the load and I keep them on to the end apart from the valley floors. I settle in to no more than a modest pace, aware of the immensity of the task ahead. I am alone on what promises to be one of the great challenges of my mountain life – almost 60 miles of Britain's highest mountains lie before me clothed in majestic winter garb.

The summit of Mullach nan Coirean confirms my feeling of inadequacy. Already the snow makes for heavy going with the tracks having been blown in and a fresh wind making the minus eight temperature feel much colder. Out to the West, the hills of Garbh Bheinn and Moidart stand out under a thick white blanket, whilst the mountains of Glencoe dominate to the South. I don't linger on the summit – it's far too cold for that – but neither do I speed away – it's far too taxing underfoot for any thought of running. Even these first two hills seem an effort and I wonder about the journey ahead as the boulders on Stob Ban are almost completely covered and the descent is a lunge through knee deep powder snow atop hard neve.

The day has been a grey one up to now, but on the ascent to Sgurr a Mhaim the cloud lifts to reveal a splendid scene. Before me lies the whiteness of the Aonachs, whilst behind, the Devil's ridge stands proud under a pristine mantle of snow. Only my steps desecrate the crest which cuts in to the sky like an Alpine prow, shining against the backdrop of the wall of Glencoe. I stop many times to record the scene, to savour the airiness of the ridge and to gaze at the magnificence of the peaks to the South: Beinn a Bheithair, Aonach Eagach, Bidean, the Buachaille, the Blackmount, Rannoch, Schiehallion. For me, each has their own story, but today my story is one of many peaks, of a rhythmic up and down, lift the foot up, plunge it down, lift the next foot up, then down, lift ... the snow forces a slow, methodical advance. Determination rather than haste is the order of the day here where the snow sets the pace and I must go with it.

However, descending Am Bodach, the snow is kind to me, and to my knees in particular: the deep powder snow makes for a delightful swooshing slither, the scree hidden far beneath. I delight in its softness which seems to soak up my aches and pains as surely as thick eiderdown. Too soon it is over and I resume the precise plodding upwards. I am glad of my crampons on An Garbhanach where bizarrely I meet radio enthusiasts holding a radio mast. I ask one of them to take a picture of me which he duly does and then asks me where I'm

going. I tell him but I'm not sure it really sinks in.

The track out to Na Gruagaichean normally involves a traverse below the col, but today direct traverses are made impracticable by the deep snow. I take an easier line where the snow is likely to be less deep, but it involves more ascent almost back to the top of Stob Coire a Chairn. I reflect that this is one of the attractions of winter: the ever changing conditions which makes route choice so much more important. Today's hill is a different hill than it was yesterday and tomorrow it will be different again. I pass two walkers on the rise to Na Gruagaichean and these are the last people that I see for the next 40 hours.

Squally showers come in and out and the narrow crest to Binnean Mor sucks up my legs as I lunge forward through the drifts. The sharp summit of Binnean Mor is especially fine with its sinuous edge hosting shapely cornices. The rocks are almost completely buried in windblown snow but soon I find the snow reaching up to my thighs. The lunging becomes more pronounced and as I look back all I can see is white, a white expanse of slope against a white sky, whiteness around me, whiteness below me, whiteness above me. Unsurprisingly, my progress is not swift, but the boulders of Binnean Beag break up the whiteness and make for a less troublesome ascent than I might have anticipated. However, on the stalkers path to Sgurr Eilde Mor, the whiteness resumes making it hard going even at this lower altitude. Looking back, Binnean Beag's summit cone is crowned by later afternoon sunlight, whilst fantastic blue pillars of ice festoon the slopes to the right. I take a good line up the narrow summit ridge of Sgurr Eilde Mor and am greeted by the most stupendous vista. A wide arc of mountain upon mountain lies before me stretching from Rannoch to Glencoe to Moidart to Ben Nevis to the Grey Corries to the Easains to Ben Alder and beyond. It is cold and I feel very alone, for now I must descend away from humanity to the darkening pit where lies the head of the River Nevis. From now on, I am very much on my own with darkness an hour away. The light fades as I descend the rough ground to the river, cursing as I trip in the snow covered heather. I make the crossing of the river with just one wet boot and head for the relative comforts of the Meanach Bothy.

Despite the dark, the lack of any form of warm glow and the silence of the hut, I am strangely cheered by what might in other circumstances seem rather austere accommodation. I can't quite work out why, but maybe it's because even an empty damp shell of a building feels cosy compared to a breezy hillside. Whatever, I soon feel the need to strip off and the 2 degrees registered by my thermometer feels positively tropical so that I feel able to tiptoe round in my bare feet, whilst my boots steam away in the corner. I feel ravenously hungry and it soon becomes apparent that I just haven't brought enough food in my efforts to restrict the rucksack weight to 10kg. Unlike summer rounds where I am moving at a rather faster pace, the slow striding through the snow doesn't make me feel sick, but

rather it builds an almighty hunger worthy of the umpteen thousand calories that I must be burning in the cold. I examine my somewhat meagre supplies and ration them for the hours ahead, which leaves just a bowl of porridge and a sandwich for my one hot meal: hardly a feast fit for kings and certainly not one for someone who has been romping through knee deep snow for the past twelve hours. Thus it is that, like a bothy mouse, I go searching for leftover food, sniffing out any choice morsel that might have been left by parties with better provisions than my own spartan fare. The search yields a fresh gas cannister, some coffee and a bottle marked 'rum', and it is the latter that causes me much inner turmoil. I reason that the bottle could contain absolutely anything and even if it really is rum, the short term kick will surely not compensate for the added cold in just a few hours' time. Reluctantly I pass over the rum and take the coffee and gas, which at least warms me even if it doesn't supply much energy. Outside the snow is starting to come down, whilst inside the roar of the stove is a cheering sound, breathing life in to the stone shell and heating my liquid for the night ahead. The sight of a sleeping loft is a very tempting one on a cold winter's evening with the snow driving along outside, and I am truly tempted, but steel myself to the task which I have set and leave the small pleasures of Meanach for what looks like a cold and dark night.

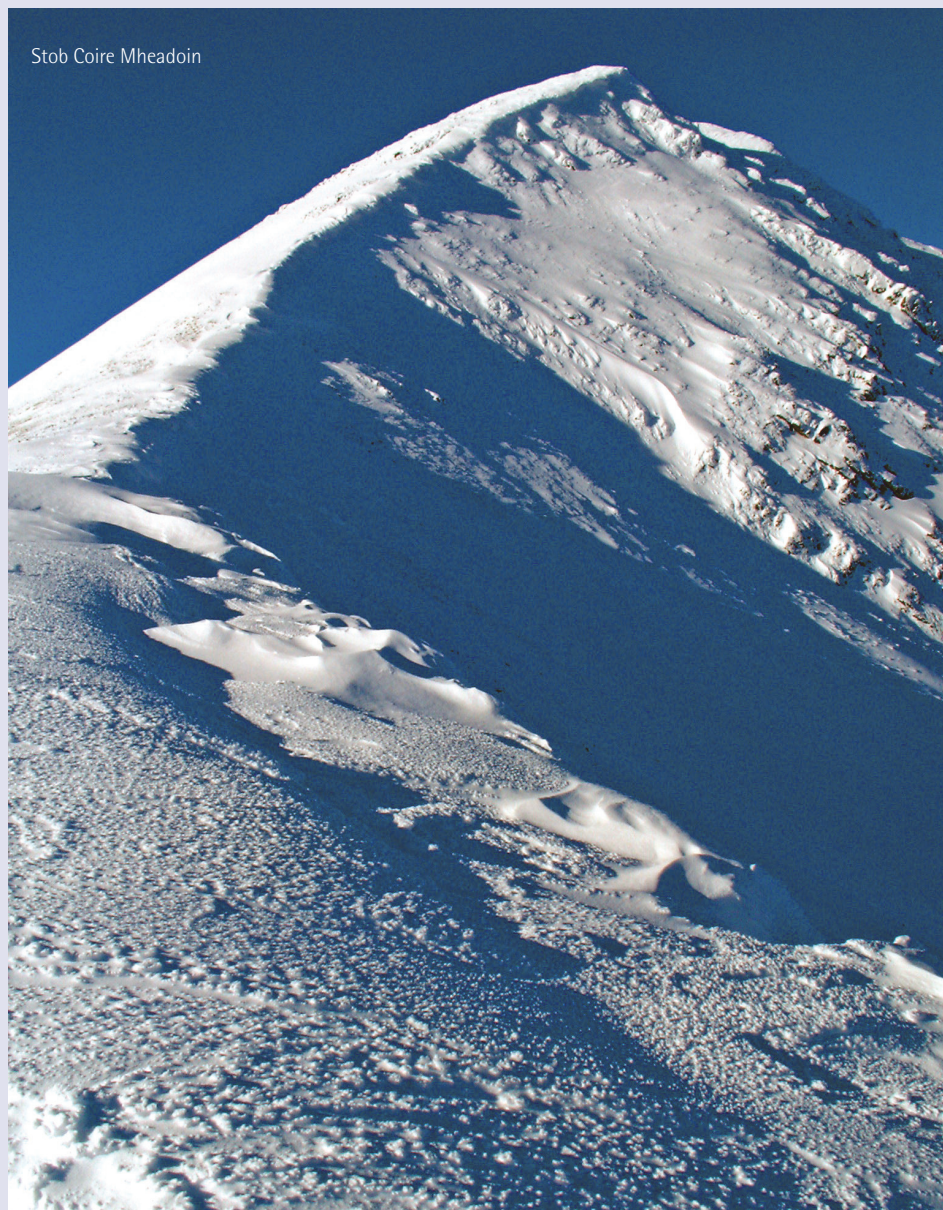
It is indeed cold and dark, but the snow flurries soon stop and a crescent moon lights the sky, leading me on down the valley to Loch Treig as I follow the sinuous course of the river gurgling its way to the dark loch. As always the darkness draws out the hours where a minute seems like ten, an hour almost an age, the stride shortens, distances elongate and the monotony is only assuaged by the dullness of a tired mind. The broad moor stretches out to Rannoch punctuated by a single pin prick of light at Corroun, a lonely beacon in a black wilderness, seemingly devoid of all life. Darkness can be exceedingly drab and so it is tonight as I plough through the snow covered heather, step after step whilst the top remains elusive, a point beyond these slopes which stretch unerringly upward in to the blackness which enshrouds everything now that the moon and stars have vanished for the night. The atmosphere is cheerless with a keen wind starting to ripple my jacket, cutting through the lethargy of night with an icy sting. As I finally approach the summit of Ben na Lap I can barely walk, such is the strength of the wind, so I stumble gratefully in to the shelter of the summit cairn for a moment's respite from what has become a tormentor – a shrieking evil blast in the blackness which won't let me rest, won't stop until it has driven me off this mountain. With a physical temperature of minus nine degrees, I reckon the wind chill is well below minus twenty, but at midnight I set off once more in to the howling gale, lurching down the crusty snow. I can scarcely believe that the conditions are so poor given a good weather forecast, but you get what you get and I face the maelstrom which screams around my flapping hood, leaning in to the wall of wind. Needless to say, the descent is most unpleasant – a stumble down ice encrusted slopes in total blackness with an Arctic gale ripping any warmth or energy from my battered torso. Lower down the gale subsides enough for

me to contemplate the steep descent to the river below, but the snowy thrash through knee deep heather proves easy enough in this direction. On the other side, the slope rises at a similar angle and in an upwards direction, it's not quite so easy, so I pull on the heather, dragging myself up the initial slopes until these open out to a broad ridge which I follow to avoid the deepest of the snow. I expected a hard fight here and mental preparation is half the battle – if you think its going to be bad, it probably will be, but it's often not quite as bad as you'd feared – and so it proves on this occasion. The ridge is scoured by the wind and makes for relatively easy going until I hit the plateau where the wind re-asserts itself and the cloud descends, leaving me plodding rather aimlessly upwards, buffeted by the wind, lost in my own murky world of dark and driving spindrift.

Eventually the large summit cairn emerges from the murk, but it offers no protection from the wind, as each aspect of the cairn seems to attract swirling eddies of spindrift which make stopping wholly unattractive. Only the compass shows me the way ahead, my own lighthouse in the tempest. The wind really is starting to cut right through me now, so I stop to put on my down jacket which does no more than assuage the cold. I have everything on – powerstretch tights, salopettes, shirt, fleece, down jacket, cagoule and I'm still cold – time to move on, yet moving is so slow in drifts well above the knee. On a compass bearing in the dark with

blinding spindrift, it's almost impossible to choose the best line through the snow which leads to much floundering, cursing and staccato lunges forward. Perhaps because of attempts to avoid the drifts, I suddenly find myself going in completely the wrong direction, recognising that I've ascended too far and am heading up Meall Garbh. I rue my mistake since it requires me to descend the very deeply drifted slopes that I've just painstakingly staggered up, but there's nothing for it but to do just that and seek the next top in this confusing undulating ground. In negligible visibility, I'm really struggling to stay on course, especially as the compass seems to be wobbling all over the place before settling down to indicate the way ahead. The gale is blowing just as hard, the snow is deep, the spindrift is zipping right into my unguarded face, my hand can barely hold the compass, I can see nothing but the immediate slope in front of me (or I could, only I dare not raise my head to be stung by the driving snow) and it's 4am. This is about survival, nothing else: no-one can get me out of here but me, and I guess that therein lies the attraction – me against the mountain; no get out clauses, no options, no turning back – an elegantly simple challenge. The time wears slowly on as I painstakingly traverse the tops to Sgriodain, concentrating fiercely on the navigation, trying to hold in my mind the aspect of the slopes and the distances. The terrain is most confusing in the conditions but I make no more

Stob Coire Mheadoin



mistakes and eventually slump on to the summit cairn of Sgrìodain. It is 5am – I have taken 2 hours from Chno Dearg, an unbelievably slow time which crushes my spirit, but there's little to do except face the wind once more and stagger down the ridge to the dam. Even this proves more troublesome than I might have anticipated, as I start to descend a side spur in the dark, and then elect to follow the slope to the right rather than descending the blunt nose, which subsequently leads to much time consuming traversing of icy slabs, heather and drifted snow. To cap it all I fail to find a good way over the deer fence guarding the railway track and wobble my way over after thrashing through the trees for a short distance. I arrive at the dam, battered both physically and mentally: it is time to take stock.

It's 6.45 am and I'm way behind my rough calculation of where I should be at this hour. My breakfast of cold sandwiches and a swig of equally cold juice has diminished my scanty food supplies yet further and I feel that I have little fire power left. On the other hand, it looks like it's going to be a fair weather day after the night before and I do I really want to give up now after having endured such a torrid night? That thought does it – I'll continue at least to the top of the Easains – it would be a waste of a good day otherwise. With that thought I try to doze, but it's just too cold, so still feeling the inadequacy of the breakfast, I plod on.

It's invigorating to breathe in the fresh air now that the wind has died, the clouds have dispersed and the full glory of the morning starts to become apparent. As I gain height, the view to the North opens out: hill upon hill, mountain range after mountain range stretches out from Beinn Teallach to the Monadhliath. Even the sun makes an appearance on the steep nose ahead, and thoughts of the night almost seem like a dull memory, except that it has taken it out of me and I can only move ponderously, carefully scouring the ground for ice. My energy levels are low but I can't afford to eat any more food so I have to satisfy my craving with a sweet or two. Whether it's the sweets or the sunshine, I sense something of a new lease of life on the nose where I savour the tussle of a direct ascent of a steep gully which demands brushing off voluminous quantities of powder snow to reveal hard neve beneath up which I front point, glad of the excuse to exercise more thought than knee deep snow plodding demands.

On top of the nose I am greeted by an amazing view. Ahead, the slopes glisten, luring me on, whilst behind, snowy peak follows snowy peak, all lit up by the brightness of the sun. The sun, the sun: it banishes the depths of the night, lifting the spirits like nothing else can on a cold winter's day, adding sparkle, sheen and glimmer to an icy wasteland. Rather than enduring the experience, I am now savouring the day, relishing the privilege of being here on this day, in these conditions, embarked on one of the greatest journeys of my life. I am further encouraged as neve replaces knee deep powder snow on the ridge, which largely continues to the fore summit, and even here the drifted snow is mercifully brief. I push on in snow above my knees to the col, but I note that it appears to be the Southern and Eastern slopes that are the main depository of drifted snow and most of those I will take in descent. This theory is partially dispelled



on the next summit where I once more flounder in bottomless powder, but in the light of day I can avoid some of the worst of it, and the view from the summit is sweet compensation. To the South lie the Mamores, Glencoe and Rannoch, whilst to the West the Grey Corries lead to the Ben, and all around is dazzling white, punctuated only by the browns of the low valleys. Out of an azure blue sky blazes the sun, transforming the Highlands to an Alpine wonderland. There is no wind, no life, no sound – just a perfect stillness which is only apparent on stopping. Nothing moves, nothing speaks, nothing but mountain upon glistening mountain greets my eyes and all beneath a brilliant blue sky. Moving seems a desecration of the scene, but move I must for my ambition is moving on again. Just perhaps, just possibly I could sneak it. If I can get up one mountain, I can get up another, and the next, until the goal suddenly seems achievable.

So I slide down the drifted snow, picking my way through the large holes in the snow until I strike out from the tracks for a direct route to the river. Momentum takes me relatively easily through the thigh deep snow, then it's on to the high ground and a slither down to the twinkling, jabbering burn. What an idyll this is: sun burning down, clean, red slabs to sit on and the mesmeric sound of the river, whilst all around snowy peaks rise majestically. It's a truly gorgeous spot, a moment to be savoured, so I do just that by lying on the rough red rock, staring in to the sky and listen to the roaring of the stove. A cup of tea is welcome, but one piece of cake is my allowance, which doesn't constitute a great lunch in my book. Still, I can console myself with one of the best lunch spots in Britain on this day and the privilege of the moment is not lost on me as I take in the space around and above me: glorious mountains with not a soul in sight.

Reluctantly I stir myself and head off through the heather for Stob Ban. I spot what appears to be a reasonable line which will avoid the worst of the drifts, and this proves to be the case. My rejuvenation is complete when I hook up my ipod and dream away the miles listening to the evocative chords of Pink Floyd which momentarily takes away the pain. 'I have become comfortably numb' seems quite apt, or at least it would have 10 hours ago, but now I can scarcely countenance the contrast. The sun burns down so relentlessly and reflects off the snow to create a blinding glare which is staring to drain me in quite an unexpected manner. I roll up

my powerstretch tights and shirt sleeves, but this does little to alleviate the onset of dehydration. I've drunk little enough as it is and with this on top I could get myself in to severe trouble. My solution is to put on my balaclava as protection from the sun, pulling it half way down over my eyes so the glare has less of an impact. It's probably a good job that no-one else is around – they'd probably give me a wide berth, given my unusual attire of hat pulled over eyes, rolled up trousers, listening to music whilst walking with crampons and probably looking thoroughly dishevelled. No matter, there is no-one to see me, and I return to the soaring guitar of comfortably numb.

Stob Ban and the first of the Grey Corries pass in a bit of a daze. The reflective heat in the sun is incredible but the music really does inspire me on through more knee deep slogging. I feel so emotional that I start to cry, yet I don't even know why. As the tears fall, such a deep intensity of feeling overwhelms me and I just can't stop it. The combination of a horrendous night, an immaculate day, fatigue, lack of food and liquid and music stimulates my emotions to great heights. I stop frequently to gaze back at the truly awesome scene behind where peak upon peak shines brilliantly in the afternoon sun, and reflect just how amazing this experience is. The sense of isolation simply adds to this potent mix, which brings me to tears time and time again.

On finally breasting the summit of Stob Coire Claurigh, the twisting ridge of the Grey Corries is revealed, whilst to the North, a seeming infinity of snowy mountains stretches in to the horizon. Suddenly it feels cold, so much so that I put on my down jacket once more, a move which is justified by a glance at the thermometer – minus seven. Afternoon is on the wane; soon it will be evening and then night. I sense that the joy of the day is also on the wane and that the real test is just around the corner. But first more pleasure: the Grey Corries ridge is one of the finest ridges in Britain in such conditions as these. Waves of snow billow over the sharp edges, forming exquisite cornices, whilst the ridge twists from side to side, pleasing the eye and beckoning one forward. I accept the invitation and romp down the deeply drifted snow, before painstakingly blazing a trail up the other side where the drifts pass well above my knees. Up, down and along; up, down and along: so it goes. I can see a distant figure on the shapely peak of Choinnich Mor,

but no-one has passed this way, no-one to break my reverie, no-one to share my story with; but then no-one could really understand – the experience is too personal. With that thought, I phone Alison, my wife, and let her know that I am going for it and not to expect a call until early morning.

So the die is cast. Cloud is building to the West but I hope that I will at least get over the Aonachs before it obscures the summits. I perform rough calculations in my head as I go – an hour and a half to Choinnich Mor, 45 minutes to the col from there, 2 hours up Aonach Beag, 50 minutes to Aonach Mor, 50 minutes to the next col, 2 hours to Carn Mor Dearg, an hour and a half to the Ben. It's going to be another long night but will get off the Aonachs before the gathering storm comes in? I proceed with a mixture of hope, apprehension and confidence in my knowledge of the hills. The early evening is one of my favourite times of day in the hills and today is no different. The quality of the light, the feel of the air, whatever it is, the early evening embodies a certain sense of tranquility, of contentment, of peace. I feel this as I finish traversing the Grey Corries and wade up the initial steep nose of Choinneach Mor, before tackling the exhilarating final steepening and narrow crest. I spot the 'crevasses' which lurk on this part of the ridge – large natural holes between rocks which when snow covered really can act like crevasses in the true sense of the word. Night overtakes me on the far side of Choinneach Mor and after a lolloping descent of the main summit in delicious soft powder, Choinneach Beag dishes up an awful desert of knee deep breakable crust. Even in descent, this is painful stuff which starts me thinking whether this night will be as awful as the last. This time the suffering seems to have started early, but will it last? The imponderables of the night loom large as I smash my way down uncomfortably. It's one foot on top, then down it goes, scraping my shins as it does so; then lift the next foot out of its hole and repeat the exercise. Needless to say, this last traverse to the col takes an absolute age, amplified by the dark which ekes out the agony.

When I finally get there, the col is windy, dark and generally unpleasant but I'm so tired that I stop anyway, just before the first steep slope up Aonach Beag. It's the moment I've been waiting for, I can have my last piece of Christmas cake! It doesn't last long as I ravenously devour the cake but it's good for the thirty seconds that it lasts, even if I'm left salivating for more – more of anything in fact. I'm so hungry that its tempting to eat my remaining supplies there and then, but I know that would be plain stupid with the real test ahead. I'm really not looking forward to this next section and lie on my sack staring in to the blackness, trying to take myself out of the situation to garner any morsels of energy that remain whilst I can do so. However, the pesky wind is too persistent to allow me to lie for long, so reluctantly I raise myself to face the mountain. It looks steep, lets not beat about the bush, I know it's steep and the snow won't make it any easier. I scan the slope looking for the easiest line through what looks like deeply drifted snow, but conclude that I'm probably just as well off to follow the normal line round to the left and then up the ramp to the right. From the start it's tortuous: not only is it steep but the snow is crusty, deep and untrodden. At

each step I break through the crust and sink to the bottom. This has been termed 'post holing' since its like driving a post through the crust with each step and like a post you go in a long way ... and it's a long way to drag your feet out. After a hundred metres of post holing I'm exhausted, but there's only one way to deal with this and that's to keep plodding. No matter how slowly you're going, keep going – axe in, drag the foot up, then plunge it in, take a deep breath, haul the next foot out and sink it. Sounds like fun? May be for the pure masochist, but even I don't quite fall into that category, so I seek a better route out to the side of the deepest snow. Unfortunately this doesn't seem to be any better, as I find myself alternately balancing on rocks and without warning plunging in to holes in between the rocks. I head back for the ramp where at least I know what each step is going to bring, but the snow is even worse here. I am not so much walking up the mountain as driving a trench up it, where every footstep just slides back to the next in painful crust. My axe is swallowed up by the snow, so I resort to thrusting both arms in horizontally to get some purchase, kick my legs as high as I can manage and then wait until they slide miserably back to where I was before. I can't believe I'm having to excavate my way up the mountain after 38 hours on the go with precious little fuel left in the tank. I cry out in anger at the snow and attack it with renewed vigour. It doesn't last long but it's good to get out of my system, and eventually the slope eases off a little which means that the trench making reverts to post holing. I take a quick breather, then off I go, one post at a time, until I reach a point where I'm not sure if the ramp up the prow leads off. I try to put my torch beam on to full beam, but the battery is too low for that by now, so I'm forced to revert to the white light which fails to light up the buttress sufficiently for me to make a decision. I go back down a few steps to get a proper look, but it soon becomes clear that the snowy ramp is a false trail, so I haul myself back up the ramp and stay close to the rock wall so that I can take a good look at it as I pass. After considering a few false lines I remember that the ramp back left is actually just round the corner and when I get to it, it's plainly obvious and very easy, or at least it would be if it were not plastered in this white cement. Higher up, the wind rises and the snow becomes less impenetrable. In fact, as I near the end of the ramp, it becomes clear that the usual track to the left is a 'no go', as the slope is very steeply banked out with icy neve which just isn't worth the risk. I'm therefore forced to head directly up which requires front pointing and the cutting of hand holds in the ice, but at least it takes my mind off the drudgery of the post holing and I actually rather enjoy this brief bit of climbing. It's rather like being a pioneer of old, cutting steps in the dark up some unfrequented wall, except that I'm cheating with crampons and modern clothing but I reckon that after 39 hours I'm allowed to cheat. In the dark, it's a small world where the torch beam defines the perimeter of this world, yet I can feel the space beneath my feet as I mount the wall, giving an awareness of the mountain beyond my torch defined world.

Soon, however, I'm up and on to the prow where the wind greets me in gusto. The storm is starting to brew, but it's not here yet and the peaks are still

clear of cloud. Nevertheless, I feel a certain menace in the air and don't waste time in plodding on, now following windblown footsteps in the snow. Aonach Beag really is a big mountain: on this side huge cliffs mark the route which I must follow, whilst great whaleback slopes form the mass of the mountain to the West. Not surprisingly, the snow has drifted on these immense slopes which makes for an arduous, mentally testing ascent, where I scarcely dare measure my progress because it is so slow. The wind is starting to whip up the spindrift, the footsteps are so blown in that they're useless and the slopes just stretch on to infinity, or at least they seem to until the very moment that I arrive by the summit cairn. I say by the summit cairn, but a better description would be *over* the summit cairn, since it is completely buried and I only know I am there because the footmarks have stopped. The Aonachs plateau is a barren place, somewhat reminiscent of the Cairngorms, and on a cold winter's night its no place to linger. I immediately set off down, keenly aware of the race against the ensuing storm, but this race is no ordinary race. It's not a race that I can run, but one where I just have to keep going, plunging down the steepening snow, focused on the few metres ahead, trying not to let my mind wander. The immensity of the landscape is all too clear. The rolling plateau fills the horizon with limitless quantities of snow, bounded by cliffs falling seamlessly in to the dark depths below, and then there's me – a lone figure in a hostile world which swallows me up and threatens to spit me out. I feel very vulnerable, aware of how reliant I am on my ability to just keep on going. Stopping is not an option: once more the die is cast and I am just acting out my part.

The feeling of vulnerability intensifies as I methodically follow the pisted track up Aonach Mor. Away from the ski slopes, in the dead of night, as a storm brews, this is a big snowy place which offers no shelter, no comfort, no trace of humanity: As I near the summit - or should I say the highest point, it is such a flat place – the cloud descends, the snow blows in and the storm starts. So this is it; the battle has commenced, the challenge has been issued, there's no doubt any more – it's me against the mountain, the storm, the snow, lack of sleep, lack of food, lack of water, lack of vision – but there's something in me which revels in the heightened challenge. Maybe I wouldn't have planned it this way, but once I'm in it, I don't think twice about it. Bring it on!

And soon it really is 'brought on': the wind drives the snow in to my eyes, stinging them as I struggle to see ahead. Visibility is down to two metres and soon I will have to veer off to the right to seek the spur down to the pass beneath Carn Mor Dearg, which I know to be a very severe test of navigation in these conditions. The spur is a 35 degree slope, but the slopes to either side are more like 50 degrees, the site of indistinct climbing routes which I really do now wish to descend. I try to read the slope even though I can only see just in front of me, desperately seeking to get a feel for the lie of the land so that I hit the top of the spur. The cairn marking the top of the spur will be well buried in this, so I'll just have to take a calculated guess. The compass isn't a lot of use on its own as the spur is very indistinct at the



start, so I am fiercely focused on looking around me, sensing the slopes until I take the plunge and start to descend more steeply. The spur becomes more defined and I grow in confidence that I've found it, even though I can't recognise any features because everything is so plastered in snow. On these Western slopes the snow has drifted to a metre deep, so even the suggestion of the formation of windslab causes me some alarm as I descend the steep slopes. At times I turn inwards and kick steps to avoid knocking the whole slope down and I try to stick to the rocks to limit the possibility of avalanche. Everywhere there is snow: snow up to my waist, snow in my eyes, snow down my gloves, snow in the air, snow in my sack; but at least the snow makes for a gentle descent on my knees. The usual skittering down scree, rocks and slippery grass has been replaced by a gentle whooshing in soft snow, which slides down in to an unseen abyss. Down, down, down I go, following small couloirs, ribs and finally what looks like a stream bed, except that it is covered in snow. The slope starts to ease off so I know that I'm near the bottom, and when an incised valley appears I know that I'm down. The most dangerous part of the journey is over, but I can't relax: the storm has come in earnest now. The wind is funnelling up the valley from the South and blasts the snow in to my face. It's also very wet snow which is quite the most depressing kind: the sort of snow that seeps in to the smallest opening, wetting everything in its path. This is the challenge I've been anticipating: once more it's about survival, moving to keep alive.

However, first I need a break and a bite of food. I take shelter in a little corner protected from the worst of the wind and eat a precious morsel whilst the spindrift blows all around. I lie on my back and doze, desperately trying to recuperate sufficiently to see me through to the end, and I do start to dream.

It's as if my family are with me, talking to me, sitting by me, but I know they're not there. Nevertheless, it's comforting to sense the presence of them right by me whilst I lie comatose in the snow. After ten minutes I rouse myself and cease to resemble an abominable snowman when I shake the snow which has accumulated on me as I lay there. It's hard to do, but I face in to the wind, come out of my little corner and feel the blast of the storm once more. Immediately icy particles sting my eyes and my eyelashes start to freeze over, yet there's nothing for it but to heave up through the deep snow and buried rocks, bound for Carn Mor Dearg. There's a certain unreality about the situation, where I'm a dispassionate body observing myself climbing the ridge, and Alison and Ben are there too talking to me, but I know that they're not there because there's no snow when I see them- it's just a comforting dream that takes me out of this hostile world. I'm like a robot, programmed to go up regardless of whatever the mountain throws at me, yet I recognise that it is truly appalling conditions which demand that I continue because if I stop I won't recover, I'll only degenerate. I can't see anything beyond my hood, the ground by my feet and, if I dare expose my face to the icy bullets, I can see three metres ahead. I lose all sense of time and oscillate between a dream world where I am sheltered from the snow, the storm and the cold, and the reality of painstakingly dragging myself through the snow. Once more I take a power nap, aware that this is probably the last opportunity I will have until the top of the big bad Ben. It's a good decision and I feel quite rejuvenated for a while afterwards.

Towards the top, the wind really starts to pick up and I have to hold on to the rocks to avoid being knocked about, but it doesn't matter now. I just accept anything that comes and carry on, for there's

no other option – it's beautifully simple. Simple, but not easy. Following the arete, I'm now facing directly in to the wind which is ripping over the ridge, blasting the icy devils in to my eyes. I can't see them, but I can feel them alright. A full on hit blinds me for an instant, so I pull my hood lower still and bow before the wind. As the arete narrows I hold on to the crest for stability, not wanting to end the expedition by being blown in to Coire Leis. What a climax this is: a storm bound traverse of the arete in the wee hours.

The wind gets ever stronger as I pass round the narrow arete, causing me to focus on every step. I time my jumps to correspond with relative lulls in the wind and watchfully pass by the vertical side walls which loom up out of the dark pit of Coire Leis. My focus is total: there are no voices now, just me and the ridge. Most of the time I can't see the drops, but I can feel them as I pass by. It's as if a malevolent force wants to through me over the cliffs, but willpower draws me on. I can sense the beginning of the end and my excitement is only tempered by the knowledge that I must first find my way of the Ben Nevis plateau. Before then I have to climb the last thousand feet up to the summit, but although the wind blows as strong as ever, nothing can keep me from my goal now. I plod wearily on, wrapped in my private, circumscribed world.

At last I'm there at the summit of Ben Nevis, coincidentally at 3.17 am, the same time as on my summer Ramsay Round, but I feel no elation, just a desire to get down, to find my way out of this black and white hell. Once again I can see no more than two metres, the tracks are fully blown over and it's a wild night on the big, bad Ben. What a finale this is proving to be! Again, I concentrate furiously on my navigation, counting my steps to the top of Gardyloo gully. I spot the cairn marking



the turning point and follow a course for the Red Burn. Never an easy place to navigate in the mist and snow, tonight it is abysmal, allowing for no mistakes. I watch the ground, search for signs of footsteps and keep checking my compass, but after congratulating myself on passing off the plateau, I recognise that I have slightly overcompensated for avoiding Five Finger Gully and find myself on the right hand side off the Red Burn. Most importantly however, I'm safe and can relax a little. The snow is balling up under my crampons and despite the great depth of the snow which reaches up to my waist at times, I'm starting to trip over rocks buried under the snow, so I take my spikes off, but it's here that a curious incident occurs. My crampon straps are unsurprisingly iced up and prove unwilling to be prised apart, so I use my axe to scrape away at the straps and then to hack the more resistant bits of ice off the straps. Unfortunately it appears that my hacking is a little too vigorous, or else the straps are too old and my axe too sharp, because I'm soon staring at two pieces of frayed strap and a disconnected ring. Somehow the ring disappears and despite ferreting about in the snow, I just can't find it. 'Never mind' I tell myself, I don't need them any more and the straps were looking rather worn.

Having shrugged this off, I inevitably proceed to slide around on hard neve, but at least I'm not tripping over as many rocks any more. The snow is so deep that I can pick my way down the right hand side of the Red Burn which looks strangely unfamiliar with the very deep snow and the dark. I can't really see much at all – just changes in angle – but I can see enough to cause me to think that entering the Burn would not be a good idea. Besides, with the softness of the snow in the thaw, I might find myself knee deep in water, so I proceed down the slope until I hit the main path just as it rises out of the Red Burn. I'm in no mood for the steep grassy bank that would now be a steep, snowy and exceedingly slippery bank, so I carry on down the track, but get bored of this, so take an intermediate line to cut the corner. It's icy and rather indeterminate in the dark and I begin to wish that I'd stayed on the path. The end is near and I know that I'm going to get there now, but it doesn't seem to make it any easier. In fact, I can only honestly call it a drawn out agony of stumbling down a steep and icy hill which doesn't seem that familiar despite having been down here many, many times. I don't recognise the trees to my left. Am I further down than I think? 'No' is the unfortunate answer which becomes all too apparent as I hit the track above the zig-zag on the slope of Meall an t Suidhe. I'm a little downhearted at this as it means I've cut very little off the main track, but at least I'm on the highway now and the snow's starting to disappear. The set rocks that make up the path are particularly painful on my bruised and battered feet, sending a burning sensation right up my leg on every step. I can't believe how long this is taking. Never has the Ben path seemed so tortuous, but I have the bit between my teeth now, focused on getting down, being able to relieve my poor feet from the cruel battering to which I've subjected them. For the present, I daren't think of the heaven that lies below: to get down I just have to force one leg in front of the other, pretending that the pain in my feet is an illusion. But it isn't; the pain is all too

real – a rubbing, burning, shooting, stabbing pain that taunts my every step. I know the track all too well and the landmarks pass unbelievably slowly: the first bridge, the second and then the third; the zigzag and then the next and finally the path junction. I'm almost sleep walking and am finding it increasingly difficult to concentrate. My true state of mind is made all too clear, when I approach a rock which appears to be covered in jigsaw pieces. I see coloured jigsaw pieces dotted all over the rock and although I know that this is an illusion, my eyes tell me otherwise. I have to prove to myself that it is an illusion, so I bend down and feel the rock. Its a rock covered in lichen. Time to get down before I start seeing pink fairies.

That's easier said than done. I can scarcely bear to thud my feet in to the stones, I've reached the end of my reserves: there's nothing left. I'm running on empty; the fuel gauge has been on red for too long; I can do no more than eke out the last few hundred metres to the car. My torch beam has been pitifully weak for the last hour, but now the light of day replaces the dim glow. The grey, soft dawn matches my state of mind. I'm in a slightly confused fog through which I'm stumbling in a protracted, painful daze. Again tears fill my eyes as I approach the youth hostel. I can't quite believe that I'm going to finish, but I am. I can hear voices for the first time for almost 40 hours and they aren't the ones in my head that have been my companions through the long night. Although I'm finishing alone, these companions are still with me – family and friends that have occupied my dreamland. There's an unreality about the finish as I limp up the road to my car. No-one knows, no-one cares about what I've just done and why should they? Yet for me, it's made its mark – a diamond which will etch a deep memory in years to come.

So the end comes, except that it is not the end.

A horrible thought emerges. My key was in the bottom of my rucksack liner – a black key in a black bag – but it isn't there now. I desperately search every crevice of my soggy sack, but a memory haunts me as I do so. On one of my power nap stops up Carn Mor Dearg I had emptied my rucksack liner to shake out spindrift which had accumulated in the bag. I had checked the contents first, but I must have missed the black key in the black bag under a black sky. My key was sitting in a pile of snow near the summit of a 1200 metre mountain. Utterly dejected I sit forlornly on the ground, but the cold soon seeps in to my bones and I reluctantly re-assemble my kit and shoulder my sack. I can barely hobble the fifty metres down to the youth hostel and my hallucinations proliferate. I think about making a call from the phone box, but there's someone in there – but there isn't – it's just an illusion. The coke machine outside the hostel takes on another form. I don't know what it is: my mind just can't work it out. Only going right up to the machine shows it for what it really is. I see birds in the trees that aren't there, sticks are animate objects and I can no longer discern what is real. It's quite bizarre, since I am still alert enough to know that it is my mind playing tricks as though I am drugged.

In this sorry state I hobble in to the hostel which is mercifully open at this early hour. I explain my plight to the warden on duty who is none too sympathetic. I can't quite believe his lack of compassion, with his principle concern seeming to be that I inform the police that my car may be there for a while. I am utterly defeated by this disastrous setback and am lost as to what to do. I can barely think. All I had wanted to do was to strip off these disgusting clothes, bandage up my feet, soothe my throat with liquid and curl up in a ball to go to sleep, but now I can do none of these. The warden presses me to act, but I just can't think and the only



action that I take is to prise off my bloodied socks to reveal the full horror of my feet. Eight of my toes are black, the rubbing on my ankles is so bad that it has gouged pus-filled holes, whilst my soles are ghostly white victims of trench foot. To top it all, my toes are deadened from frostnip. I reek like a tramp from hours of sweat and damp, but I am beyond embarrassment. Instead of offering me a cup of tea, the use of the facilities or even some words of comfort, after phoning the police (who helpfully suggest that I get my spare key sent up my special delivery) I am told that I will have to leave.

I can't quite face putting my odious socks back on, so I just wrap them around the worst of the rubbing and wear my boots barefoot. I limp out of the hostel and consider what to do next. My mind is working so slowly that it takes me an age to come to any decision and once I have done so, it takes an equally long time to act on it. I can't face the fifty metre walk to the phone box, so I try my mobile. It works intermittently and at last I can explain my predicament to someone who cares. After checking whether my breakdown service provider can help (negative as the nearest dealer is in Glasgow), Alison arranges for the key to be sent to Station Lodge at Tulloch where I will stay the night. I can catch the train to Tulloch but the next train isn't until 11.30, so will have to while away the morning in Fort William. There's no bus and precious few cars, so I just limp down the road, feeling more and more like the tramp that I have become. Half a mile later, someone feels sorry for me and offers me a lift. The driver informs me that only Morrisons will be open for breakfast, so on arrival in the Fort I hobble across to the supermarket. It is quite surreal. I am sitting having breakfast in Morrisons smelling to high heaven, wet winter kit by my side and nursing my repulsive feet. I feel truly sorry for anyone who comes in to contact with me and seek a table as

far away from other people as possible. I have to concentrate to achieve anything such is my state of tiredness, but I eventually stir myself to buy more food for the day. I'm in a trance, moving round the store in slow motion, dragging my feet after me, feet screaming in protest at being bound in their tormentors once more. Next stop is the Nevis Sport Cafe for more food, drink and slouching over a table, then finally I can escape on the train. More lunch, a shower and the loan of a T shirt from the kindly folk of Tulloch and then the long awaited relief of sleep. Its over.

Postscript: On coming to, I examined my crampon straps. They are quite as they should be – I had imagined cutting through the straps.

Logistics: I carried/wore the following: Dryflow top, powerstretch tights, 2 pairs of part woollen walking socks, Rab salopettes, microfleece top, Rab down jacket, Berghaus lightweight cagoule, thin balaclava, Dachstein mitts, Extremitie outer gloves, Aiguille gaiters, 2 season leather walking boots, Camp 55cm axe, 1 Leki walking pole, an old pair of strap on Camp crampons, 35 litre KIMM sack, compass, ipod nano, Sanyo video camera, billy can, mug, spoon, gas, pocket rocket stove, insulating water bottle carrier.

I also carried and then consumed the following: 1.5 litre squash (topped up by a further 2.5 litres), 1 tea bag, porridge oats, 4 homemade flapjack type cake pieces, 2 pieces of Christmas cake, 2 Snickers bars, sandwiches made with 8 rounds of bread, cheese, a bar of chocolate, 2 geobars, 1 apple bar, a few figs, liquorice allsorts, a handful of marzipan. This was not enough!

Summit	Actual Time
Glen Nevis Youth Hostel	06:15 AM
Mullach nan Coirean	08:24 AM
Stob Ban	09:29 AM
Sgurr a Mhaim	10:49 AM
Am Bodach	11:56 AM
Stob Coire a Chairn	12:30 PM
An Gearanach	01:02 PM
Na Gruagaichean	02:22 PM
Binnean Mor	03:10 PM
Binnean Beag	04:04 PM
Sgurr Eilde Mor	05:32 PM
Meanach	06:56 PM
Meanach depart	08:07 PM
Beinn na Lap	12:00 AM
Chno Dearg	03:04 AM
Stob Coire Sgriodain	05:05 AM
Loch Treig Dam	06:46 AM
Loch Treig Depart	07:13 AM
Stob Coire a Mheadhoin	10:13 AM
Stob Coire Easain	11:05 AM
Lairig Gartain	12:05 PM
Lairig Gartain Depart	12:43 PM
Stob Ban	02:15 PM
Stob Coire Clairigh	04:00 PM
Stob Coire an Laoigh	05:32 PM
Sgurr Choinneach Mor	06:57 PM
Aonach Beag	10:20 PM
Aonach Mor	11:05 PM
Carn Mor Dearg	01:40 AM
Ben Nevis	03:17 AM
Glen Nevis Youth Hostel	06:10AM

A Winter Paddy Buckley Round

After my epic completion of the Ramsay Round in March, there was really just one immediate objective: A Winter Paddy Buckley Round. I couldn't hope for an experience like the Ramsay, but the appeal of becoming the first person to complete all three rounds in the Winter was too great to ignore.

So it is that I find myself at 5.34 am. on a dark December morning in Llanberis. The weather forecast promises better than the incessant pounding of depression after depression that had lashed the Lakes over the preceding weeks but the starless night lacks the bite of a crisp winter's morning. The weeks of preparation floundering around alone in mist, dark and rain on my home fells constitute more of a mental than a physical preparation, yet I still feel somewhat pensive and pessimistic about my chances of success. Not having been able to reconnoitre any of the route and suffering from a troublesome knee, this is not altogether unwarranted. Nevertheless, it's now or never (or at least this month). Iain and Sarah trot off in front and another long and unpredictable journey has begun. As the saying goes, 'there's only one way to eat an elephant - one piece at a time', or more appropriately, there's only one way to climb 47 tops and that's one step at a time. If you think too hard about all those hours of darkness, sleeplessness and cold (especially once you've been there a few times!), you'd never set out. I therefore lock up such thoughts in the deepest recesses of my mind and focus on each step, each top, each section. It's very much a private journey, even with a team of pacers. Only you know how you're feeling inside, only you can find the resolve to continue come what may and in the early hours of a dark December morning, there's only me and my thoughts as we silently make our way through the quarries. It's a dark world of grey and black- of slates, rocks, mist and the night. A fresh wind drives us onward, but progress over the wet rocks of Elidir is painstakingly slow in the confusing blanket of mist and darkness. We dither about, following false trails, eventually having to backtrack until we hit the steep grass that leads to Mynedd Perfedd. A quarter of an hour is lost in an inauspicious start. My lack of familiarity with the route is telling, but I know the next section will be easier and as we top Foel Goch, the first light of day lifts the gloom, both physically and psychologically. When Y Garn is reached, the mists clear to enable a joyous romp down to Llyn y Cwn. Daybreak scarcely ever fails to lift the spirits and this is no exception. The night is gone, the day is here. Hallelujah! My pace picks up accordingly even though the very summit boulders on Glyder Fach prove to be a bit of a skating rink, being coated in verglas. No such perils on Tryfan, where a slow initial descent over wet rocks leads to a decent run to a waiting Yiannis, our trusty guide over the final streams to Ogwen.

Here it's a quick goodbye to Iain and an equally quick hello to Lawrie. No time for more prolonged pleasantries despite the fact that I've never met either of them before. I feel for Lawrie who has travelled a long way to get here, but is

promptly abandoned on the steep ascent of Pen yr Ole Wen, as I push on with Yiannis, keen to make the most of the daylight hours. My sandwich disappears with Lawrie, who manfully trails us round for the remainder of the section, never quite managing to catch up. The Carneddau do their best to come up with typically hostile conditions but don't quite manage it despite a fresh wind driving snow across the mist enshrouded plateau. With a guide like Yiannis, this poses no problems and as we descend, the mists clear to reveal the way ahead. My spirits rise with the mists and my confidence grows, but at this juncture, I fail to listen to the voice of experience, namely I neglect my eating which ultimately proves to be critical.

This isn't immediately obvious, although Jo's pace up Siabod seems testing, and as the day rolls on, I feel ever more weary amongst the heather strewn slopes, rocky knolls and squelching bogs which steadily suck the life out of me. Too early, oh too early, my energy levels are dropping to dangerously low levels, with no effort to eat on my part being successful. A small donut resists my every attempt at mastication, sticking to the palate and becoming intractably wedged in my mouth.

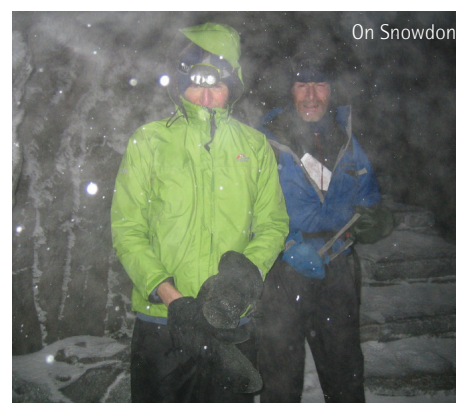
Well over an hour of remorseless masticating is required before I'm finally successful in forcing it down, which only leads to round two: a small Snickers bar. This particular challenge is met with little more success and again the one hour barrier is broken before the last morsels leave my mouth. After only nine hours, this is bad news indeed. I can only 'look forward' to another fifteen hours (or more) of nauseous, painful slogging. I should do something different - sit down, eat something, drink something, regain momentum - but I don't. Instead I just keep slogging away, hoping that somehow I can limit the damage. To begin with this appears to be justified and instead of losing precious minutes, I start to gain them but, once night falls, my momentum slips away. In the darkness, I lose all sense of distance and time. A small rise becomes a looming colossus of a mountain; the mountain that seemed just a step away scarcely seems to draw closer. My steps necessarily shorten to accommodate the lack of vision and time drifts away without me being able to do anything about it. Jo expertly navigates over the rough, undulating ground to Cnicht, whilst I dumbly follow as best I can like an automaton, wrapped in my private world, driven by a dull instinct. I'm not really thinking, I'm just feeling: feeling the spasmodic pain from my right knee, the nausea that comes of a body saying 'no' and the jerkiness of tussocks in the blackness. The night draws out the agony with the monotony of its black shroud. Each step is like the last. I'm too tired to think about anything beyond the slope in front, but the physical effort prevents me from switching off, eking out the dreary hours of darkness. Quite frankly, it's not very special tonight. There's no moon, its cloudy, showery and breezy and I'm distinctly uninspired. In this mood, its not surprising that I labour on the steep ascent of Cnicht's South slopes, but once we hit the summit ridge, I regain some motivation, with the prospect of rest, warm food and drink at the bottom of the hill. Nevertheless, my legs fail to respond as I would wish, with time drifting by. My deadline for Aberglaslyn has long since been and gone, as has my revised guesstimate. In fact, my attempt looks all but finished by the time I roll in to the car park, or at least

a completion within 24 hours. I've an hour less than what I think I need with the prospect of nothing but darkness for the remainder of the round. I know that something needs to change but can't see it doing so. I'm finished.

Or at least I would be, if a 24 hour completion were the only game in town; but it isn't. In winter I reckon its a fair enough challenge just to complete the round, and in any case, I'm not done yet. It ain't over 'til it's over, so after an all too brief snooze, warm food and drink, I set forth with a veritable posse of support with the faint hope of a miraculous change. It doesn't happen. The tussocks, bog and ferns of Bryn Banog are as tiresome as ever, whilst Hebog stretches out interminably. By the summit of Hebog I know the 24 hour challenge is over. I can only look forward to a night of slow death, buffeted by a strengthening wind which drives the hail onward. The moon does make an appearance but it comes and goes through the clouds, as do the showers of hail and rain. The rocks are slippery, my legs are as stiff as boards and I'm regretting having forgotten my poles. As the wind gathers strength, I feel ever more feeble, a feeling which intensifies as the wind funnels down Bwlch drw Elor, knocking us sideways and hurling the hail at us as we descend. After this, the heathery mound of Y Gyrn doesn't seem too bad and after picking our way down the boulder slope on the far side I grant myself a quick nap. After all, there's no point rushing now. I'd like to lie there longer, but I'm not sure the others share this sentiment, so regretfully I pull my torso up and set forth once more in to the wind.

The slates of Mynedd Drws y Coed are predictably slippery, so we are forced to pick our way tentatively along the mist enshrouded, narrow crest. I wish I could be distracted from the toil, but the conversation fails to lift me out of my surroundings. There's no relief from the weary plodding, my aching knees and the waves of tiredness that sweep over me in the darkness. The tussocks draw out the descent of Y Garn where once again I lose all sense of time and distance. The moon now lights up the slopes but this serves only to make the distances seem all the greater, cruelly exposing the slowness of my jolting progress over the tussocks. After what seems like an age, we finally hit the forest tracks where voices soon present friendly words of greeting. Rob and Jo chat away, at last distracting me from my immediate environs, so that the walk through the woods becomes an oasis of pleasure in what has become a fairly grim struggle. Buoyed by fresh company, the thought of refreshment, rest and just one more leg, I decide to continue despite my feeble state. After all, Rob has just driven from Peterborough to be here, and it has occurred to me that completion will mean doing all the big three rounds in winter within the space of twelve calendar months. That has to be worth doing, however slow, however grim I'm currently feeling.

If the walk through the forest was an oasis, the snooze in the car at Pont Caer Gors is half way to heaven. For precious minutes, I can lie back, close my eyes and think of nothing, pretending that I'm cocooned in the warm embrace of my bed. Unfortunately, reality eventually hits home. I'm not in my bed, I'm cramped up in a car with the Snowdon range still to traverse. Somewhat reluctantly, therefore, I ease my creaking frame out of the car into the cold night air. We say our goodbyes and set out on our night vigil. Rob's tales of great deeds



past and plans of things to come relieve the tedium of the night, but once established on the ridge, the wind once more makes its presence felt, this time with more force. Hail turns to snow and the ridge to Yr Aran reflects the torch beam with a fresh white coating. The wind is wearing and prevents any speech. We just wander on in our own private cocoons, knocked by the wind, stung by the snow. It relents on the descent to Bwlch Cwm Llan, where night really takes a hold. I sleep walk up the South Ridge of Snowdon, where even the ever present wind fails to lift me out of my stupor. Every step is measured as if I were at altitude, but I'm not. I'm just staggering up Snowdon on a not altogether clement winter's night, bereft of sleep, barely functioning. With increasing height we enter the mist and then the snow, with the scene becoming increasingly wintery as we cross Bwlch y Main. The wind is gale force now, whipping the spindrift across the ridge, stinging me back from the land of the undead in to that of the living. By the top of Snowdon I'm starting to enjoy life again, with a covering of snow softening the track and easing visibility, so despite the 50 mph wind which drives stinging particles across the ridge, it's once more a privilege to be here at 6am on a December morning. Not that it's an easy saunter back. On Crib y Ddysgl the wind tears across the summit plateau, picking up the spindrift as it does so and blasting it at us. Rob has mislaid his torch in the snow, but fortunately the snow covering is sufficient with the moonlight, even in the heavy cloud, and the snow lies lower on this side of the mountain, so that by the time we drop below the snowline, day is beginning to dawn, we have descended out of the cloud and Pete's Eats is beckoning. The thought of the latter spurs me on over the grassy humps to Moel Elio, as does a new dawn. The night is over, the day has come. Hallelujah!

So, Llanberis comes quicker than once seemed likely although Rob tells me that this is probably the slowest Paddy Buckley completion after Mike Hartley's Round and we can discount that one as he did it straight after the Ramsay and Bob Graham Rounds, back to back. Slow it may have been, painful it decidedly was, but there's no doubting it now: its over! The crew are there to greet us outside a deserted Electric Mountain, then its off to Pete's Eats for a long awaited big breakfast.

John Fleetwood completed the Paddy Buckley Round of 47 tops, 63 miles and 29,000 feet of climbing between 8 and 9 December 2006 in 28 hours 15 minutes, supported by Iain Ridgeway, Sarah, Yiannis Tridimas, Lawrie, Jo Scott, Nicky Spinks, Bob Wightman, Mike Vogler, Rob Woodall and Roger Bell (road support).

The Joss Naylor Lakeland Challenge

The Presentation Dinner marking the 15th Anniversary of Joss's jaunt across Lakeland saw over 90 seated at The Bridge Inn, Santon Bridge on October 21st 2006. Joss had laid out the course in 1990, with the support of Colin Dulson, Chris Brasher and Ken Ledward the year before, but it was 1991 and Don Talbot, Clayton le Moors Harriers, became the first to take up the challenge. It was gratifying to have so many members and guests present and to note that we were close to full seating capacity at The Bridge Inn. During the evening, Joss himself was presented with an award by The Variety Club of Great Britain in acknowledgement of his Charity work.

There were eventually 13 tankards awarded on the night, bringing the total since the beginning to 69.

Indeed, it would have been 70 had one late runner been able to send in his documentation in time to have his name printed here. Seventy is a nice round number and it will be pleasing to have it ratified in due course. Our thanks go to John Green of Jennings Brewery, Cockermouth, for their ongoing sponsorship of tankards.

The continuing popularity of the M55 group produced 6 of the total for 2006, while the M50 will have avoided their duck with just 1 success pending. There were 2 W50, 4M60 and 1 M65 new runs this year. The habit of repeating the run when reaching a new age group seems to be catching on and there have been three such this year – John Crummett and Dave Lockwood, M60 and Paul Murray, M65. Many

who have previously run the route as contenders have been notable as pacers and their continued interest in and support of new contenders is very much appreciated. Repeat runs are not asked to repeat fund raising.

Charity Money has been good, reaching at least £5,400 for 2006 and an overall total of £19,657 so far.

Presentation Dinners will remain on the same week-end for the foreseeable future – **Saturday October 20th, 2007**. We try to avoid clashes with FRA events, but there is a convenient race, The Scree, at 2.30 on that Saturday, so no excuses! Please extend a big welcome to David Powell-Thompson who has taken on the post of Dinner Secretary. David, a successful contender in 2006, lives at Holmrook and his local knowledge will be of great assistance. So, while Joss dodges the rain in Spain from November to April, Ken Ledward and I welcome this reinforcement to the home-based team.

The Information Sheet sent to all who enquire about the Challenge has changed a bit, so please send for it in future instead of relying on an out of date club copy. With late runs through October this year there were problems with ordering sufficient tankards in time, so there will be a deadline for receipt of documentation. Signed schedules must be sent in as soon as the run is completed, *so don't let your pacers slip away! A thumb print won't do, but an ID card is not necessary*. Any who run late in the year will have their tankards held over till the following dinner if they so

Successful Challengers in 2006

W50	
60. Hilary Bloor	Dark Peak
66. Debbie Thompson	Keswick
M55	
57. Robert Marsden	Dark Peak
58. John Clemens	Mercia FR.
59. Chris Barker	
61. John Gay	
65. Alan Davis	Eden vale CC.
69. Stephen Edison	
M60	
63. Mike Elwell	Saddleworth Runners
64. Dennis Lucas	Rochdale Harriers
67. David Powell-Thompson	
M65	
62. John Richardson	Rucksack Club
68. Ray Stafford	Horwich RMI.
Congratulations to all!	

desire, or they can be sent by Royal Mail.

As it will be February before this is read, I guess 'Naylor Wanabees' will already be in training. Enjoy re-creating this lovely route to ensure that you reap your reward in October. It bites after Rossett Pike!

Information: Monica Shone, Swn y Gwynt, Penmynydd, Menai Bridge, Isle of Anglesey, LL59 5RX (SAE. Please)
Or e-mail: mandc@gwyntog.freeserve.co.uk

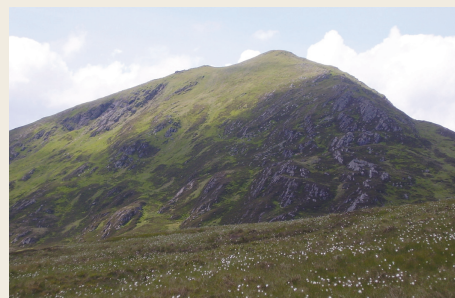
The Highlander Mountain Marathon

31st March / 1st April 2007



The Highlander Mountain Marathon is a new event for people with a sense of adventure. It will follow a traditional mountain marathon format over two days, with teams of two navigating over mountainous terrain and carrying all their equipment for the overnight camp. To make the event that bit more social, food will be available at the midway camp as well as some traditional Highland entertainment.

There are 5 classes to choose from; A, B, C, D and Score. The routes have been designed to allow a wide range of participation; the hardest of competitors will be pushed in the higher classes but novices will also be able to experience the challenge of a mountain marathon. The primary aim of the event is that everyone enjoys a weekend of travelling through a wild and beautiful



mountain environment. For our first event we have been able to secure access to a particularly stunning and rarely visited Highland location.

SPORTident TIMING, the premier electronic system for recording times at checkpoints, will be used to give instant and accurate results for each day.

The team behind the Highlander have years of experience between them as mountaineers, competitors and organisers of adventure racing events. This, combined with an intimate knowledge of the event location, means that the Highlander promises to be a special event - challenging, fun, sociable (and midge free!!!)

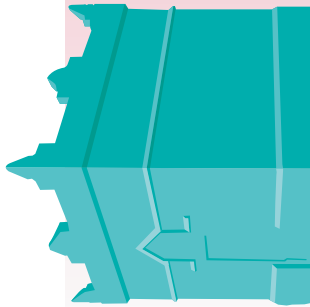
For more information and an entry form see **www.highlandermountainmarathon.org.uk**

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Countryside Tour

of Horwich and Rivington



A FIVE STAGE EVENT OVER SIX DAYS IN JUNE
INCLUDING THE UNDER 17's THREE STAGE JUNIOR FUN RUN TOUR



THE EVENTS IN 2007

Tuesday June 19th

Science In Sport Lever Park Run 6 miles paths and tracks (Permit No. 07/7602)

Wednesday June 20th

Jubilee Road Race 5 miles (Permit No. 07/7600)
and U17's Junior Fun Run - approx 1 mile

Thursday June 21st

Walsh Two Lads Hill Race (under FRA Rules) 5.25 miles, 900' ascent

Friday June 22nd

Joseph Holt Brewery Cross Country approx 4.5 miles (Permit No. 07/7603)
and U17's Junior Fun Run - approx 1 mile

Sunday June 24th

Georgia Pacific Horwich Carnival 5K (Permit No. 07/7601)
and Carnival Fun Run - approx 1 mile (Junior Tour Run 3)

Each evening race starts at 7.30pm Sunday race starts at 12.50pm (Provisional)

Non Tour entries are available for all races. Junior Fun Runs start at 6.45pm.

Sunday Fun Run Starts at 1.35pm (Provisional)

Please confirm Sunday start times nearer event date.



TERRIFIC PRIZES FOR OVERALL TOUR AND INDIVIDUAL RACES

1st 6 men, 1st 3 ladies • 1st 3 MV40 • 1st 3 MV45, 1st MV50
1st MV55 • 1st MV60 • 1st LV40 • 1st LV45 • 1st LV50
1st 3 Men's teams (4 to count) • 1st Male Vets Team (4 to count)
1st Men's B team • 1st Ladies Team (3 of any age group)
50 spot prizes per race.

Tour Programme for each senior competitor will be available at the first race. Tour Results Booklet will be sent to each competitor in the week commencing July 9th. Sweatshirt for each Senior Tour entrant, T Shirt for each Junior Tour Entrant. Bonus of a Tour T shirt for those who enter Senior Tour before 31st March. Commemorative glass to all who complete the Senior Tour. **First 100 Senior Tour entrants receive a pair of Helly Hansen LIFA gloves or Hilly technical gloves**

Tour standings are based on cumulative time. Presentations will be at approximately 8.45pm at each race HQ (Carnival 5k approximately 4.00pm).

RACE HEADQUARTERS

The Crown Hotel Lever Park Run, XC and Carnival 5k (GR SD634118)
Rivington Village Bowling Green Jubilee Road Race (GR SD625144)
The Bridge Hotel Two Lads Hill Race (GR SD641116)

Send your completed entry form with large S.A.E. and cheque payable to "The Horwich Tour" to

C/O Sweatshop@nextgenerationclub, Moss Lane, Whittle-Le-Woods,
Chorley, Lancs, PR6 8AB Telephone: 01257 269814
email: chorley@sweatshop.co.uk Postal Closing Date: 15th June
www.horwichrmiharriers.co.uk or www.horwichcarnivalraces.co.uk

Countryside Tour Entry Form

NAME CLUB (if any)

POSTAL ADDRESS POST CODE

TEL. No. AGE D.O.B.

MALE / FEMALE NoEAA/MCAA/SoEAA No

SWEAT SHIRT (SENIOR) / T SHIRT SIZE (JUNIOR) 6-9 Years SMALL MEDIUM

LARGE X LARGE



Tour Entry Fee: £28 (Club), £38 (unattached) Postal Closing Date 15th June.
£24/£32 if you have already paid entry to Jubilee Series or June Jubilee Race
Junior Tour Entry Fee: £4.50

FEE ENCLOSED

DECLARATION

Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by the UKA and agree to abide by their rules. I am medically fit and understand that the organisers will be in no way liable for any injury, loss or illness caused to me during or as a result of the race(s) or for any property lost or damaged during the event. (Parent to sign if under 18) Competitors rights covered by the data protection act.

Signed Date (Parent or Guardian to sign if under 18)

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One Man, One Winter, 284 MUNROS

In the Winter of 2005/2006, Steve Perry completed the first ever continuous winter round of the Munros. He was recently awarded the FRA Long Distance Award. Here is his epic story. (PUBLISHED IN FULL IN TGO MAGAZINE)

I leaned into the walking poles and pushed forward, hard then harder. Nothing! I tried again, leaning more and more into the wind. Head down, all I could see were my new boots, fresh out of the box this morning. I wondered what they'd look like after 100 Munros. Will I make it up 100 Munros? Will I make it up the first? I pushed again and moved this time. Unable to look into the wind I could only hope the summit was nearing. I chanced a glance and got a face full of driven hail – but there it was, 20m ahead. Thank God! I fell into the circular shelter, exhausted by the wind. Ben More's wild summit was no place to hang around – there'd be no sandwiches up here today. The descent gave plenty of food for thought anyway. Had I committed myself to a challenge beyond my abilities? Could I really backpack over all 284 Munros, through a Highland winter? On top of that, could I manage it on foot in the 121 days that Martin Moran had suggested, 20 years ago, in his book *The Munros in Winter*? If Ben More was this bad, how would I cope when the heavy snow arrived? After all, I'm no experienced winter mountaineer like Martin Moran. I'm a hill walker with so few winter outings under my belt I can count them on two hands and still have a finger left to point and say, "You've no chance Perry!"

Luckily, for the sake of my confidence, December had – on the whole – some great weather, enabling me to gain time on the schedule I'd set myself, and settle into the challenge. By Christmas Day I felt the weather was giving me an easy ride. Apart from an Arrochar Alps snowstorm and the occasional drenching, there had been nothing to rival the first day's weather on Ben More. I wouldn't go so far as to say I was hoping it would snow but, come on, this was easy! The day was spent hiking into Glen Etive ready to climb the five Munros there on Boxing Day. It was beautiful and sunny but I would much rather have spent the day at home with my family.

By the afternoon of December 30 there had been a veritable weather reversal – I now wished it would stop snowing. A blizzard had kept the Glen Coe teashops full and the rescue teams busy. It was my first day off after 29 straight days on the hill and I felt guilty: "The first real snow comes along Perry and you bottle it!" The only recompense was pub-talk of 70mph winds on the summits; I could live with sitting that out.

Calmer weather on New Year's Eve made for the most enjoyable day yet, traversing Bidean nam Bian. It wasn't quite blue skies but the ridge

looked truly alpine with its new mantle of white powder. I even managed a few pints to celebrate Hogmanay that evening. New Year was seen in with a traverse of mainland Scotland's toughest ridge, the Aonach Eagach. My fears for the crossing were unfounded. Five hours after ascending from Glen Coe, I dropped into Kinlochleven with a spring in my step having spent a magnificent day tackling the icy climbs and loving every minute of it. High pressure again moved into the Highlands, bringing cool air and blue skies which allowed me to change plans and gain time. The Mamores – 10 mountains that tower between Kinlochleven and Glen Nevis – were crossed in a fabulous 15 hour day instead of the three scheduled days.

The next morning saw me climb Ben Nevis with snow underfoot and a hot sun on my back, a wonderful day for the highest point of the trip. Camped high on the side of Aonach Beag, I watched a sunset that, despite the cold, made me damn happy to be there. The following morning 50mph winds shook me awake and made it a struggle to decamp, fighting to keep warm. The winds continued throughout the day on the Grey Corries, after which I was sent battered and drained into the depths of the glen, having been given a stern lesson in how harsh and varying the Scottish weather can be. Easier days followed, enabling me to re-group and prepare for the remote Ben Alder Forest. I headed in with a pack crammed with food and fuel, excited at the prospect of self-sufficiency and the unknown. A lung-bursting effort with the heavy pack saw me across two more Munros to make base at Culra Bothy.

The next morning the bothy thermometer registered -8°C and an icy wind scathed outside. The day went well until a bad slip on ice landed me on a sharp rock and gave me a chest injury I thought would end the walk. I fought on through blizzard conditions, in severe pain, and eventually staggered down the slopes of Carn Dearg back to the bothy. I hardly slept that night, despite being completely shattered. The pain jolted me awake every time I rolled on to my injured side. Next morning, just when I thought things couldn't get any worse, they did. The temperature had risen by around 12°C and the rain was coming down in buckets. A hard, painful day on the South Laggan hills turned into the worst of the trip. Returning to Culra that evening, I approached the Allt Cam which, in my Yeti gaiters, had been an easy crossing that morning. I stopped dead in my tracks: the volume of water



melting in the mountains had burst its banks. No rocks protruded above the surface, it was just one black sweeping mass, anything between waist- and chest-deep.

My heart sank. I knew by the sheer size of it there would be no point in heading up stream, I would have to go for miles to find a crossing. I approached the edge with a heart almost bouncing out of my chest. I'd never crossed a river this deep, certainly not one moving this fast. I had to keep calm – panicking would see me swept into Loch Pattack. I lowered



Above: Deep snow engulfs Lorraine McCall as she leaves West Affric

Right: The damp misery of a sleepless night in Kinbreak Bothy was exorcised the following morning by a change in the weather

myself in and could not believe the pull of the current. Then I was right in: the icy waters breached my waterproofs, the cold took my breath away and at that point I nearly baled out and climbed back on to the bank. "No point now fella, you're soaked already." I kept my back to the river and the Pacerpoles out front and began side stepping, crab-style. Bloody hell! It seemed a long way to the far bank. A few more steps and the water was bursting up my back and trying to force me over the top of the poles. Finally things got too much and I just lunged for the far bank. Swimming with the current I grabbed at the bank and somehow managed to gain purchase. I was so heavy pulling up on to the bank, everything from the chest down being totally soaked. The day held one more surprise before it was finished with me. I found myself walking into a head wind that made the last three kilometres to Culra feel like 30, and chilled my sodden body to the bone. I don't know how I would have coped that evening without the bothy fire.

With immense relief I made it to Dalwhinnie the next day, the pack's hip belt actually helping to support my chest and easing the pain slightly through the long walk out. A nurse there confirmed one rib broken and one cracked. I was also given a harsh telling off for not heading out straight after the fall and was told to rest for a week at least. No chance! The schedule would not allow it, though a gale the next day at Drumochter forced a day's rest which I never complained about. The rain continued on my journey east into the Southern Cairngorms. At last! A cold spell brought snow – much favoured over the rain – and a welcome rendezvous with a good friend from home, Rick Wilson. We both battled through a blizzard to meet at the Tarf Bothy, Rick arriving from the south, myself from the east.

Over the next few days we climbed the Glen Tilt hills before Rick headed home and I pushed on to the Glen Shee ski centre, rain, sleet and a blizzard sending me scurrying to the road there. Good news at last. High pressure, set for the foreseeable future, couldn't have come at a better time. Could I round up my eastern push and the giants of the Northern Cairngorms before it ended? Four days later I was back in Braemar, Mount Keen, my most easterly Munro, climbed. The Northern Cairngorms are famous in mountaineering for many things but the blizzards there are legendary. Winds of 170mph have been recorded in winter, so careful planning had to be adhered to and escape routes always kept at hand.

There was no need. The best winter weather I've ever experienced in Scotland was encountered over the run into Kingussie and the last leg of my

second month, the highlight being a western plateau cloud inversion, snowy peaks standing out like islands on a sea of cloud, as far as the eye could see.

Heading west from Kingussie at the outset of February, my Cairngorms luck continued as I experienced three more days of inversions on my run towards Spean Bridge, where I picked up fresh supplies, kindly deposited in advance by good friend Lorraine McCall, and made my way to Loch Arkaig. I was now officially in the west – "west is best" goes the saying, we'll see! Here my luck with the weather ran out and I spent 36 hours pinned in a bothy by a deluge that caused surrounding rivers to burst their banks and cleared the mountains of snow. I could ill-afford to lose more time so out I went, arriving at Kinbreak Bothy in Glen Kingie soaked but two more mountains better off. I slept uneasily, knowing my next summits were defended by a swollen river and that the rain was still beating down outside. Stepping out of the bothy the next morning, I found the night had borne a miracle. The air was crisp and the night's rain had turned to snow which covered the surrounding mountains. The river had emptied its waters east and was now just a hop, skip and a jump to the far side. My journey entered Knoydart, a place famous for fantastic mountains and remoteness. I broke trail through virgin snow to Knoydart's summits, not once seeing footprints, loving the feeling of loneliness. Finally, at Glen Shiel, I reached the first main road I'd encountered in eight days and had a well-earned bath at the Cluanie Inn. Three more days of relatively good weather and I had climbed every mainland Munro south of Glen Shiel.

I was ready for Scotland's toughest test: the Cuillin Ridge on the Isle of Skye. Negotiations in the West Coast village of Glenelg secured a boat to the Misty Isle. A 25-mile road slog the next day saw me poised beneath the north end of the Cuillin, where I was joined by Lorraine McCall and Neil McAdie, Rab's marketing manager, here to help me out with the ridge's technicalities. On the snow-covered Cuillin, hillwalking ventures deeply into the realms of winter mountaineering. Adorned with harnesses, crampons and ice axes, we made our way to the first summit. Conditions were not good. The hoped-for hard ice and snow was in fact soft, unconsolidated powder, no good for axes or crampons but still treacherously slippery. It became a slow, stressful experience – for me anyway – taking six long days. Each morning we left at 6am, not returning until well after 7pm, having at best scaled two peaks.

Crossing the narrow aretes between the summits was an experience I would not like to repeat. Any slip would certainly have been to an untimely death,

hundreds of feet below. Every night I dreaded the fact that the following morning I would have to go through it all again. The crescendo of fear was reached when scaling the snow and ice coated Inaccessible Pinnacle, an 80ft plinth of rock only a few feet wide. Without the help of my friends and local guide Mike Lates, I'm sure the challenge would have ended here. Instead, I was steered through and made it back to the mainland in one piece.

The end of February saw me lose two more days to heavy, sustained snows in the Western Highlands. I was now behind schedule for the first time. If sitting helpless and watching the snow come down wasn't torture enough, being out and breaking trail was. Every metre of ascent had to be fought for through thigh-deep snow and A'Chralaig – my first summit in the new snow – was over 1100m in height. It was exhausting work and any hopes of gaining the day's intended five summits were in tatters by the top of the first. It was already past noon. From the summit, myself and Peter, a friend, crossed a knifeedge ridge running north for two miles, towards the next summit, Mullach Fraoch-choire. The wind had blown the snow into enormous overhanging cornices, resembling whale's tails in size as well as shape. They were utterly treacherous to cross. We never knew for certain whether the snow we were on was supported by rock or fresh air. The going got progressively more technical the nearer we got to the second summit.



Steve abseils from the frozen Inaccessible Pinnacle

Photo courtesy of Steve Perry

Pete decided he'd had enough and turned back. It was daunting, being alone in the mist and the snow, the only consolation being that somebody knew where I was. From the summit I reversed the route into Glen Shiel, thankful that the trail had been broken. Two summits out of five planned and a very difficult day doing them... this snow was going to be tough!

Over the next few days I had fantastic weather but the going was no easier on the ground, the deep snow never hardening enough to walk on top of. Rick Wilson ventured up from Todmorden once more, accompanied by girlfriend Kirsty and sister Liz. Together we broke trail from Glen Shiel into Glen Affric. There we sheltered at Camban Bothy where I intended to base myself for the next few days. Unfortunately the roof was holed and bothy was full of snow. We were glad we'd made the effort of carrying in wood and coal or I'm quite sure we would have had a miserable night, it being around -10°C outside. The next morning it was snowing again and looked to have been doing all night. There was no trace of our previous evening's footprints on the track. Rick, Kirsty and Liz decided to head out and I couldn't blame them - to be honest I envied them. I still had 25 mountains to climb before I reached civilisation at Achnashellach, 50 miles north.

The next two days became mentally the most trying of the trip and I reached a make or break decision the morning I left Camban. Should I continue north to Achnashellach or break out back to Glen Shiel, hope for a thaw and finish the

challenge after my March 31 deadline? North was the cry - though the snow was coming down like 50-pence pieces at the time. For the next six days I was alone, the weather terrible, with long days of driving snow that turned to wet sleet every time I dropped below 1500ft. My morale hit an all-time low and for the first time I wanted to get it over with and get home. That attitude helped in some ways. Every morning I was packed and away for 7am and would walk as late as 11pm, to reach the end quicker. When the day came when I would make the road, I romped over the two mountains that barred the way. I was smiling from ear-to-ear when I said hello to the gamekeeper whose driveway lead to the highway - he was the first person I'd seen for six days.

The going became easier for a few days. The snow turned to rain and I had hostels to base myself in. The luxury didn't last though and I soon packed the kit away ready for the Fisherfield Forest. Everything was going to plan and I was looking forward to a nice cruise into the finish when suddenly the weather bit back. With fewer than 10 days to go, a blizzard dumped 18 inches of snow over two days. The first



Poor conditions greeted Steve on Skye's Cuillin Ridge

Photo courtesy of Neil McArdie

day I managed to get out and do what I needed to, but on the second there was no chance. The following day I felt I was back in Glen Shiel, wading through thighdeep snow, with the added difficulty of zero visibility. The only thing that got me through was fitness gained over the previous months, which certainly helped me keep to the schedule. The last few hills posed no real difficulties, the new snow melting in the glens faster than expected. Before I knew it, I was at the end of the road, with just one mountain to go and a mind full of mixed emotions. Friends had travelled north for the last summit, Ben Hope: March 31, just as planned. The weather was atrocious. A blizzard on the last 1000ft sent Grampian TV's cameraman scurrying back into the glen and postponed the summit party's champagne celebrations until later.

"Until the bitter end," as they say.

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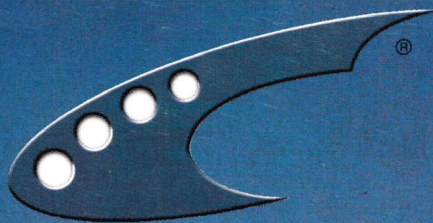


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