

WINTER 2016

The Fellrunner



The Fell Runners
Association
Founded 4th April 1970

Pete Bland Sports is the UK's leading independent off road running store. We offer the most comprehensive range of orienteering and mountain running shoes and clothing from the industry's leading brands.



inov-8 X-TALON 212 (UNISEX)

RRP £95 **NOW £60**

SIZES 4 – 12 (INC ½ SIZES)



asics RUNNEGADE 2 (MEN'S)

RRP £90 **NOW £60**

SIZES 7 – 14 (INC ½ SIZES)



ORDER ONLINE, VISIT US INSTORE OR AT OUR MOBILE SHOP: PETE BLAND SPORTS
34-36 KIRKLAND, KENDAL, CUMBRIA LA9 5AD. Tel: (01539) 731012

www.peteblandsports.co.uk

DEADLINE FOR NEXT ISSUE:

Contributions – March 31st 2017

GENERAL CONTRIBUTIONS

The Fellrunner relies for its content on the generosity and talents of voluntary contributors of text and photos. For further information on contributions please contact the Editor (editor@fellrunner.org.uk), or Andy Watts, Tel: 01625 536896.

RACE RESULTS AND REPORTS

Please email race reports and results in correct format for the Reports and Results section to: resultsfra@aol.com. See the Race Reports and Results section at the end of this Fellrunner for information on format. These reports are compiled by Dave Weatherhead and Barbara Carney: 16 Birchlands Grove, Wilsden, West Yorkshire BD15 0HD. Tel: 01535 273508. Please send race photos direct to the Editor at editor@fellrunner.org.uk

COVER

The British Champion, Rhys Findlay-Robinson © Dave MacFarlane/inov-8.com

ADVERTISING

For advertising rates and related matters, contact Michael McLoughlin: michael.mcloughlin@conlonconstruct.co.uk Tel: 07977 439060. 21 St Margaret's Close, Ingol, Preston PR2 3ZU.

MEMBERSHIP AND SUBSCRIPTIONS

The Fellrunner is free to members of the FRA but not otherwise available. Members also receive the annual FRA Handbook including over 400 fixtures, race rules and safety requirements. Further information on membership is on the FRA website www.fellrunner.org.uk. Please email membership or subscription queries and changes of address to: Charmian, membership@fellrunner.org.uk

ISSN: 2055-1878

Published August 2016 by The Fell Runners Association Ltd. Company Reg. No. 7878976. Typesetting, repro, layout: Britta Sendlhofer. Photo research/editing: Judy Howells, Wayne McIntosh. Sub-editing and proofing: Camille Askins, Geoff Briggs, Graham Brown, Barny Crawshaw, Adam Jackson, Gerard McCabe, Julia Murfin, Giles Simon, Tom Thomas, Peter Trainor, Wayne McIntosh, Andy Watts. Printed by The Magazine Printing Co. Ltd.

Copyright of material published in this magazine remains with the authors or photographers who produced them and permission to reproduce material should be sought from them.

Contributions to this publication do not necessarily reflect the views or opinions of the Fell Runners Association Ltd. Where a contribution is made for or on behalf of the Association, this will be made clear.

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 FRA Membership Administrator 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.

FROM THE EDITOR

Winter 2016

This has been a difficult edition to pull together as my Dad was no longer around and could not be called upon to lend a hand with the magazine. He would often help out with proof reading, by making helpful, and often not so helpful suggestions and by telling long, irrelevant, but always funny stories. His influence on this and on a whole range of other, everyday things is greatly missed.

Like Dave Parry, who receives his tribute later in these pages, Gerry McCabe was a prolific race organiser. He is well known to runners in the Pendle area as the founder of Trawden AC (England Athletics North West Club of the Year 2015) and the creator of the Pendle and Burnley Grand Prix, a thriving series of fell, road and trail races that he pulled together back in 1985 to avoid clashes in the East Lancashire race calendar. He is locally famous for his colourful style at presentations and infamous for his cruel course design at his signature road race, the Hendon Brook Half Marathon, surely one of the toughest half marathons in the country with over 2100ft of tarmac climbing. A race that will be renamed in his honour in 2017.

Gerry's club and his races brought hundreds of runners to the sport, including myself, and gave us encouragement and regular opportunities to enjoy it. In recognition of this fact we were all proud when he received Pendle's Sports Personality of the Year award in 2015. Gerry McCabe, Dave Parry and hundreds of other voluntary race organisers like them, know that delivering races is a difficult and often thankless task, but they do it anyway with grace and style. Race organiser like these leave great legacies and massive trainers to fill.

As a 'middle of the pack' fell runner, Dad featured rarely in the pages of this magazine, so here he is below. Forgive me the sentimental opening and enjoy the rest of the winter edition.



Caption - Gerry McCabe 1948 - 2016

The Fellrunner is the membership magazine of The Fell Runners Association (FRA), and is published three times a year in Spring, Summer and Winter. FRA website: www.fellrunner.org.uk

CONTENTS:

- 3 FROM THE EDITOR
- 6 CONTACTS
- 8 CALENDAR UPDATES
- 10 MEMBERSHIP MATTERS
- 10 COMMUNICATION
- 11 COACHING
- 12 SECRETARY'S CORNER
- 14 FROM THE CHAIR
- 15 THE DONARD CHALLENGE
- 16 LIAISON AND RULES
- 17 ENGLISH JUNIOR CHAMPS 2017
- 18 ENGLISH SCHOOLS FELL RUNNING CHAMPS 2016



- 20 JUNIOR HOME COUNTIES TRAINING CAMP
- 21 JUNIOR RACING CATEGORIES UPDATE
- 23 FELL RUNNING IN INDIA
- 24 HUGH SYMONDS
- 28 A VIEW FROM THE TOP
- 30 HINDSIGHT
- 32 ROB JEBB'S FAST BOB GRAHAM



- 36 RUNFURTHER ULTRA CHAMPIONSHIP 2017
- 38 NAME THAT PAIN..AGAIN BY DENISE PARK
- 41 THE SCOTTISH ISLAND'S PEAKS RACE
- 42 TRIBUTE: DAVE PARRY
- 43 TRIBUTE: DON ASHTON
- 48 LAMENTING THE PAST
- 50 BOOK REVIEWS
- 52 BRITISH CHAMPIONSHIPS 2016
- 57 BRITISH CHMPIONSHIPS 2016 RESULTS
- 60 ENGLISH CHAMPIONSHIPS 2016 RESULTS
- 70 2016 SENIOR BRITISH ATHLETICS MOUNTAIN RUNNING CHAMPIONSHIPS
- 72 INTERNATIONAL MOUNTAIN RUNNING YOUTH CUP
- 74 2016 MOUNTAIN HIGHS
- 78 JUNIOR MOUNTAIN RUNNING CHAMPIONSHIPS AND JUNIOR HOME INTERNATIONAL
- 80 SNOWDON INTERNATIONAL MOUNTAIN RACE
- 81 ENGLAND ATHLETICS U23 DEVELOPMENT TRIP
- 82 JASMIN'S PADDY BUCKLEY ROUND
- 90 THE JOSS NAYLOR LAKELAND CHALLENGE
- 91 REPORTS AND RESULTS



ONE TASTY RIDE

Hello **SWEET CUSHION.**

Introducing The Challenger ATR2. Maximal cushion. Minimal weight. So you can fly.

HOKA ONE ONE
TIME TO FLY



upandrinning.co.uk/hoka-shop



WWW.UPANDRUNNING.CO.UK
TWITTER: UPANDRUNNINGUK | FACEBOOK: UPANDRUNNINGHQ



Birmingham | Bournemouth | Bristol | Cambridge | Cheltenham | Chester | Clitheroe | Darlington | East Sheen | Harrogate | Headingley | Horsham | Huddersfield | Isle of Man
Kingston upon Thames | Leeds City Centre | Manchester | Milton Keynes | Nottingham | Oxford | Sevenoaks | Sheffield | Shrewsbury | Southampton | Wakefield | York

Executive Committee

Chair Nick Harris (Rossendale)
8 Hardman Close, Rossendale BB47DL
07956 344174
chair@fellrunner.org.uk

Secretary Steve Cliff (Bowland)
School House, Wickersgill, Penrith, CA10 3QJ
secretary@fellrunner.org.uk

Treasurer Andy Watts (Cheshire Hill Racers)
90 Hazelwood Road, Wilmslow, SK9 2QA.
01625 536896 or 07774 413946
treasurer@fellrunner.org.uk

Membership Secretary
Charmian Heaton (Retford)
Millhouse Normanton Road,
Weston, Newark, NG23 6TQ
07749 844212
membership@fellrunner.org.uk

Fixtures Secretary Andy Butler (Pennine)
Ollerenshaw Farm, Eccles Road, Whaley
Bridge, High Peak, SK23 7EW
01663 733256
fixtures@fellrunner.org.uk

Magazine Editor David McCabe (Trawden)
4 The Green, Lamplugh, Cumbria CA14 4TY
01946 328759
editor@fellrunner.org.uk

Website Officer Brett Weeden (Keighley & Craven)
Highbridge House, 87 Main Street, Cononley,
Keighley, BD20 8LJ
07970 206003
brett@phluidity.net

Junior Co-ordinator Owen Mills (Keswick)
Crossways, Eleven Trees, Keswick, CA12 4TQ
07803 259027
owenmills@yahoo.com

Championship Co-ordinator
Judith Jepson (Dark Peak)
Booths House, Booths Edge,
Hathersage, Hope Valley, S32 1DA
07772 018460
championship@fellrunner.org.uk

Statistician Carl Bedson (Glossopdale)
Ingle Nook, Swallow House Lane, Hayfield,
High Peak, SK22 2HF
07917 174576
Carl.bedson@btinternet.com

Environment/Access Officer
Chris Jones (Wharfedale)
2 Raygill Cottages, Lothersdale BD20 8HH
07753 799386
access@fellrunner.org.uk

International Selection Chair
Anne Buckley (Bingley)
07817 681826
annembuckley@yahoo.com

FRA Liaison Officer to Athletics Bodies
Andy Watts (Cheshire Hill Racers)
90 Hazelwood Road, Wilmslow, SK9 2QA
01625 536896 or 07774 413946
treasurer@fellrunner.org.uk

Welfare Officer
Ed Gamble (Cheshire Hill Racers)
3 Welton Avenue, Didsbury,
Manchester, M20 5LA
0161 445 5243 or 07741 293727
fellhound@doctors.org.uk

Coaching Co-ordinator
Graeme Woodward (Calder Valley)
16 The Brook, Myholmsroyd,
Hebden Bridge, HX7 5ED
01422 885185
graemewoodward@hotmail.com

Race Liaison Officer Steve Cliff (Bowland)
School House, Wickersgill, Penrith, CA10 3QJ
07791 775759
secretary@fellrunner.org.uk

Membership Representative
Ian Winterburn (Dark Peak)
87 Carr Road, Deepcar, Sheffield S36 2PR
07733 266595
everythingoutdoor@btinternet.com

Membership Representative
Helen Berry (Holmfirth Harriers)
Delves Cottage, Delves Gate, Slaithwaite,
Huddersfield HD7 5FA
07972 677376 or 01484 614367
helencberry@aol.com

Membership Representative
Nick Hewitt (Bowland)
49 Low Mill, Caton, Lancaster LA2 9HY
07581 189858
n.hewitt@lancaster.ac.uk

Membership Representative
Nicky Spinks (Dark Peak)
Liley Hall Farm, Liley Lane, Mirfield, WF14 8EG
01924 493095 or 07729 632045
Nicky@runBG.co.uk

Co-optees with specific responsibilities

Co-optees with specific responsibilities
Members of Sub-Committees (* = not a
member of the Executive Committee)

Chair Communications Sub-Committee
Barney Crawshaw 16 Midland Terrace, New
Mills, High Peak, SK22 4NL 01663 745041 or
07870 904844 barnstormer1234@gmail.com

Championships
Judith Jepson (Chair), Helen Berry, Carl
Bedson

International and England Team Selection
Anne Buckley (Chair), Mark Croasdale*,
Duncan Richards*, Carol Evans*, Greg Hull*,
Neil Wilkinson*

Disciplinary, Review and Appeals
Nick Harris (Chair), Steve Cliff (Secretary), Ian
Winterburn, Alison Wainwright*; Chris Evans*

Junior
Owen Mills (Chair), Graeme Woodward,
Nick Harris, Richard Lecky-Thompson*, Jim
Godwin*; Kath Farquhar*, Duncan Richards,
Ben Crowther*, John Merrick*

Safety Equipment and Rules
Nick Hewitt (Chair), Nick Harris, Andy Watts,
Andy Butler, Ian Winterburn, Steve Cliff,
Charmian Heaton

Race Liaison Officers Steve Cliff (Chair), Peter
Ehrhardt*, Alan Barlow*, Jack King*, Kevin
Smith*, Stuart Ferguson*

Communication
Barney Crawshaw (Chair), David McCabe, Andy
Watts, Brett Weeden, Lee Broadley*, Britta
Sendlhofer*, Tom Thomas*, Giles Simon*,
Graham Brown*, Julia Murfin*, Camille Askins
, Judy Howells, Wayne McIntosh*

Coaching
Graeme Woodward (Chair), Steve Pearson*
(Assistant Coordinator),

Access and Environment
Chris Jones (Chair), Nicky Spinks, Max
Howard*, Steve Hall*, Bob Berzins*, Louise
Hawson*

Other FRA Information

Equipment Officer Pete Bland (Kendal)
Pete Bland Sports, 34a Kirkland,
Kendal, LA9 5AD
01539 731012
matt@peteblandsports.co.uk

Junior Statistics inc Championship Results
Jim Godwin
www.felljunior.org.uk

Navigation Courses Margaret Batley
3 Hillside Close, Addingham, LS29 0TB
navigation@fellrunner.org.uk

Fellrunner Results
Dave Weatherhead & Barbara Carney
16 Birchlands Grove, Wilsden, BD15 0HD
01535 273508
resultsfra@aol.com

Adverts in FR and Calendar
Michael McLoughlin
21 St Margaret's Close, Ingol, Preston, PR2 3ZU
07977 439060
michael.mcloughlin@conlonconstruct.co.uk

UKA Information including insurance John
Temperton [www.britishathletics.org.uk/
governance/insurance/](http://www.britishathletics.org.uk/governance/insurance/)
jtemperton@uka.org.uk

**Northern Ireland Mountain Running
Association**
Mrs Anne Sandford (Secretary) 35 Killyleagh
Road, Crossgar, Co Down, BT30 9EZ
www.nimra.org.uk
07779 254808
annerunning@hotmail.co.uk

**Scottish Athletics Hill Running
Commission**
Hugh Buchanan (Convenor)
47 Wordie Road, Stirling, FK7 9BA
www.scottishathletics.org.uk
01786 473776
hugh.buchanan@btinternet.com

Scottish Hill Runners
Neil Gilmore (Secretary)
42 Buckstone Loan, EH10 6UG
www.shr.uk.com
0131 445 3769
neilgilmore@blueyonder.co.uk

Welsh Mountain Running Committee
Arwel Lewis (Secretary)
Anwel, 48 Bro Eglwys Bethel,
Caernarfon, EH10 6UG
www.welshathletics.org
07772 302411
arweleryri@gmail.com

Welsh Fell Runners' Association
Andrew Blackmore (Secretary)
23 Cowleaze, Magor, Caldicot, NP26 3LE
www.wfra.org.uk
01633 882558
andrew@wfra.org.uk

World Mountain Running Association
Sarah Rowell (UK Rep)
32 Mill Hey, Haworth, Keighley, BD22 8NA
www.wmra.ch
01535 644975
sarah@srowell.co.uk

British Open Fell Runners' Association
Lee Marshall
www.bofra.org.uk
015242 61993
chair@bofra.org.uk

Long Distance Awards Martin Stone
Sleagill Head Farm, Sleagill,
Penrith, CA10 3HD
01931 714106
martin.stone@sportident.co.uk

Copies Of The Articles Of Association Are Available On The Website.
8 Hardman Close, Rossendale BB47DL.
Tel: 07956344174
Registered in England and Wales under Number 7878976.
www.fellrunner.org.uk



CALENDAR UPDATE

ANDY BUTLER

At the time of writing, the race registration process for 2017 is well under way, and all organisers of 2016 races should have received information on how to apply for a 2017 race license. Please contact me immediately if you haven't.

Anyone wanting to register a new race should get in touch with me by email or by phone; contact details are one the Committee Members page of this magazine.

As usual the FRA website, www.fellrunner.org.uk, holds an up to date calendar including 2017 races. There are also links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners, Welsh Athletics and the Welsh FRA where information can be found about their races that are not in the FRA calendar.

Andy Butler, Fixtures Secretary

RACE INFORMATION

Events which have been registered with and licensed through the FRA are identified by "(FRA)" after the name of the race. All of the listed races in England have been licensed in this way. They will be run in accordance with the FRA Requirements and Rules for Fell Races and the UK Athletics 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 in Northern Ireland, Scotland and Wales. The FRA cannot vouch for their license status and details should be obtained from the organisers if required.

Please note that the updates are listed in the order the races will now take place.



SAT. DEC 3

EAIRY BEG (FRA). BS. 1.00 p.m. 4.5km/150m

Change of date. All other details unchanged

SUN. DEC 4

ESKDALE EUREKA (FRA). BM. 10.30 a.m. 12.6km/470m

Venue: Car Park above. GR 680078. £6.00, on day. Use universal entry form. Teams men (4), women (3). LK/NS/PM. Over 18. Records: C. Taylor, 56.18, 2011; f. C. Williamson, 01.04.40, 2011. Part of the Northern Runner/ Esk Valley Fell Club Winter Series. Details: Robert Lillie, 14 Dalby Close, Scarborough, YO21 5HH. Tel: 01723 364417. Email: joggerbob@btinternet.com. Website: www.eskvalleyfellclub.org.

SUN. DEC 4

HAYFIELD SANTA DASH (FRA). BS. 11.00 a.m. 7km/160m

Venue: Hayfield Cricket Club, adj Royal Hotel, Market Street, Hayfield, Derbyshire SK22 2EP. GR GR 037870. £7.50, on day. Registration from 10am. Over 18. Juniors: U18 (min age 8 on day of race) run shorter course (1.7km) to 20 Trees and back. Entry for all juniors £4. Prize for first boy and first girl in each race. Race from Hayfield cricket club up to the Shooting Cabin and along White Brow to the bottom of William Clough and return via a loop. The event will be marshalled by Kinder Mountain Rescue Team who will benefit from funds raised as well as Hayfield May Queen committee. Details: Alison Aldridge, 111 New Mills Rd, Birch Vale, SK22 1BX. Tel: 07947 129226. Email: alisonaldrige@btinternet.com. Website: www.t42.org.uk/hayfield.

SUN. DEC 11

PEAK RAID 3 - ROUND 4 OF 4 (FRA). MM. 9.00 a.m.

Change of Race Contact. Dave Peel, 60 Ivy Park Road, Sheffield, S10 3LB. Tel: 07768 200175. Email: peellandsurveys@btinternet.com.



FRA Basic Navigation Courses

10-12th March 2017


**Kettlewell Hostel,
Wharfedale**

22-24 September 2017


**Elterwater Hostel,
Ambleside**

An introduction to map reading and navigation on the fells for those new to fell running or wishing to try races requiring navigation skills. Courses will consist of practical instruction sessions on the fells. Indoor theory sessions will cover the basic skills (Friday evening) and other relevant topics. There will also be low-key navigation events for you to test your improving skills.

Cost: £75 for FRA members, £95 for non-members. Instruction and full board all inclusive. For further details email navigation@fellrunner.org.uk or write with SAE to: Margaret Batley: 3 Hillside Close, Addingham, West Yorkshire LS29 0TB.

 www.lasportiva.com

 Become a La Sportiva fan

 @lasportivatwitt

 Val di Fiemme, Trentino

ALL YOU HAVE TO DO IS RUN



Bushido -
Black/Yellow

BUSHIDO

A super lightweight shoe with aggressive sticky rubber Frixion XT sole designed to keep you upright on the rough stuff. Available from your specialist retailer.



Scan this code with your device to learn more about La Sportiva



Bushido -
Blue/Papaya

Bushido - Flame


LA SPORTIVA®
innovation with passion

COACHING

GRAEME WOODWARD (COACHING CO-ORDINATOR)

2016 Courses

Fell LiRF courses have been delivered at Longshaw Moors near Sheffield, Mytholmroyd and Witton Park near Blackburn. The 2016 Fell CiRF course has also been delivered and coaches are now working towards their assessment day.

There has been a review of course content with the aim of further protecting the FRA, coaches, leaders and runners. Further sections have been added on risk assessment and route planning.

2017 Courses and Coach CPD

We are now planning 2017 courses. The present policy of regionalising courses will be maintained and there will be a new venues and courses in the north Lakes and Dartmoor being used in 2017. In addition, discussions are underway with the TRA

which will result in more courses in the south and midlands.

At present, it looks like there will definitely be Fell LiRF courses in the north Lakes, Witton Park near Blackburn, Mytholmroyd near Hebden Bridge, Longshaw Moors west of Sheffield and Church Stretton.

Provisionally, there will be Fell CiRF weekend 1 courses in Church Stretton, Longshaw Moors and Witton Park from June to September and then all coaches attending a weekend 2 in Mytholmroyd in October.

Confirmed dates and venues will appear on the Fellrunner website.

If any clubs want to organise a course close to home, please contact. FRA policy is to run the courses at break even so the minimum number is usually 8 – 10 depending on travel and venue costs.

Howgill Harriers are leading in organising a conference with the FRA focusing on junior / youth coaching and running development, to be held in July. Outline plans have been discussed and an expert lecturer from Cardiff Met University's Youth Development Group has agreed to deliver the keynote input and workshops.

Mercia has also requested a CPD workshop and this will be linked to a Fell LiRF course and a subsequent Fell CiRF "weekend 1", this will focus on planning and periodising training for individuals and mixed ability groups.

Both events will be advertised through the FRA and England Athletics media, linked to the TRA and any coach or leader is welcome to attend.

Graeme

graemewoodward@hotmail.com



SPAIN
RUNNING & WALKING HOLIDAYS
Enjoy winter sun in the amazing Costa Blanca mountains
Full or self-guided - full board or self-catering accommodation in a traditional mountain village
Trail Running weeks: October, November, March and April
Ultra races in November (40,80 or 120kms)
Fully customised group holidays also available
Just 1 hour from Alicante Airport

Contact Tom or Penny
info@abdet.com 0777 2551415
www.abdet.com/run

**CAKE, ROUTES, BEER,
MOUNTAINS, TEA/COFFEE,
TRANSFERS, INCREDIBLE
FOOD, SUN/SNOW, WINE,
ON FOOT, THE BIKE OR SKIS...
PYRENEES HAVEN
HAS IT ALL**



Contact Gary & Debbie Devine:

Email: enquiries@pyrenees-haven.com

Call: 00 33 5 61 64 02 37 or 07828 990 131

PYRENEES-HAVEN.COM

SECRETARY'S CORNER

STEVE CLIFF (SECRETARY)

Since the Summer Edition of the Fell Runner, the Committee have met twice at Marl Pits, Rossendale – the first time, immediately after the AGM in July, to welcome the new committee and to agree the TOR and members of the sub-committees; and second in September.

A summary of the AGM was posted on the FRA web site a couple of weeks after the event, and is copied at the end of this section. The formal minutes can also be found on the FRA web site together with the results of the FRA member survey.

Chair

In July the Chair welcomed the new committee members; and thanked those that were standing down, in particular, special mention was made of Jon Broxap and Scoffer have been two of the longest serving members of the committee, and have been acting as Championship co-ordinators for as long as most remember. Jon and Scoffer have passed the baton onto Jude Jepson and Helen Berry, both very active in the 2016 Championships. The new statistician for English Championship events is Carl Bedson - Ian Hartman supported Carl through the handover and will continue to provide British Championship results. Ed Gamble takes over as Welfare Officer, and comes with a huge amount of experience in his day job as Doctor. Ed is also an active 2016 Championship contender. Barny Crawshaw was co-opted onto the committee to help with communications, again with an excellent background in this area of work.

All identified Committee positions are now filled; a great position to be in at the start of a new year.

In September, the Chair reported the Lancashire AA have agreed to register their Fell Championship event with the FRA in 2017.

A final draft of the FRA strategy was accepted by the Committee, and the follow on actions will now form part of future Committee Meetings, to help track progress against the plan. The strategy was briefly discussed at the AGM, a copy of key findings can be found on the web site and members have been polled for their ideas on proposed actions.

Secretary's report

Seven incidents have been passed to the UKA since the last report, bringing the total in 2016 to eleven. Once again, everyone on the committee welcomed the fact that more Race Organisers are completing reports, and identifying future mitigating actions, where necessary. These reports have been taken as input to the review of the Safety documents

(see below). The UKA have been notified of all incident reports, two of the eleven are the subject of insurance claims.

Navigation Courses - Ian Winterburn will act as the prime Committee contact for those that arrange the FRA Navigation courses. Navigation courses are planned at Kettlewell (10 – 12 March 2017) and Elterwater (22 – 24 September 2017). If anyone would be interested in getting involved or organising the Kettlewell course then please contact Margaret Batley (navigation@fellrunner.org.uk).

Preferred dates for the 2017 AGM and Committee meetings were discussed and agreed. Details will be provided in the next copy of the Fell Runner, once details of venues are confirmed.

A review of the FRA obligations as a Private Company Limited by Guarantee was presented to the Committee. This will result in a few operational changes to the way the Committee works. More details will be provided in the future copies of the Fell Runner.

Treasurer's Report – Following formal approval at the AGM of the 2015 accounts, the 2015 tax return has been filed. The return as filed shows no tax payable. The FRA finances are on track against plan, at present. We are not aware of any exceptional items which may arise during the rest of this year.

Championship sub-committee

Provisional English Championship events were agreed by the Committee, and are reported both on line and in this copy of the Fell Runner. Provisional British Championship events were also reported.

Plans for the "2016 Championship Do" are well advanced. Invites to Championship winners, and details of ticket sales will have gone out by the time this copy of the Fell Runner is in print.

The "2017 Championship Do" has not yet been allocated to a club. Anyone that might be interested in hosting the event, please contact the Championship subcommittee at championship@fellrunner.org.uk.

Recommendations were made for changes to the WV60 2017 Championships, following a proposal made by Wendy Dodds at the AGM, and a subsequent poll of women impacted. The results are available on line and in this version of the Fell Runner.

There was active debate on how best to encourage increased numbers in the U23 Championships. A working group will be formed with the newly appointed "junior transition co-ordinator" and the Championship sub-committee to look at ideas to increase numbers.



International Report

The following events were reported

England dominated the day at the Snowdon International Mountain Race on 18 July 2016, winning the men's (Chris Smith, Chris Farrell, Rob Hope and Ben Mounsey) and women's (Heidi Dent, Lou Roberts and Julie Briscoe) team events; and at the Senior Mountain Running Home International in Fitz Park, Keswick on 1st August 2016 again, both men (Jon Albon, Chris Smith, Chris Farrell and Max Nicholls) and women (Vic Wilkinson; Annie Conway, Rebecca Hilland and Heidi Dent) winning the team events.

Emily Collinge (senior women) and Heidi Davies (junior women) both earned individual medal success in the mountains of Arco at the European Mountain Running Championships on Saturday 2nd July 2016. Medals were also won by the Senior Women's team (gold), Junior Women's team (silver) and the Senior Men's teams (bronze).

Finally, there were mixed results from the British team at the World Championships (uphill) in Sapareva Banya, Bulgaria. However, special mention should be made of debutant Bronwen Jenkinson (Wales) in the women's junior competition who claimed an individual bronze medal, comfortably claiming third position by nearly half a minute.

Full results are reported in this version of the Fell Runner.

Looking to the future, the British and Irish Junior Mountain Running Championships will be incorporating a Home Countries International on 17 September in Keswick, England. Full details / results are reported separately in this Fell Runner.

Fixtures Secretary

The fixtures secretary reported that preparations are underway for production of the 2017 Handbook with mailings to Race Organisers starting before the end of September, using a new "online" entry form. All Race Organisers are to submit details by 31st October in order to get into next year's handbook.

Coaching Report

Demand remains strong for Fell LiRF and CiRF Courses in 2016. Two further LiRF courses and a second CiRF course were delivered in September 2016. 2017 is being planned, and details can be found elsewhere in the current Fell Runner.

Junior Coordinator

2017 Junior English Championship - a provisional schedule was provided to the committee, with final confirmation expected for issue in this Fell Runner.

Changes to 2017 age categories - changes to the race categories were reported to the committee and are reported elsewhere in this Fell Runner. Changes are slight and there are no changes to maximum distances.

English Schools Fell Running Championships (ESFRC) - The ESFRC will have taken place (25 September) by the time the Fell Runner is published (results available on Facebook and the FRA site).

The Facebook Group continues to be popular with members posting photos and comments about events.

U20 - Ian Loombe has agreed to take on the junior transition coordinator role.

Junior Do Celebration Day 16th July - Another excellent event with prizes, training groups and lunch all well received. Feedback was collected which will help design future events.

Access and the Environment

A further presentation from the National Trust was attended. The evening was aimed at a distinction between "events" and "activity providers". The scheme is about NT monitoring what is taking place and it appears the effect on conservation. As before, it was stressed that this is about monitoring and not money. The Lakes scheme has all been about events. This scheme is wider to look at activities as well and interaction with "providers". A reply to the questionnaire provided is being prepared by the FRA. The development of NT policy will continue to be monitored.

A National Trust "Lakes review" event will be held on Tuesday 8th November, 2016 at the Stickle Barn between 2pm and 4pm - Race Organisers please look out for details, if you are interested.

The FRA is waiting to hear further from

the Forestry Commission on their review of their licensing system.

Liaison with External Bodies -

It was reported that work is in progress on two items:-

1. which safety rules should be used for British events,
2. the requirement in the new UKA/IAAF Rule Book which seems to indicate that runners must be registered with EA unless they are unattached. UKA have agreed to clarify that runners who are not registered with EA but are members of the FRA are eligible to compete in our Championships, as has always been the case.

The outcome of these clarifications will be reported at the next Committee meeting.

Communications

Dates for the delivery of contributions and the printing of the 2017 Fell Runner were announced, and will be published in future copies of the Fell Runner.

Finances for the Fell Runner remain consistent with previous copies.

Safety, Equipment and Rules

Changes to the 2017 Runners and Race Organisers Rules were proposed by the Safety Sub-Committee, and accepted by the Committee. Changes have been kept to a minimum; reflect recent changes to the UKA rules; and simplify and / or clarify the 2016 rules. Future changes will be aligned with the two yearly UKA reviews (note: current policy is for a 3 year review of documents).

The Race Organiser's Guidelines were also updated in a similar fashion. Other documents (for example, Race Entry Forms, Race Organiser's Checklists, etc.) will be brought into line over the next few months.

Feedback from the Race Liaison Officer's has been very positive, with the vast majority of Races being fully compliant with FRA Safety Requirements. Some Race Organiser's took time out to praise the FRA documentation used to support their events {*secretary's note: thanks from the committee for the recognition*}.

Membership Secretary

The Membership Secretary reported a continual slow increase in the number of FRA members as at August 2016 (5,820 in August 16, compared to 5,676 in April 16).

Welfare officer

Following appointment of new welfare officer, our current policies were reviewed, updated and agreed at the September committee meeting. They are now available under the welfare section on the website. This area of the website has also been revamped to make it more user friendly and

signpost members to UKA policies to which we broadly adhere.

AGM SUMMARY

Around 30 members attended the 2016 AGM which was extended to include a number of additional items, including an inspiring talk from Nicky Spinks about her background, and record runs culminating in the double BG.

FORMAL AGENDA

The formal part of the agenda included acceptance of the Executive Report, the Finances, Nomination of Names Officers and Member Representatives that form the core committee for 2016 - 2017, and the Auditor for the coming period. Details of which can be found here.

The committee welcomes a number of new members - Jude Jepson (co-opted by the committee earlier in the year and now Chair of the Championship subcommittee); Carl Bedson (Statistician); Nicky Spinks (Member Representative); Nick Hewitt (co-opted by the committee earlier in the year and now Member Rep and Chair of the Safety, Equipment and Rules subcommittee); and Ed Gamble (Welfare Officer).

Thanks were given to those leaving the committee, who have supported our sport for many years - Jon Broxap (an amazing 30 years on the committee), Andrew Schofield (Scoffer), Ian Hartman and Mike Robinson.

With the changes to the committee, the balance of men to women now closer reflects the membership (previously 15%, now 26% of the committee are women).

DISCUSSION

David Rosen raised an issue regarding the obligations of the committee to accept formal resolutions. There was a brief discussion on company law, and the Chair and Secretary committed to investigating further and publishing clarification.

Two proposals were raised as part of the general discussion of FRA matters. Details of the proposals can be found on the FRA web site. There was active discussion on both issues and alternative ideas put forward.

The meeting indicated support for the principle of moving towards greater equality for older women in the English championships. This view was based on a proposal from Wendy Dodds that women in the 60 and 65 age groups should run any 4 from 6 English Championship Races. We are now polling the relevant women membership who are active in the Championship on their views; ahead of the new Championship subcommittee considering the matter further and making a recommendation to the full Committee in

September. Details of the decision from the Committee meeting will be published on the FRA web site.

David Rosen proposed to replace men's teams with "open" teams in the British Hill and Fell Running Championship Relay (BHFR), removing the need for a men's category. The chair emphasised that decisions on the BHFR sat with the UKA / MRAG, not with the FRA, although the FRA is a member of MRAG. After discussion the concept was not supported by those who attended the meeting; although it was emphasised that "mixed" teams are being implemented in the BHFR 2016. Inclusion of mixed teams has been available in all previous years except 2015, when the limited size of the venue did not allow for the additional numbers. The growing popularity of the event has restricted

number of venues that can support mixed teams as well as Championship categories.

The chair provided a short introduction to the next stage of drawing up an FRA plan, following the member survey earlier in the year. Key outcomes from the members survey and the feedback from FRA subcommittees have been brought together in order to determine how they should be implemented. Members are encouraged to review the outcomes document and provide feedback and ideas on how they might be realised. The full results of the member survey can be found here.

Thanks were given to everyone who attended and made the event both memorable and enjoyable.

Finally, I have asked that my mobile number be removed from the Fell Runner and the FRA web site. This isn't because I

don't want to hear from you all ... far from it, I love nothing more than to hear from both Race Organiser's and competitors. Unfortunately I was diagnosed with Motor Neurone Disease last year, and the disease has taken away my voice. I can, however, always be contacted by email (secretary@fellrunner.org.uk).

If you would like to find out more about Motor Neurone Disease then go to <http://www.mndassociation.org/>

If you would like to donate to MNDA then you can use my "Running on Life" fund on my Just Giving page which was set up for my Joss Naylor Challenge attempt last year, soon after I was diagnosed (<https://www.justgiving.com/fundraising/Steve-Cliff/>).

Thank you
FRA Secretary
Steve Cliff

FROM THE CHAIR

NICK HARRIS (CHAIR)

The FRA has a plan! After 50 years the committee has decided to plan ahead and the adopted plan includes ideas suggested by members through the recent survey. (More details elsewhere in the FR.) We will now be working through the issues, adding and deleting issues as we go.

A copy of the plan will be on the website for you to peruse. Three themes to mention at this stage.

1. Membership. Our membership is healthy but could be increased. We will all be running with athletes who are not members and who may not be as aware as they should about our safety rules and which means all the costs of championships and other events

- are being borne by you and I, not him or her. Could you help recruit some new members; post a link to the FRA membership page on your club website or put an item in your club newsletter?
2. Female runners. We should be doing better. We have long ago moved beyond the situation that existed when the FRA was founded with no female members and women not able to take part in races. However, the number of female runners in races; in our membership, currently only 20% and on our various committees could be higher. How could we do better? Could you put yourself forward to help?
3. Younger seniors. The junior age

- categories will be changing in 2017 to be U17 etc. as of the 31 Dec. We will be changing the U20 to the U21 and keeping the U23s. Currently championship competitors in these categories involving these
4. younger seniors are very low. We are looking for ways to change this. Any ideas?

Members will also shortly be informed of some small changes in the rules to bring them into line with changes in the UKA rules. These changes should not change fell running and races!

A new Welfare policy has been agreed and will soon be posted and appear in the calendar/handbook.

Rangers Fell Race, July 7, 2016



PHOTO © JACKIE CLOWES

SENIOR CHAMPIONSHIP RACES FOR 2017

English:

March 25	Long Mynd Valleys	M
May 27	Barnoldswick Weets	S
June 17	Tebay	M
July 8	Wasdale	L
Sept 3	Castle Carr	L
Sept 23	Great Whernside	L

British:

April 8	Donard	S
May 6	Stuc a Chroin	L
June 17	Tebay	M
August 12	Maesgwm Muddle	M

THE DONARD CHALLENGE

2017 BRITISH CHAMPIONSHIP COUNTER

Saturday 8th April, 12 noon.

AS, 10Km, 900m. NS, ER, PM, LK.

On the 29th of March 2014 two hundred and fifty men and women, young and old, set off into the mist on a date with destiny. The clag on the hill that day was so dominant it had already claimed an entire mountain range. How could mere mortals armed only with beanie hats and mars bars defeat its might?

The answer came screaming in the wind from villages for miles around as locals, and visitors a like, lost their battle with direction ending up as vest clad oddities in front gardens across the Kingdom of Mourne.

Fast forward three years later and Jon Krakauer is still writing a book about the incident. Before it is published we are going to give the fell running nation one last chance to rewrite history. To that end we invite you to take on the Donard Challenge one more time. Dare you return in 2017?

ENTRIES:

Enter at www.nimra.org.uk. £12.00 per-entry by **26th March**, a list of race entries will be published on the NIMRA web site. Fee includes light refreshment, showers, car parking, use of Sportident (Si) race management/results system. All Si cards are provided and pre-logged onto the system; no personal Si cards can be used. Substitutions are not allowed.

No entries on the day.

VENUE:

Donard Park, Newcastle, Co. Down, Northern Ireland. Parking, toilets and showers. GR373306.

Registration, refreshments and prize giving will be at **Race HQ** in Newcastle Baptist Church Hall, 17, Bryansford Road Newcastle BT33 0HJ (as for last years championship race) which is 400m from Donard Park.

There are plenty of B&Bs, guesthouses and self-catering cottages in the area with Newcastle the main centre. Newcastle has a Youth Hostel and there is a well-appointed campsite at Tollymore Forest Park. Meelmore Lodge on the north side of the Mourne (GR305307) has a basic campsite, showers and a café. Other accommodation details are available from Tourist Information offices.

- Newcastle Tourist Office, Central Promenade, Newcastle Co. Down, BT33 0AA.

Tel: 028 4372 2222. Email: newcastle@nitc.net

- Tollymore Campsite 028 4372 2428
- Meelmore Lodge 028 4372 6657
- Newcastle YH 028 4372 2133
- www.downdc.gov.uk.

COURSE:

- **Start:** Donard Park, GR373330 (marked to CP)
- **CP1:** Quarry/wall (Drinnevar) 300m, GR376287.
- **CP2:** Millstone Mountain summit 460m, GR373285.
- **CP3:** Slieve Donard summit 850m, GR358277.
- **CP4:** Quarry/gate, GR371293.
- **Finish:** Donard Park, GR373306.

All checkpoints must be visited in order.

This course was designed to provide a testing short mountain race specifically for the British Championship Series starting and finishing in Donard Park, Newcastle, Co. Down. At 10 km with 900m of climbing taking in Millstone Mountain before climbing to the summit of Slieve Donard 850m (the highest mountain in Northern



Ireland) then descending all the way to the finish in Donard Park at sea level. This should make your journey well worthwhile and satisfy the most discerning fell runner.

The race starts at sea level in Donard Park and follows the forest road across the Donard Bridge then taking the rough cobbled path on the south side of the Glen River before turning south-east using the forest paths to reach **CP1**: Quarry/wall (Drinnevar). Ascend on rough steep ground to reach **CP2**, Millstone Mountain summit. After making a short descent of Millstone you then make the main climb to the summit of Slieve Donard. Underfoot the ground is mostly heather turning to grass with patches of boulders as it steepens towards the summit. You will first see the lesser cairn, which is 250m before, and 30m below **CP3** (at the large summit cairn), beside the tower at the corner of the Mourne Wall.

From here the route is downhill all the way to the finish at sea level, the section to **CP4** to the small gate at the edge of the quarry/forest is a mixture of boulders, heather and grass with stony patches becoming steeper with some rock when approaching the forest/quarry. Take care on descent; **if conditions are misty you will need a compass bearing, as the ridge is both broad and deceptive.**

From here take small marked paths through Donard Wood on the south side of Glen River into Donard Park and finish.

Sections of the race course from the start to Checkpoint 1 and from Checkpoint 4 to the finish **will be marked**. Maps covering the area of the race route are the Mourne Country Outdoor Pursuits Map (LPS) and the Harvey Mourne Mountains map 1:25,000.

As this race is ascending to 850m in early April, Full body cover including hat and gloves will have to be carried no matter what the weather conditions. Map, compass and whistle will also be required in the **compulsory kit** and all runners will be checked at registration and spot checked before the race can start.

As this is a short and challenging race you must be prepared for all eventualities; especially if the weather is bad as your navigation will be tested. If you do have to pull out tell a marshal and when you get back to Donard Park tell us again so that we know you are safely off the hills. For those who plan to carry a mobile phone the **emergency contact number** on the day will be **07803136002**.

TRAVEL:

By air you can travel to Belfast City and Belfast International airports. Easy jet to Belfast International airport, BMI to Belfast City.

You can travel to Belfast and Larne by ferry from Cairnryan also Dublin/ Dun Laoghaire from Holyhead. Stena, P&O operate services.

- **P&O:**
Tel: 0870 24 24 777. www.poirishsea.com

- **Stena:**
Tel: 08705 70 70 70. www.stenaline.co.uk

CONTACT:

Ricky Cowan, (Race Organiser) 17, Cairnshill Green, Saintfield Road, Belfast BT8 6RN. Phone. 028 90702291

Email: rickygcowan@gmail.com

Website: www.nimra.org.uk

The FRA Committee is represented on a number of external groups, including the British Athletics 'Mountain Running Advisory Group' (MRAG), the Endurance Advisory Group (EAG) and the UK Counties Athletics Union.

MRAG looks after British Athletics' involvement in both fell and mountain running, including the British Championships for both events and the fell Relays, as part of its major role which is to achieve UK success in international mountain running. While mountain running is distinct from fell running as we know it, our most successful fell runners are ideally placed to compete and often figure in the UK teams at the World and European mountain running events. Several articles later in this *Fellrunner* record some outstanding recent British performances in International events.

Selection of the British Fell Championship events is carried out by the MRAG fell sub-committee (whose members closely overlap with those on the FRA championships committee - Judith Jepson, Helen Berry and Ian Hartman) in liaison with the home country representatives.

While we all work as hard as possible to prevent calendar clashes, the number of championship and international races plus trials means that this is an impossible task and there will be clashes. This is not helped by the fact the dates of the international events are often announced very late.

The Champs races for 2017 are now decided and have been announced, however the location of the Relays for 2017 is still being worked, and we are actively looking for an English host for 2018. There is increasing difficulty in finding a willing club, and a location which is big enough to accommodate the required number of teams. This essentially restricts us to a handful of locations in the whole of the British Isles. If your club might potentially be interested in hosting the Relays for 2018 please have a word with Jude Jepson or Helen Berry.

There will be a minor change to the British Championships for next year, which is that each race will be held under the rules and safety requirements of the host country (instead of using FRA rules for all races). This is because it makes no sense to have a race licenced by, for example NIMRA, which has

its own consistent set of rules, and then ask them to change to the FRA rules just for one race. In practice this change will not be visible to fell runners.

The dates of the major international mountain running events have been announced for next year, they are:-

- European Championships (uphill only) 8th July 2017 in Slovenia. There will be a trial race which is planned for 4th June, though the date and location are yet to be confirmed.
- The World Mountain Running and Long Distance Mountain Running events will both be held in Italy on adjacent weekends (30th July and 6th August). The UK trial event for the Worlds is yet to be finalised, while the trial for the Long Distance will be held as part of the Yorkshire Three Peaks race.

Some of these dates and details are preliminary, and will be updated via the Mountain Running pages on the British Athletics website, as well as on the international page of the FRA website.

Andy Watts

RULE CHANGE FOR 2017

NICK HEWITT (BOWLAND FELL RUNNERS)

Until 18 months ago, when I joined the FRA committee as Chair of the safety, equipment and rules sub-committee, I had spent 30 years naively thinking that fell running was a simple sport with few rules. You turned up to a race, filled out a form, paid your money, ran as fast as possible from checkpoint to checkpoint, hopefully in the right order and without getting lost, and collapsed at the finish. Simple.

But of course it's not that simple because fell running wouldn't be a sport without some rules; and because the management of fell running in England is delegated to the FRA by UK Athletics it means that FRA races are held under UKA rules. Although the spirit of our sport, and hence the essence of our rules, has not changed over half a century since the formation of the FRA, our rules have changed in detail over

the years, sometimes in response to UKA rule changes, sometimes in response to tragic events and sometimes because we just think they could be simpler or clearer or better.

For 2017 we are making some changes to our rules for all these reasons. The rules will now make it clear that Race Organisers must account for each individual runner, not just total numbers, with a back-up system. Most ROs did this anyway, so the change will only affect a few. The Guidelines for Race Organisers now give more specific guidance on how to do this. More emphasis is now placed on the responsibility of runners to help ROs run a safe race, especially by the absolute necessity of retiring runners reporting to the finish of the race. In the past, some runners

have told a marshal on the course that they are retiring and have then gone home, leaving the RO unsure if they are still out on the hill. The kit requirements – a bone of contention for many – remain unchanged, but we have tried to make them clearer. The table on kit requirements in the Runners Rules is – I hope – now completely unambiguous. Other rule changes are mostly for simplification or clarification.

Please do take a few minutes to read the revised rules for 2017 – as I should have done 30 years ago – and let's all help Race Organisers run the safe and successful races that make our sport so great. Let's also not forget that the primary responsibility for safety in fell races lies with each and every one of us as competitors.



PHOTO © RUPERT BONNINGTON

English Junior Championships 2017

Preview

In recent years, the 6-race format for the English Junior Championships, with 4 races counting towards the competition result, has proved increasingly popular. So in 2017, the same format is planned, and the race series is almost finalised. There may be some changes to the final dates, so please check www.fellrunner.org.uk and www.felljunior.org.uk for up to date information on the series in 2017. The FRA Junior Facebook Group will also provide updates in a less formal manner.

The series for 2017 as it stands presently, is:

- **25th March: Cock Howe Classic** – Esk Valley Runners. It is fantastic to be able to extend the reach of the Junior Championships into the beautiful setting of Chop Gate (pronounced Chop Yat) in the North York Moors National Park, thanks to RO Clive Thornton responding to request for more ROs to host. Hosts, Esk Valley Fell Club have a good and growing junior following, so let's hope this first hosting of English Junior Championships helps provide further inspiration.
- **22nd April: Anni Wa!** – Keswick AC (with Steve and Wynn Cliff). Keswick AC Juniors section are working with Steve and Wynn Cliff (RO for Anniversary Waltz and TWA for last 20years!) to resurrect their Junior English Championship race, the Anni Wa! on the same day. The combination of Steve and Wynn's experience of hosting the English Junior Championships here so successfully in the past, along with some local knowledge from the Keswick team, and spectacular Lake District National Park setting in the Newlands Valley, suggests this will be a quality day of racing.
- **01st May: Coiners** – Calder Valley Fell Runners. Al Whitelaw has hosted the English Junior Champs at Mytholmroyd in the South Pennines many times, and we are delighted to have Coiners back on the calendar for 2017. The courses offer some tremendous steep woodland climbing, marshy upland, and a hair-raising descent into the steeply sloping finish field.
- **TBC (May): Great Whernside Uphill Only Championships** – Wharfedale Harriers. After many years of brilliantly gruelling uphill racing provided by Richard Lecky-Thompson and Broughton Runners at the notorious Turner Uphill, Lynda Hargreaves and Wharfedale Harriers kindly volunteered to offer a new Uphill-only race, which gives Lecky a well-earned break. The new route offers superb continuous uphill running through progressively more challenging (boggy!) terrain. The wonderful Yorkshire Dales National Park village of Kettlewell is no stranger to big fell races, having recently hosted Bingley Harriers' TTT junior champs race, the regular BOFRA championships and a number of other FRA races.
- **10th June: Cowpe** – Rossendale Harriers. To celebrate Rossendale Harriers' 50th Anniversary, Graham Wright has agreed to bring the English Junior Champs back to Cowpe in the heart of the Lancashire fells, where it has been hosted in the not too distant past. The new race routes may differ from previous years, but I have no doubt they will be equally as challenging and fun, and look forward to a great party atmosphere for the last race of the championships.

But that is only 5 I hear you cry! We want more! The 6th race is likely to be **West Nab**, one of the most northerly summits in the Peak District National Park, and no stranger to hosting English Championship races, Phil Hobbs of Holmfirth Harriers has been patiently seeking an opportunity to host again, after many successful events in the past. In 2017, the very popular new race at **Malham** in the Yorkshire Dales National Park may have to be omitted due to calendar constraints versus other events in the village. The host club, Keighley & Craven AC (current holders of the Junior English Championships winning club award) are very keen to host again, so watch this space!

One of the 6 races (TBC) in the English Championships will host the Inter-Counties junior race (formerly a UKA event, now hosted by FRA, following the successful running of the event Mercia's Stretton Junior race in 2016).

So, something to look forward to, and don't forget, unlike many sports (and contrary to what some folk believe) there is no limiting "season" for fell running and racing. Races (including juniors) take place all through the year, not just at the traditional times of summer galas. Take care on the fells, and enjoy yourselves!



James Duffy and Billy Blacker at Rangers Alderman's Ascent

© Jackie Clowes

English Schools Fell Running Championships 2016

In September, the ever-popular ESFRC returned to its roots at Sedbergh School, who generously hosted the 9th annual running of this event. The forecasted heavy rains largely held off, allowing the spectators a clear view of the runners on the various well-flagged and marshalled routes, clearly visible from the event field. Race organiser Jon Richardson also entertained the crowds on the PA system as he relayed information from his marshalls on the fell as the races progressed. Jon and his team of many helpers were fantastic – the FRA really appreciates the effort put in to stage a great event for the junior athletes – thank you!

The event is open to all children in years 7 to 13. More than 430 children from over 80 schools gave it their all in this tough but inclusive and well supported race, which was centred on the school field many will know as the BOFRA gala field. The races followed the BOFRA route towards Winder, then from the fell gate took in a variety of truly challenging terrain, with the common steep descent route clearly visible from the finish field. Many record times were broken, in less-than perfect running conditions, demonstrating some outstanding performances.

The overall schools prize was retained by QEGS team; Esme Davies (1st; year 10/11), Elliot Matier (3rd; year 12/13), Connie Hurton (3rd; year 12/13) and Katherine Lewin (6th; year 12/13). Ermysteds of Skipton were only 1 point adrift in second, and Sedbergh the hosts also finished a strong third overall.

This year the celebrity prize-giver was legendary fell runner Kenny Stuart (holder



The overall schools prize was retained by QEGS team

PHOTO © KERRY DAVIES

of Ben Nevis and Snowdon fell race records, remarkably unbroken since the mid-1980s!). Exceptional photography was provided by Dave Woodhead and the event was generously supported by Pete Bland Sports, Ron Hill, FRA, Sedbergh School and Lakes Scaffolding, for which we are very grateful.

The FRA is willing to support any school which would like to host this event in future and would be pleased if more schools would come forward as potential hosts – the future of the event relies on schools willing to host the event so please let me know if you think you could help a school to realise this dream and I'll happily meet them to

explain the process and work with them to deliver future events.

Email: owenmills@yahoo.com
www.facebook.com/owen.mills.56

"FRA Junior Facebook Group"
www.facebook.com/groups/532076446956547/

Race	Boys Top 3	Girls Top 3	Winning Teams
Year 7	James Bowen (1st) Henry Hunter (2nd) Sam Conroy (3rd)	Isabel Richardson (6th) Olesia Winder (13th) Issy Nichols (21st)	Boys: The Lakes School Girls: Skipton Girls
Years 8 & 9	Fraser Sproul (1st) Louis Hudson (2nd) Matthew Knowles (3rd)	Chloe Rylance (16th) Alice Jones (27th) Lilli Carr (39th)	Boys: Ermysteds Girls: Skipton Girls
Years 10 & 11	Joe Hudson (1st) Tom Barrett (2nd) Euan Brennan (3rd)	Esme Davies (14th) Gwyneth Parry (20th) Briony Holt (27th)	Boys: Ermysteds Girls: QEGS
Years 12 & 13	Nathan Smith (1st) Joseph Dugdale (2nd) Elliot Matier (3rd)	Emma Clapton (23rd) Helen Thornhill (25th) Connie Hurton (28th)	Boys: Sedbergh Girls: Sedbergh

The individual and team highest results for each race

1	QEGS Penrith
2	Ermysteds GS
3	Sedbergh School
4	Skipton Girls HS
5	Dallam School
6	The Lakes School
7	The Queen Katherine School
8	Queen Elizabeth School
9	Isle Of Man Schools
10	Lancaster Royal GS
11	Bradfield School
12	John Ruskin School
13	Keswick School
14	Chapel en le Frith HS
15	Crossley Heath
16	Kirkbie Kendal School
17	Clitheroe Royal Grammar
18	Ulverston Victoria HS
19	Westholme School
20	North Halifax GS

The top 20 overall school teams



Year 7 winners Isabel Richardson and James Bowen



Year 10/11: Briony Holt (3rd), Esme Davies (1st), Gwyneth Parry (2nd)



Year 8/9 winner Chloe Rylance



Year 12/13: Joseph Dugdale (2nd), Nathan Smith (1st), Elliot Matier (3rd)



Year 8/9 winner Fraser Sproul



Year 12/13: Helen Thornhill (2nd), Emma Clapton (1st), Connie Hurton (3rd)



Year 10/11 with Kenny Stuart:
Euan Brennan (3rd), Joe Hudson (1st), Tom Barrett (2nd)

Review of the home countries training camp



August 2016 Caldbeck

A hardy bunch of Junior athletes attended a new venue for the 2nd Junior Training Camp of 2016; from England, Scotland and Wales. The attendees ranged from seasoned GB representatives to those that had more recently taken to the hills and were prospective Home Countries athletes at the upcoming Junior Home International (JHI).

After arriving and general introductions and ground rules laid out (my take-home message from last Camp) the runners all set off on an easy 30 minute run. One of the more experienced athletes showed her proprioceptive prowess wasn't up to normal 'fell-runner' standards, but luckily was managed effectively by the management team without need of medical input.

After dinner the evening kicked off with a talk on massage, its benefits and advice on regularly accessing. The ever-popular team quiz was as competitively fought out as any race, providing an excellent ice-breaker for the newer athletes.

The next morning after a quick run-through about the value of warm-up and how to cope in different situations where circumstances may dictate modifications, we all set off to Skiddaw to train on the JHI course. The hill session with short recoveries was made all the more challenging with 'normal' Lake District clag deteriorating into heavy rain. Several athletes mentioned it made the England Trial and actual race a few weeks later seem easier as they were both run in spectacular sunshine; enabling great views and photos. Lots of wobbly legs made their way back to transport to Caldbeck for lunch with masses of cake to help recovery.

This was aptly followed by an interesting and interactive discussion nutrition led by Cara Sloss. Paul Dugdale then discussed his experiences of mountain running and the

opportunities it had opened up for him. His motivational talk included several tips on training and amusing anecdotal stories about lifelong friends and colleagues.....

The group then split with some doing another run and some doing a prolonged stretching session, where it became apparent there is a vast difference in flexibility between runners!

Another excellent meal provided by Wilfs Café was finished off before a challenging Team Building session led by Duncan Richards. There was much frustration and friendly banter around an exercise with a pole; but eventually after a closely fought battle:

Runners 1: Pole 0

A general presentation on winter training and various ideas to try out or progress was tiredly discussed before heading to bed.

Next morning after breakfast we watched Mo Farah win his 10,000m Olympic Gold, also displaying his proprioceptive prowess – it's not just you Heidi! Everyone enjoyed a great sunny run out on the fells, of varying distances dependant upon usual training volume, with no accidents this time. Varying quantities of sandwiches and cake replenished glycogen stores to pre-run (and in several cases much higher) levels. There was good mature atmosphere on this Training Camp, with everyone getting on, and hopefully friendships made or

re-kindled.

I must add my personal thanks to all the runners for their feedback and especially to those who contributed to the running and organisation: Sarah Wilkinson, Paul Jenkinson, Cara Sloss, Paul Dugdale and Duncan Richards.



2017 Junior Racing Categories Update

- 1. There is no change to the maximum distances juniors are permitted to run in 2017**, however the wording in the Requirements and Rules for Race Organisers is being changed to avoid possible confusion with the age bands for competition. You just need to ensure that no runner in any age band is exceeding their permitted maximum distance.
- 2. The ages of competitors in each championship age category are unchanged, however they will be**

based on age on 31st December at the end of the year and renamed accordingly. This is to bring the naming into line with UKAthletics requirements, and means that the runner will always be under the age in the name of the category. The following table shows the new age bands. Remember that the actual age of the runners in each category doesn't change so if you have U8, U10 etc. records, these just become U9, U11 etc. respectively. Possible ages of runners and maximum distance for races in each category (based

on youngest runner and using the maximum distances from the table above) for information, but this is not a change.

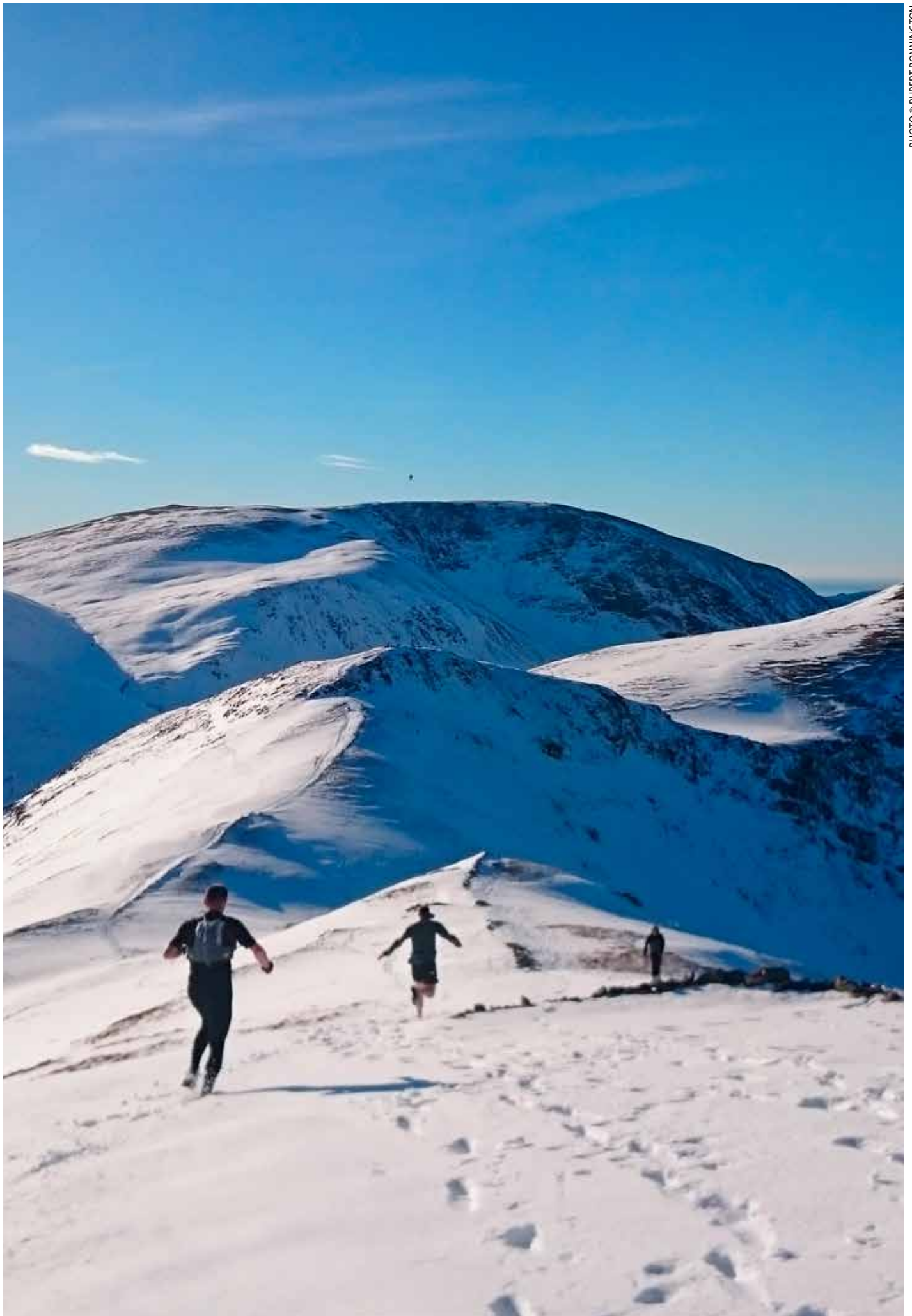
Organisers will need to adopt these new category names for all FRA races to avoid confusion amongst junior runners and their parents, and to enable clubs to select races for intra-club championships. Only in exceptional circumstances are other bands or eligibility dates acceptable, and these need to be agreed with FRA when registering a race".

The following maximum distance limits for juniors must be observed (**ages as on the day of the race**).

Age 6 or 7 years	Age 8 or 9 years	Age 10 or 11 years	Age 12 or 13 years	Age 14 or 15 years	Age 16 or 17 years
1 kilometre	2 kilometres	3 kilometres	5 kilometres	7 kilometres	10 kilometres

Old name	New name	Years of birth for 2017 Championships	Possible ages of runners on day of race	Maximum distance (km) for race based on youngest possible runner in category
Age at 31 Dec in year before competition	Age at 31 Dec in year of competition			
U8	U9	2009, 2010, 2011 (from day of 6th birthday)	6,7,8	1
U10	U11	2007, 2008	8,9,10	2
U12	U13	2005, 2006	10,11,12	3
U14	U15	2003, 2004	12,13,14	5
U16	U17	2001, 2002	14,15,16	7
U18	U19	1999, 2000	16,17,18	10





Fell Running in India

I am fortunate that my work takes me to Pune, a city in the west of India which is situated on the Deccan plateau, on the eastern side of the Western Ghats chain of mountains that runs up the coast of India. My host Ajeet's favourite weekend activity is to get up early and climb up a nearby mountain up to the old fortress of Sinhagad, which is about 1312 m above sea level, so an Indian Munro! The actual climb from a small village at the foot is about 760m. Sinhagad was the site of a famous battle in 1670 when the Mughal rulers were overthrown by the Marathi king, whose general led his troops up steep cliffs to take the fort by stealth.

We usually start at around 5am while it still dark and cool and by the time we reach the top the sun is coming up and the view over

the nearby hills is superb. The climb is very steep and twisty, with lots of boulders in the way, and some scrambles in places. You have to watch your step. Torches in hand we climb at a steady, fast walking pace.

The monsoon rains fall in July and August and were good this year, so on my most recent visit in September 2016 the hillsides were green and full of life. I went up with Ajeet and his wife Sheetal and a bunch of their very energetic friends – my third climb- and was very lucky to see Carvi plants in flower. These plants are unusual in that they only bloom every seven years. At the top there were refreshments from small stalls selling lime sodas and hot drinks. After a rest and taking in the amazing views it was decision time, with two options for getting down – back down the path or take a mini van along a road back to the car park at the bottom.

I fancied running it back and was joined by an enthusiastic local who kept us going with music from his iPod on loudspeaker. Because of the recent monsoon the rocks were slippery so going flat out was not advisable but we were able to make fast progress and towards the end could take the brakes off and run harder.

I can recommend this to anyone planning a visit to India – it's a unique experience you



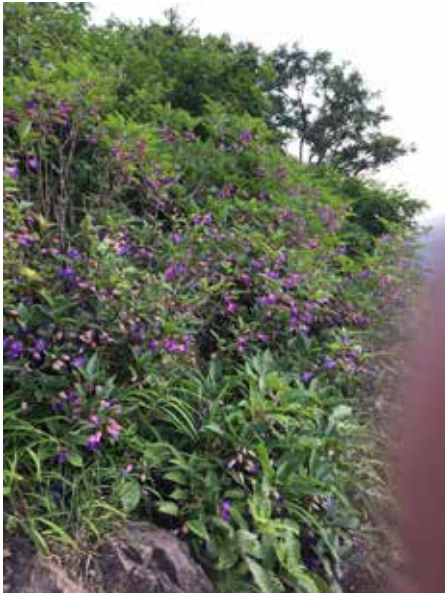
Refreshment stalls



Walter with his hosts (Ajeet is on the far right, Sheetal third from left) and friends at the top

won't get through any travel agency and the scenery is stunning. You'll get a warm welcome from the Sinhagad fraternity too.

PHOTO © AJEET OAK



Above: Carvi blooming on the slopes below Sinhagad fort.

Main photo: Sunrise at the top



In profile: Hugh Symonds

PHOTO © SIMON PARKER

*Hugh Symonds at the
1983 Welsh 1000s*



'I wanted to do the BGR, I would have really regretted it if I hadn't. I had half thought of doing it on the way down through the Lakes on my continuous run over all the 3000 foot mountains of Britain and Ireland. Wouldn't that have been cool?'

Impetuous maybe, but in a way it nicely encapsulates Hugh Symonds and the way he thinks. In the mid-1980s he was one of the finest fell runners, winning some of the classics, including the Three Peaks and the Ben Nevis races. He has always loved travel and is currently participating in some spectacularly long cycle expeditions in different parts of the world. He was in the country earlier this year and I spoke to him at his home in Sedbergh about his early life, and the ups and downs of fell running.

Hugh Symonds was born in Berkshire in 1953, and lived there for two years before his parents moved to near Altrincham, where he went to school near Moss Side, at William Hume Grammar School. 'There I played rugby which I decided wasn't for me when I was about to score a try and I got tackled, and got hit in the testicles. I went to ground and felt sad, and thought what sort of sport is this? On the way home I was on

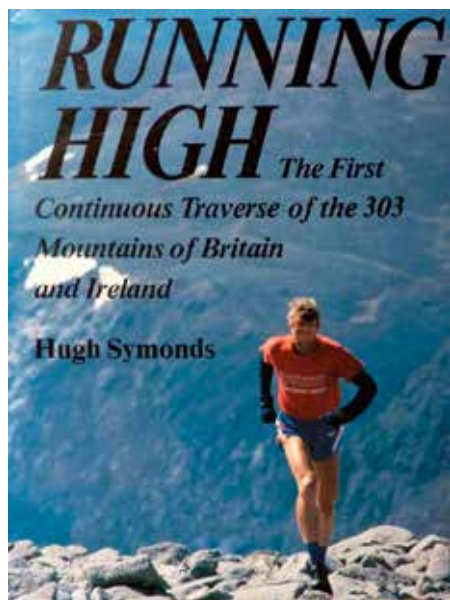
the bus and chatting to someone and they said have you tried running. You just do it, he said, we go round Alexander Park.'

He joined in and had a go. Very quickly he found he was loving it. 'I was cruising, jumping fences, and it was grand. I got on the school team and was beating people older than me. For the first time in my life I felt I was doing something.' He started winning school races, and his father encouraged him and thought he should be doing more, and he found out about Altrincham AC and Hugh went along. He met a man there called Alan Hardman, who was Club Secretary, who encouraged him.

'I went to training on Tuesday and Thursday evenings, and went to Gatley Track and did reps. I would be about 15 or 16, and was doing races beyond school like the Manchester League, Cheshire Champs, the North of England Champs and the National. I won the Lancs Schools cross country, the Manchester Champs at 1500m, the Lancs Champs at 2000m steeplechase, which took me to the English Schools – where I was 5th in the steeplechase at Crystal Palace in 1971. I was 20th in the English Schools cross country Champs in Luton in the same year.'

He was inspired by the club's Olympians, Alan Blinston who went to Mexico in 1968, and Jeff Norman who went on to run the marathon in 1976. He recalls that they were very inspirational and helpful. 'It was quite something for a youngster to train alongside them. Running became part of my life. I would say it helped me discover who I was. Before that I was maybe the sort of person who was timid and sometimes got teased. Running gave me something tremendous.'

Then he went to Durham University in 1972 to read Mathematics. He loved being on the cross country team, and did some track athletics there, but it was becoming less interesting to him. 'I wanted less track and more off the beaten track. Whilst I was at Uni I did the Three Peaks race, badly, maybe coming about 30th. I know I had been hoping to do well as I had done a marathon in about two and a half hours.' He was further inspired by Jeff Norman, who had won the Three Peaks six times. By then Hugh had competed at the Wherside Junior fell race and come in the top five. 'I had a latent interest in fell running although I had no success yet. I just thought I want to do this. I



Sailbeck International 1985,
running for England



PHOTO © DAVE WOODHEAD

loved running around on the hills.'

He recalls a really memorable event where he went with Jeff Norman and some others to reccie the Three Peaks course. It used to be hardly marked at all. 'The big question mark was how to get from Pen y Ghent to Ribbleshead. It was a big free-for-all. We ended up at the Hill Inn and bumped into Joss Naylor, who was also doing a reccie. He seemed to be dressed in a sack held together with safety pins, and had hair all over the place,' Hugh chuckled.

At university Hugh met his wife Pauline. After university he had a quiet time athletically as he went to India to teach maths in a school in the Himalayas. The trip satisfied a lot of desires, as they explored and did a lot of walking. 'We travelled back overland through Afghanistan and Turkey in 1978. I hadn't spoken to my father for a year and a half, and phoned him from Dover. He had been really worried about us fitting back in to England and how we would make ends meet, which didn't bother us at all really. He said there is a job going teaching at William Hume Grammar School, teaching maths.'

Hugh thought he didn't want to go back, but on the bus to London from Dover he and Pauline discussed it and thought it might actually be a good idea. Hugh applied for the job, had an interview and got the job. They bought a house in south Manchester, and lived the suburban life there, with Pauline working for ICI. Hugh did some cross country for Altrincham again, and did some road running, but he didn't really enjoy it as much as he did as a schoolboy.

They were expecting their first child, Andrew, in December 1980. They began to think they would like to live somewhere more rural than south Manchester. Hugh spotted a job in Sedbergh - at the school, teaching maths. 'I came for the interview and while I was here I went for a run up Winder and I thought I want this job, I want to live there.' Fortunately, he got it, as it was a life-changing experience for the whole family. It had a profound effect on their three children. 'In August 1981 I had just run the Lancaster to Morecambe marathon and

sort of enjoyed it. But I was transitioning to fell running in the autumn of 1981. I joined Kendal AC and they were very welcoming. I did some cross country and road races for them. I realised I might have talent for racing on the fells when I ran Ben Lomond in 1982, when I think I came third. I thought wow I can race these people.'

The wanderlust was really from within himself, as there was very little outdoorsy background in his family. 'We went to Gairloch on holiday in about 1968 and I remember seeing An Teallach, and thought I want to go up that and wondered (at the age of 15 or so) how you would do it. Some people see hills and just want to go up them.' One set of grandparents lived in Llandudno and the others in Welshpool. He vividly remembers going to North Wales and seeing hills and wanting to go up them too.

I was interested in his thoughts on why he never won the British Champs. Hugh laughs gently as he responds, 'first and foremost I think there were runners better than me. I would say that Kenny Stuart and John Wild were better runners than me. I'd say to be British Champion you had to specialise and say they are the races I want to do. At the

time there was a championship called 'All the As', and one year I am pretty sure I won that [*he did*]. He also ploughed his energy into being Editor of *Fellrunner* for two years, after Andy Styan and he handed over to John Reade.

From his results, you might think Symonds had more chance in long and medium races and had not been so good in short fell races. Up to a point Hugh agrees, as he explains. 'I did win some shorts - eg Eildon Two Hills. I felt my strength was in longer races and I enjoyed them more. You could set off on a long race and really just cruise the first hour and gradually waste yourself. If you were in for a good run it was a real experience of pleasure. If it was a short one it was not time enough to have that experience, it was too much punishment. I remember some short ones being too fast for me. I sometimes went off too fast on them and paid the penalty. There were also some Saturday races I couldn't do because I taught at school on that day sometimes. A race I really would have liked to have done is the Paps of Jura, but it wasn't on as it always clashed with the school prize giving.'

I wondered what Hugh thought had

been his best race. 'At Wasdale I was second twice, which was hugely frustrating. In one of these I was ahead of Billy Bland at the top of Scafell but messed up the navigation in the mist. Ennerdale victories were really satisfying, as were the Three Peaks ones and the Ben, which was a surprise. But best of all was Vignemale (the highest peak in the French Pyrenees) in 1988.' Hugh explained how he had come to run this race. 'In 1987 all five of the family had been cycle camping on tricycles. I had researched that there was a mountain race at the end of our tour near Courterai (Cabelleros). I won it and they invited me back in 1988 to do the Vignemale race. I felt quite ropey, driving out there. It was the week after Wasdale. After about an hour in to the race I was lying about 10th. Despite the altitude I began to feel better and by the top I was third, on the roped section. I seemed to be going faster than others and within half an hour of the top I was leading. I was running in Walshes and descending faster than anyone else and went on to win and broke the record. They really treat winners well on the continent, with a lot of razzamataz. Having not expected to win it was wonderful.'

At the Three Peaks Hugh had been second to Kenny Stuart in 1983. Hugh recalled that Kenny had been a bit of a nemesis. 'When Kenny wasn't at a race I used to think I could win the race. I came close to beating him at Coniston in 1984. I was ahead of him on the descent off Coniston Old Man. I was pulling away thinking I could win. There

was nothing in my mind which said I can't beat him. I got ahead but on the run-in he had greater leg speed, and he beat me, by 15 seconds. That was a week after the Three Peaks race in 1984.'

So, was Hugh more capable at ups or downs? 'At first I was much better at ups. I thought if I am going to be any good I need to train for downs. I had a good training partner in Bob Whitfield from Kendal AC. He lived in Clapham and we used to alternate between here and his patch (and run around the Ingleborough area). Bob was a fantastic descender. I think training with him helped me learn to descend. I would also chose some steepest places in the Howgills and specifically practise running downhill fast. I would do rep sessions with downhill as well as uphill in them. There is no point in being first to the top in a race if you are not first to the bottom was my attitude.'

To illustrate this point Hugh notes that in 1984 he was first to the summit at the Ben Nevis race, ahead of Kenny Stuart, but didn't win. 'I won a bottle of whisky for that, but so what. In 1985 I was first to the top again. The night before we went to a bar and probably had a pint and Jack Maitland was there grinning like a Cheshire cat. He had just won the Sierre Zinal and was obviously really confident. I thought Jack would be hard to beat, but I knew Kenny wasn't there. Coming down about half a mile from the top Jack overtook me and I said to myself don't let it happen. I just ran and tried not to think of accidents or of falling. I pulled



PHOTO © HUGH SYMONDS

With Three Peaks trophies, after winning in 1984

away from him and I won and I seem to remember it was a slower time than the year before. I think changes to the path have made a difference, and I don't think it is as fast now.'

When it comes to reflecting on his overall achievements Hugh found it hard to choose a particular one. 'One would have to be running from Ben Hope to Brandon in 97 days and then writing the book about it [*Running High*]. That would have to be the highlight for me. When it comes to individual races they were all so different. I can't really decide. I would probably make it equal between the Ben, the Three Peaks and Vignemale.'

As well as discussing his own achievements, we also talked around the



Leading the 1985 Three Peaks race

PHOTO © ELLEN WOODHEAD



Hugh and Pauline on their bike travels

PHOTO © HUGH SYMONDS

subject of 'best ever fell runners'. Hugh told me a story about a time he stayed with Gary Devine in the Pyrenees on a bike trip. Hugh recalled that, 'Gary asked me who I thought was the best ever fell runner. I said Billy Bland or Kenny Stuart – they were two different things, chalk and cheese. Gary Devine surprised me when he came back with Colin Donnelly, who still holds some records. He won Ben Nevis race almost 10 years apart [1979-1986 actually].'

Many fell runners think the Bob Graham Round is a difficult thing to fit in during the summer if you are a competitive athlete. Hugh subscribes to this view, commenting, 'to be fair, my years as a successful fell runner were only really between 1982 and 1988. I am so glad I had that period. I now think it was a bit short really, but that is just the way it went. There was no way I could consider doing a BGR in that window when I was at my best. If you did the BGR one summer you would knock out several races. In 1989 I really tapered off performance-wise in races. It was frustrating, but clearly it was because I was totally focussed on the mountains of Britain run in 1990. I was doing really long training runs and basically slowed down. Doing the mountains run I slowed down even more. If you go out running for 6 or 7 hours or so for nearly 100 consecutive days you are not going to be fast any longer. I was actually talking to Steve Birkinshaw about this recently at the Sedbergh Hills race, after his Wainwrights effort. I think he found it interesting to talk to me, but was probably not very encouraged!'

In 1991 Hugh tried to race again, but not very successfully. 'We were having a big building job done, and I also got plantar fasciitis for a year which was horrible. By the time I became a vet in 1993 I was back on keel. I won a couple of vet 40 races, one vet 50 and now one vet 60 race, which was the

Wild Boar race 2 years ago.'

Hugh did do the BGR in the end though. 'I knew I was slowing down on becoming a vet. I started running with Mark Higginbottom, and we said to each other "why not do the BGR". We supported each other with a couple of friends in some parts. I am so glad I did it (in 1995).'

We got to talking about Billy Bland's record time for the Bob Graham, and Hugh gave his thoughts on it being bettered. 'Jon Broxap paced Billy on part of his record BGR in 1982. Jon said that on the stage he was on it was at run at the pace of a Wasdale race. So it was like doing multiple Wasdale races back-to-back. Our eldest son Andy lives in France and knows Kilian Jornet quite well, and he thinks Kilian could break Billy's record. I don't think so actually. I told Andy that I don't think Kilian would break the BGR record OR Finlay Wild's sub-3 hour Cuillin Ridge record. It is partly because running in Britain is so different from the continent. The sort of running you get on the BGR you don't really get in Europe – getting your feet muddy and stuff. Very few foreigners have been successful on the BGR. This difference is more noted on the Bob Graham than the Cuillin Ridge. If you are a really good climber there is a lot of rock on the Ridge. If the weather was good, which is a big if, maybe Kilian could do the Cuillin time. But it wouldn't be on the first attempt. He would have to reccie it. It is a huge time commitment that I suspect Kilian wouldn't have.'

In passing, Symonds noted something that I had not been aware of before, and that was the fact that in 1997 he had helped Mark Hartell on his successful 77 peak extended BG round. 'I was on the section to Threlkeld, but was happy to stop as he was going so fast!'

He says he never really thought of writing



PHOTO © HUGH SYMONDS

anything else after the book on the UK summits traverse. 'My inspiration came from people like Bruce Tulloh. I saw people doing huge runs and thought I wanted to do one of these. I wanted to do something like this once, and write about it. I don't know if I ever wanted to write another such book.'

Hugh had a serious health issue in 2014, being diagnosed with bladder cancer. Talking about it with me just recently he commented that, 'others challenged by such things may be encouraged by my experience. I had an operation followed by 8 months of a mixture of chemotherapy and radiotherapy. At one stage I was cycling with a chemo bottle in the back pocket of my jersey.'

His attitude to life was typified by the fact that he cycled every day throughout the treatment. Without any sense of drama, he casually mentions that, 'on the way home from the first treatment I stopped and said I must go for a run.' Since then he has cycled many an adventurous mile – for instance down through South America, across Australia, around New Zealand, then through Cuba and Mexico on one trip. He says that he and Pauline are now planning to spend the coming winter cycling in Central China and South East Asia.

Having been through a similar health situation, I can but admire the attitude of someone who plays the cards dealt to him in such a positive way.

A View from the Top

*Jamie Roberts co-author of a new book, **Studs & Crooks** which charts the extraordinary evolution of the Kilnsey Crag Race, shares his first experience of running it – at the age of 42.*

I don't know why, but forty two feels a bit late to take up fell running. The lungs have shrunk, the legs misplaced their teenage zip, and don't even get me started on the knees. You start to face the fact that your prime is now in the rear view mirror, slowly receding. So how is it that I find myself half way up Kilnsey Crag, attempting to run on near-vertical scree, being watched by over ten thousand people? Mid-life crisis doesn't even begin to cover it.

You might say that this was always meant to be, having been born and raised in the shadow of Kilnsey Crag. The tiny Upper Wharfedale village of Kilnsey is famous for its country show, the highlight of which has always been the gravity-defying fell race, one of the most unique and dangerous feats in the sport. Put simply, it's a race up and down the side of a cliff. Dating back to the mid 1800s, the Crag Race is a thesaurus of

pain compressed into less than ten minutes. Some of the best fell runners in history have pitted their bodies and nerves against it, including legends of the sport such as Bill Teasdale, Fred Reeves and Kenny Stuart.

I've been a spectator countless times, but always with a nagging sense that this was one race that I really ought to run. Throughout the history of the race there has only been one winner from Kilnsey itself, Gilbert Reynard in 1921.

It was whilst helping to research the history of Kilnsey Show for a new book that I first became aware of the fascinating history of the fell race. The keeper of the Crag Race flame is Roger Ingham, who's seen every race since 1957, he's run it countless times himself, and still does the commentary. Roger has a photographic memory that enables him to recall almost every fall and photo finish from down the years. Incredibly he was able to compile a complete list of winners all the way back to 1897 – something which had never been done before.

Without Roger we might never have known that Bill Metcalfe of Hawes (brother to three-time winner Arthur 'Ant' Metcalfe) was runner up four times in the 1920s. Or that Bill Teasdale finished in the top five for an extraordinary twenty two consecutive

years from 1948 to 1969, including seven victories. Or that 1968 marked the last time the race was won by someone wearing heavy old-fashioned fell boots. Now, thanks to Roger, the rich fell running heritage of Kilnsey and Upper Wharfedale has been recorded for all time in the pages of a new book, *Studs & Crooks: The hidden history of Kilnsey Show*.

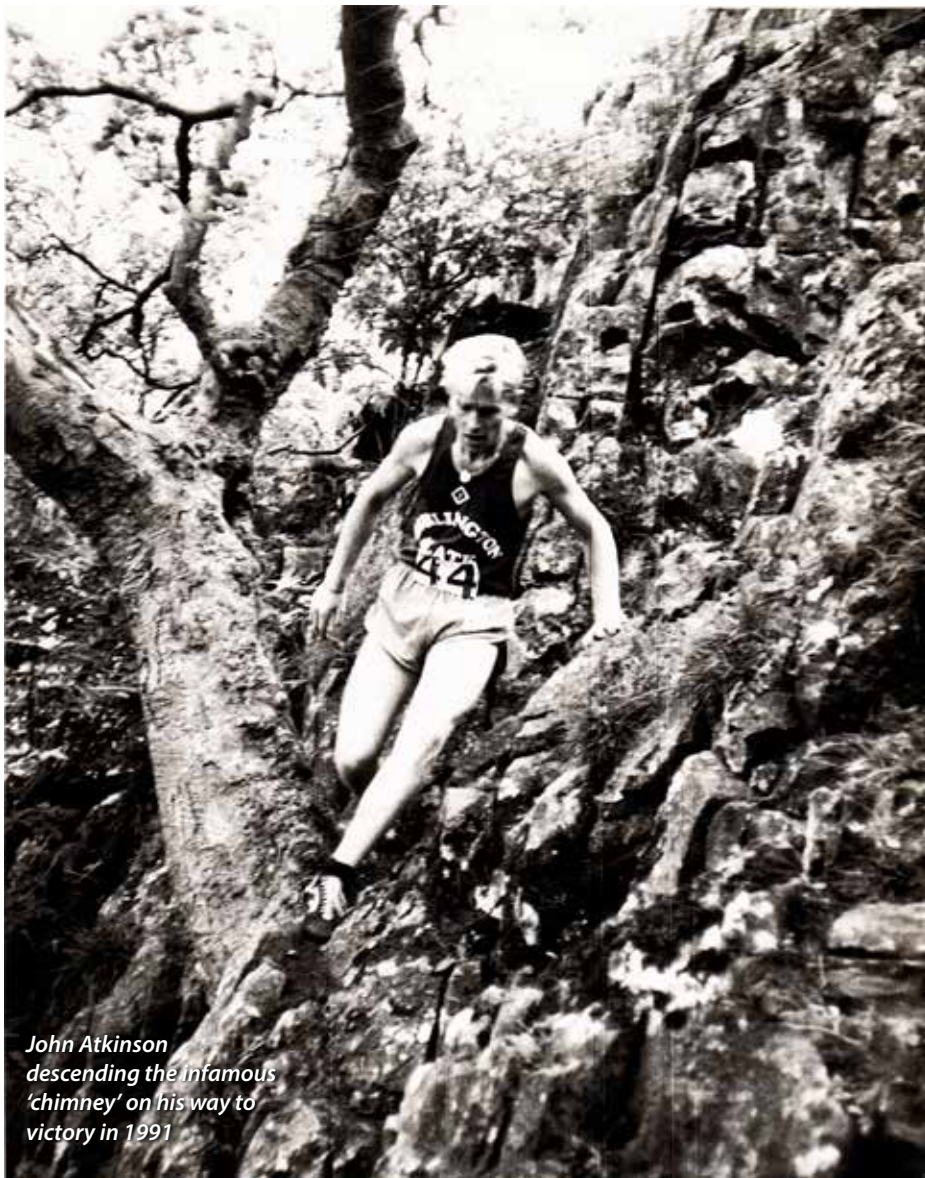
Inspired by the book's many stories of the race I felt this year was probably my best (only?) opportunity to take part. After a handful of training runs, and restless broken sleep the night before, it was suddenly show day. Surrounded at the start line by brawny professionals in the latest hi-tech shoes, I suddenly realised how poorly prepared I was... Then we were off, barreling out our chests and galloping our hardest to gain a good position for the climb.

The next few minutes were a jumble of crossing water, and grappling with a near-vertical scree. By the time we reached the top of the hill – less than half way – my legs were pathetically spent. Competitors with bus passes began to overtake me and it started to sink in that I'd either to start running again or face the humiliation of coming last on home turf. Far below I could hear Roger's rich voice coaxing home the winner (how could they have finished *already?*). That got me



The author (top left) begins his descent

PHOTO © STEPHEN GARNETT



John Atkinson descending the infamous 'chimney' on his way to victory in 1991

moving again.

At the highest point of the race my spirits were buoyed by the fact that the hardest was surely done – all downhill from here. There is a famous black and white image of Mick Hawkins starting to descend in 1982, the year he set the current record, and which is the cover image for *Studs & Crooks*. He seems to soar above the whole showground – the white marquees no larger than mushrooms, the toy town cars, the river running gently by. It's a stunning view if you have the energy left to appreciate it.

But I'm no Mick Hawkins, and stumbling down the shifting screes on jelly legs is where the real danger lies. Knees can be gashed open, ankles broken, hopes dashed. Half-way down the descent lies the notorious 'chimney', a 30ft cliff that can only be negotiated by hanging off an old sheep fence. It was here in 1920 that seventeen year old George Woolcock fell and was injured so badly that the race was rerouted to less challenging terrain the following year (that he still won the race says something about the hardiness of fell runners).

Somehow I survived the chimney intact, and then gravity did the rest as I tumbled down the slope, splashed through the stream and ran back onto the showfield,

unable to see anything but my next footfall or hear anything but the thudding of my own heart. There was to be no glorious photo finish – as there was in 1987 when John Atkinson snatched victory from Steve Carr. Instead I flopped over the line in thirteen minutes – over five and a half minutes slower than the record – and I was



Young Crag racers on the ascent



Roger Ingham, the voice of Kilnsey Crag Race

sure that there would be few left behind me. Later I was relieved to discover I was 57th out of 91, hardly a medal contender but not quite the Waterloo I'd feared.

In the aftermath, amidst the weariness and aching muscles, I found myself trying to ignore the unexpected sensation that I'd actually quite enjoyed the experience. A voice inside told me that next year, if I trained properly, I could give a much better account of myself. After all, at 43 I'll be just coming into my prime.

Studs & Crooks by Victoria Benn and Jamie Roberts is a 224pp full colour hard back book which contains many previously unseen photographs, first hand stories from farmers and show people, as well as a chapter by Craven's 'Mr Sport' – Roger Ingham – in which he tells the story of the iconic Kilnsey Crag Race from its beginnings to the present day. Available by Tickled Trout Press and costing £12.50, the book can be purchased from: <http://kilnseypark.co.uk/store/shop/books/kilnseyshowbook>

Hindsight

Firstly, I'm going to say that I'm really made up with the response I've had from the photos I've been handing out to fellow fell runners. Some people have had them framed, which is just amazing.

As some of you may or may not know, I don't charge for any of my work, nor do I intend to. My logic is that if I capture a good shot of an individual and stick it on my blog the least I can do is give a copy of it to them. Besides, if it was good enough for Bill Smith to give away photos it's good enough for me to do the same. I've got to be honest and say that I was influenced by his generosity and thoughtfulness and still am today. I have no agenda with my photography, I only want to reward people with that captured moment. That click, which hopefully turned into something special for them.

I've explained in my "About Me" section on my blog (fellephant.com) that I'm lucky, because I'm able to combine my three favorite pastimes and put them into one - music, photography and fell running. They all work together in harmony depending on where I am both mentally and physically. Usually, my filming and photography go into orbit when I'm injured. They take a back seat when I'm back running, but always linger there. I'm constantly thinking about my photography, a trait inherited from my parents, as is my love for music, which incidentally I try to add to my films to avoid any © issues.

Now then, my fell running: my fell running career ended with a bump after the Ben race in 2014. Lyndsey Brindle's (lady winner in 2014) warning before the race still haunts me to this day. My announcement to race was contradicted by her with the warning of what could happen if I ran injured. "You may never run again" was the worst part of that warning. I had announced that my back was giving me a problem, a problem I had endured intermittently (undiagnosed mainly) since 2005. I ran & paid the price for that moment of achievement, disregarding Lindsey's warning. OK I finished the race in what I thought was in one piece, but my body had cloaked a serious underlying defect during the race (which I thought I could get/had got away with), and that kicked in within hours of finishing.

Those hours later I was in agony, days later on an MRI machine, weeks later on an operating table having spine surgery and within hours of that I found myself unable to feel my right foot, unable to hold my weight on my right foot. My right calf was (and

still is) disabled, as my S1 nerve to it was completely damaged. I thought it would recover in time, but as time went on the information I was getting from my surgeon was that it would never properly recover. I knew I would never be able to run again in the same way, if at all.

For twenty months or so my music and photography kept me on the straight and narrow. Well, that and my involvement in fell running by marshalling races. Then earlier this year a few things happened which had me thinking maybe I should have another go at running again. Rob Hope did a speech at Horwich RMI, which really inspired me into thinking I needed to get back one way or another (he has been through a lot with health issues). Darren (Silvermachine) Fishwick encouraged me with ideas of taping up my feet to try and eradicate my problem, implying it didn't matter where I finished, just as long as I got round. Ben Mounsey's Blog. Newcomers like fell tadpole Calvin Ferguson, all full of enthusiasm towards the sport, and me witnessing competing fell runners performances, whilst I marshalled or photographed, all contributed towards my urge to get back.

In reality my problem was no longer an injury, it had developed into a disability. I had to work around it somehow. Firstly, Darren's idea had to be addressed, so I did just that and had a go at Belmont Winter Hill route (now not only disabled but a tad overweight/unfit), and I got all taped up with tape Darren had donated. A good idea, but one which needed a little something else - a crutch. I realised this as I limped round. Below, that day on the burial ground on Noon Hill. I think by this point I had realised a comeback was imminent. A great feeling, somehow I can see that in my face.

I asked around for a crutch. One of my mates at work had broken his back roller skating, when he took his kids to the Wigan roller rink (still can't believe this one to this day - he's a fourth dan karate expert, you think he'd know how to break a fall. They had to shut the whole place down that day because of his antics). Anyway, he recovered and offered me his crutches.

Coniston Gullies 2016 marked my first return to race running. The day before the race I gave the route a shot with my crutch, taking into consideration the slowest time from the year before and just beat it. I went the next day to register and introduced my crutch. I didn't know what response I would get, but to the credit of the BOFRA decision makers, who acknowledged the fact that it

wasn't an aid in the conventional terms of running, because I was disabled (thanks Paul Crabtree and later for Lee Marshall's total encouragement), I was able to enter. Andy Holden, who has been a great support, took some brilliant shots of my efforts that day and put them on Twitter. Chris Barnes also



PHOTO © FELLEPHANT

put a picture on Twitter, that was taken at Paddy's Pole and is the third photo down. I really like these photographs.



PHOTO © ANDY HOLDEN



PHOTO © CHRIS BARNES



A few months ago I went down to the Walsh factory, literally a couple of miles from where I live, and asked them to put some studs on my crutch. Without hesitation they obliged, I gave them a tenner for their efforts and they gave the money to charity. The studs came in really handy at this year's Alva race. That's the hill on the photo below to the left. That's one white knuckle ride of a race!

I haven't looked back since Coniston Gullies – to date completing 8 of my BOFRA races to qualify for what must be

the most expensive T shirt in the whole world (especially if you go up to Alva.... but it's worth it). I completed Sierre Zinal in August and I've also entered a few FRA races - Paddy's Pole (thanks Mick Mac for letting me enter and Guru for my Golden Crutch award), Lingmell Dash (thanks Tim, Jim & Lindsey) and Great Whernside (thanks Lynda). Thank you all for everything. I can't even begin to explain how much the encouragement from the BOFRA lot in general has been in saving a broken fell runner (who was initially working on

a dream) and making him into something that he wanted back more than anything. It means the world.



Fell running is an illness. The great thing is, you don't have to get over it. The crutch has to go. Until then...



You should do it before you are too old

I don't know if I will ever do the BGR. It doesn't float my boat, but I'd love to be able to say I'd done it, but that is about it. There are so many things to do, and I know that doing that you would miss out on so much more. I could probably go and potter round, but I wouldn't want to that. I would rather do some races than do that.

These were the words of Rob Jebb when I spoke to him in 2012, as part of my research in to the history of fell running. He seemed to subscribe to the same theory as several other top athletes (Kenny Stuart among them) – that doing a Bob Graham Round would basically mean you would have to expect to miss pretty much all that season, as far as racing hard was concerned.

So, it was with a certain amount of surprise that I heard that Rob Jebb had put in the second fastest ever Round, of 14 hours 30 mins on 16 July 2016. Unable to find much detail about it, I approached him for an interview, which we conducted on the middle weekend in September.

Relaxing opposite me after his Sunday bike ride, Rob Jebb explained the way that the Round came about. He had just helped Adam Perry, who was doing a 24 hour maximum peaks attempt, and they told Rob it was on 15 hour pace, although now he is not sure whether that is true or not. Rob explained. 'We ran what would be leg 2 of the Bob Graham, over Clough Head and the Dodds, but it puts in a few extra hills, like Catstycam, and some others after Fairfield. So a longer leg as it were. I sort of enjoyed it and was thinking it doesn't feel too bad. The idea just started in my mind then. When I got home, well the next day, I decided I was going to do it. I asked Sharon what she thought about me doing the Bob Graham. If she had said "no", that would have been it. But she just said, "about time, you should do it before you are too old!". That was it.'

I had prepared a complicated question about what it was that had driven him, or maybe what he wanted to achieve once he had decided to do it. It was on the lines of: "Was it a case of 'I'm gonna do one, else I'll regret it'; or 'I'm gonna see if I can do a really fast round'; or even 'how approachable is Billy Bland's time, could I get there', or something else?"

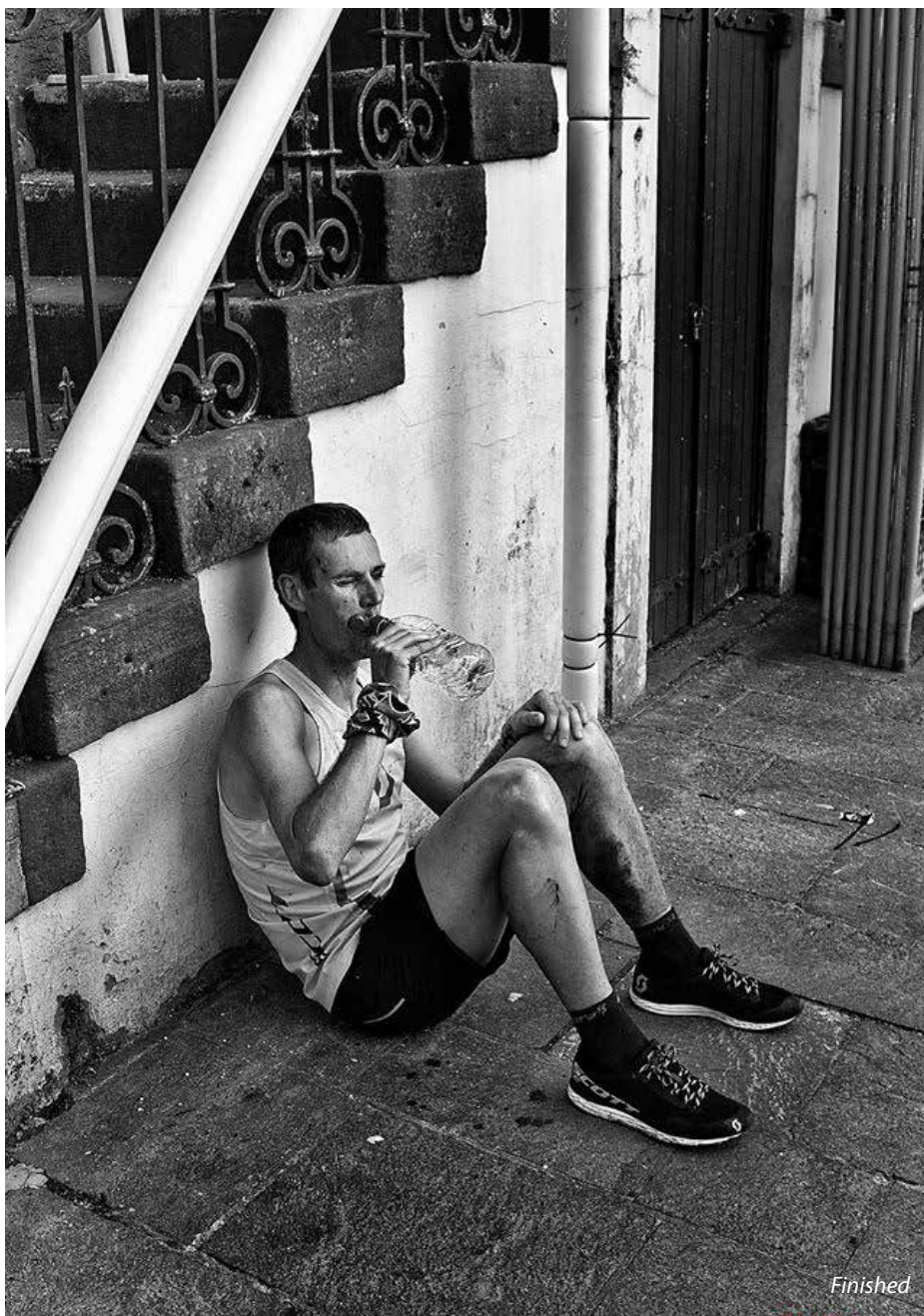


PHOTO © RACHEL PLATT

Taking that lot in, Rob calmly responded that it was not any of those really. He explained, 'I wanted to do the best I could do. I wanted to beat Jasmin's time, definitely. Although that wasn't my main motivation for doing it. If anything you could say that Jasmin running so fast could put you off doing it, because she did such a good time. I just decided that is it, I want to do it. I never thought about Billy's time, that is still on a pedestal really. I thought there is no reason why I couldn't do the second fastest time. I am a better runner than those guys in third to fifth place on the list.'

Once he had decided, the first thing he did was to go for a reccie the next week, running legs 1 and 2 at a decent pace.

He couldn't even get up Fairfield once he got down from Dollywagon. He laughed, expanding, 'I looked at it and thought "oh no". I went back home and was utterly exhausted, but was still determined to do it. Some of the schedules are online. I got those for Billy Bland, Mark Hartell and Jasmin Paris. I drew out a schedule that was a couple of minutes faster than Mark's time. That was the plan.'

Having decided to do it he kept his plans pretty much to himself initially. I asked who he spoke to or took advice from. 'I know Billy [Bland] really well, but didn't discuss it with him. I discussed it with Scoffer, talked about it with my dad, and they were both really enthusiastic. My dad thought the planned

Going down to
Grizedale



PHOTO © RACHEL PLATT

time was too fast. But I have never done things by half. The way I thought was go off at a decent pace and if I fall to pieces after Wasdale I could have a two-three hour sleep and still get under 24 hours.'

Apart from legs 1 and 2, he had not run the other legs as such. He explained, 'I helped someone on a round about 5 years ago, and another time 20 years ago when I helped someone else. No longer ago, I was just eighteen.' This lack of specific knowledge manifested itself on his own round. 'I knew roughly where we were going, but to be honest it was bit of shock when you are going to Scafell that you have to take all the summits in. But navigation was someone else's job, I didn't have a clue!'

When it came to organising pacers, he just rang around his friends, but Rob admitted that it was harder than you might think at such short notice, and he had to work hard to get people who were fast enough. 'I had Simon Booth for leg 1, Scoffer was leg 4, my brother and Paul Cornforth and Gavin Bland on leg 3, and last leg was going to be just Sharon originally. Leg 2 was a bit of a struggle and then I got Tom Addison and Nigel Wood. Everyone was really keen, and eventually on the last leg, because I was doing well everyone joined in really.' As delicately as I could I asked if Gavin Bland was, shall we say 'up to the task'. Rob replied, 'he is not especially fit, but he did a really good job, and he was really keen. I had been to see him and he said I could do it. He just missed some tops out and was going round some.'

The attempt was not 'advertised' on social media, as Rob didn't want too much attention. As it turned out he had

loads. 'I could have been World Champion previously and would have had less interest! Paul Cornforth did a video of me setting off and it was massive on social media during the day, so people knew it was happening then.'

So, the attempt was planned for just three weeks after he had decided to do it. Leading up to it the weather was bad, and there were a few people that were doing it the same day as Rob who cancelled their attempts. But Rob was determined to go ahead. 'Because I decided I was doing it, I thought I will do it whatever the weather. On Friday it rained really heavily, and all night too.'

They set off from Moot Hall at 5am. It was fine by then, and Rob says they could have gone an hour later really. The schedule was set for 14 hrs 50 mins. It was misty until Clough Head, but from then on it was really nice weather. There was no rain, but it was really boggy over Great Calva. Not good going at all.

Blencathra was done via Halls Fell ridge. 'I had a look for the parachute descent route with Scoffer and we thought it was horrible. But I have since learnt that it is much further along the ridge. You run along and then down. I am a bit old school and I did think maybe you should go the way they have all done it. That is not the way Bob Graham went, is it?'

Rob says that early on leg 2 he had what was probably his lowest point. 'Daft as it sounds, it was probably Clough Head. Even though it was early, it seemed to be just going on and on. I wondered what I was doing there. From then on I was fine. I wasn't up by then either, I was about a minute or

two down on legs 1 and 2. But on Fairfield this time I flew up it.'

He then started picking up time, and I speculated that his leg 3 three time schedule was too cautious. Rob disagreed. 'No, I think the conditions held us back on leg 1, as it was so muddy. Leg 2 is hard to get time on as it is such fast running. I don't think there is much to play with time-wise.' Rob knows he was gaining time on the third and fourth legs though. 'But I lost five or six minutes on Scafell, when we went the wrong way coming off, after we had been up Broad Stand. We just made a mistake. There was a bit of mist on Scafell and we went wrong.' By then there was no wind, and it was a nice temperature.

I asked how Broad Stand had gone, given that he said he had never been over there before. 'Paul Aitkin, who lives in our road, roped us on Broad Stand. I was really enjoying it by then, daft as it sounds. But I reckon I could look at that and maybe be a bit faster. I was a bit apprehensive, shall we say. The rocks all day were really dry, but up there it was as greasy as hell. Slipping about I was.'

Even though he had some top pacers, Rob revealed that, 'some were struggling [*laughs*], a few got dropped really.' I asked him to explain his road support point strategy, hearing that he just went straight through, and never stopped at all. 'I had seen that Adam [*Perry*] didn't stop and I just decided there was no point in sitting down, I could eat and drink on the next climb. Everyone said I was good at taking food and drink on whilst moving. I used to just shout as I went through, "I'll have that!". I did it on purpose because my dad set up deck

Off Dollywaggon



PHOTO © RACHEL PLATT

chairs, so I just ran through to wind him up. Dad did all the road crossings and Sharon was supporting and ran the last leg with us. Mum was at the first two crossings with the kids then she took them home.'

With such a non-stop plan I wonder who was coordinating the feeding. 'Me. I had no idea what food I would be OK with. I have never done anything that long. But I didn't need anyone to tell me to eat. I am not silly. I knew what I had to do. I watched Adam and he never seemed to eat at all. He says he doesn't need to, but I think more from my cycling background I was expecting to be eating all the time. I ate pretty much all day long.'

He described a typical scenario, and the impressive range of food he had managed to consume. 'As soon as I was going uphill I would have something. I ate stew and soup at round crossings, in a cup handed to me on the hill. During legs I had custard, fudges, rice pudding, jam sandwiches, the odd gel, but I decided that I didn't want too many - they are horrible really. Also a few sweets, a bit of chocolate, nothing unusual. It seemed to work though. I never ran out of steam, I felt strong the whole way. I went through highs and lows food-wise, but never a massive low.'

Although it well overall, there were minor problems later on for Rob. 'The worst was descending later on as my knee got really sore, and my toenail hurt on downhills. Downhill it is not like you are racing, you are just going steady. But it was painful towards the end.'

Rob feels that he gave it all he had on the day. 'Yep, I was strong on the roads back to Keswick, considering how long I had been

on the go. I changed shoes for the road, but that was a mistake. My road shoes are just a bit smaller and they didn't help the toe situation due to that tightness. I would have been better in my wet fell shoes.'

Despite that his recovery has been really good, and he has raced loads since then. Analysing the effort, he says, 'I don't think it has affected me to be honest. I am not as good in races, but I am not as good anyway [laughs]. I had a real bad knee after it, and I lost a toe nail. It is strange because at the finish I felt fine, but within half an hour of finishing I couldn't walk. Sharon had to bath me that night! The next day we went for a walk down Kentmere and it was if I had done an 'A' Long fell race. I went running on the Wednesday.'

On being asked what the best thing about the day had been, Rob reckoned there were loads of highlights. He listed: 'Being with all the people, the camaraderie type of thing was great. I really enjoyed that. Finishing - and running through Keswick. I found the road hard though. It was a shame my children were not able to be there, as it was too long a day. Now I wish they had been there. Billy Bland came to watch us at Honister, and at the finish, and was really nice to me. Billy just said "well done, you'll be back running in a few days".'

Reflecting on the whole experience, Rob says he is really glad he has done it. He adds, 'I am a proper fell runner now [laughs a lot]. I know I said never, but I am a bit impulsive sometimes.' I probed as to whether it might inspire Sharon to do it. After a very short pause, he replies, 'No, she says not, but I keep telling her she should! It has inspired my brother, and he says he is going to do it

next year. He'd get round, no bother. I would like Sharon to do it, but it is up to her.'

When pressed, he does admit that he kind of wishes he had done it ten years ago now. 'Could I have gone faster if I had done it earlier? You don't know really, do you. I think so, but then I didn't know what to expect when I did it. I just went.'

I finished by asking Rob whether Jasmin, Nicky and his own BGR efforts were likely to inspire others. He responded with a considered, but personal, view. 'I think what I have done will open the floodgates for people to have a go. I think Billy's time is approachable, why not. I think I had a really good day and I shouldn't put myself down really, because it felt good. But people may start to think perhaps they could have a go. For instance Simon Booth may be a little too old, but he should have had a go earlier. He says he couldn't, but he would have been an absolute candidate for me. Now, Ricky Lightfoot is the man, isn't he? I still think you'd have to be capable of winning an 'A' Long fell race in a decent time to stand any chance of beating Billy's time. Remember none of the next three guys - Mark Hartell, Stuart Bland and Mark Palmer - were in that category, which is why they were an hour behind in my opinion. I know it is different, but that is my view.'

As it happens, I was chatting with Kenny Stuart the day before I interviewed Rob Jebb, and he gave me his take on Rob's round. We had been reminiscing about Kenny's heyday in the mid-1980s, but Kenny took the time to give his take on recent events, and the perennial topic of Billy's time being beaten. Firstly, was Kenny surprised at Rob Jebb's time? 'Yes in some

ways, but not in others. I mean the fact that he is not a good descender is bound to lose him some time somewhere, but in an event as long as the BG your speed coming down is maybe not that important, if you know what I mean.' Moving on to the BG record time, Kenny added that, 'it does bring Billy Bland's record more into perspective though. I still don't think there is anybody with the calibre of Billy around. But it might be that Rob Jebb's time is there in second place for a heck of a long time as well.'

Kenny had his own view on how the record might be beaten. 'I feel that the likes of Ricky Lightfoot should really be concentrating more like we were in the 1980s at his age. Putting a marker down - either doing a fast BGR, trying to get as far as he can in the World Champs (the real mountain racing champs), and the British Champs, top races like the Ben and Snowdon, running against quality Italians, and then moving on. I think he has the ability to do a fast Bob Graham Round as well. But perhaps the only way that it will be beaten is maybe by a slightly lesser type of runner (who feels no pressure) but with really good organisation, with a detailed minute to minute schedule.'

A year ago, when I was researching my book about the BGR (*The Round: in Bob Graham's footsteps*), I spoke at length with Billy Bland and he had some interesting things to say, as usual. On the subject of someone going out to beat his time he had some simple advice. 'I say to anyone who is interested, never mind what times others have done. Just set out for a day on the fells and do what works for you. If it comes out alright, it comes out alright. Don't get hyped up about hitting times.' Then slightly

contradicting his own advice about ignoring times he added, 'actually, I think there was possibly another 10 minutes there to be gained.' At one point in his round he had faltered, and as he put it, 'it was like putting a nozzle in the car. I got some food down me and was away as if nothing happened. It just was a fuel thing.' Having said that, he does think he got pretty much the optimum performance he could get out of himself.

Billy also commented on the pressure of doing a round now. 'I hadn't the pressure of beating anyone's times. I wasn't under any pressure at all. I think it was quite fortunate. Anyone who does it now is going to be under considerable pressure.'

Could Billy imagine someone beating his BGR time? 'Of course I can. But, I was quite dominant in long fell racing and did the fast round. Then McDermott and Hartell had taken the 24 hour total on and both tried for my time. I kinda knew they wouldn't get my record. That puts it even more on a pedestal. They weren't regular long fell race winners, they were long distance specialists. I never saw myself as anything special. I don't think I am hard mentally, but I certainly got a confidence out of what I could do, knowing my ability and harnessing that in the proper manner.'

Billy then revealed something that I hadn't realised before. 'My focus wasn't on the BGR. I just stuck it in because me brother was gonna have a go. Which coach would have told you that was a good idea, stuck between two long races? None. Now, I couldn't care less if someone took my record. What I know is that is about as good as I was, within a few minutes. That is the satisfaction.'

In some ways Rob Jebb has done the



Congratulations from Billy Bland at the Moot Hall

same thing, also getting stuck in and having a go, no long-build and with hardly any specific practice for it, and then getting back to racing shortly afterwards.

All this leaves me with two intriguing thoughts, only one of which can ever be answered. Could Rob Jebb really have done a faster time if he had done a round a few years ago when nominally at his physical peak? Will someone be inspired to now take Billy's time down after all these years?

The final word lies with Rob though. He summed it up when interviewed shortly afterwards for the local paper. 'I had a really good day and so enjoyed it. Obviously it was painful, but I was just enjoying it, going steady and was never in any real difficulty. I had some good pacers with me to prove I'd been to all the tops - some really good lads, who I couldn't have done it without, I owe a lot to them.'



Sprint finish

Runfurther Ultra Championship 2017

If you don't already know who the 2016 winners were you'll have to go to Runfurther.com. We have another great series lined up for you in 2017 though. Seven races are so popular that we have included them again. Two races are old favourites and are returning for the 2017 series and there are three races which are completely new to our series. We continue to try to include a wide range of terrain, climbs, running surface and locations so there should be something for everybody.

THE NEW RACES

- **Lakes 42** This is a NAV4 race from Askham in the eastern Lake District. It is a tough unmarked but fabulous course including the summits of High Street and Helvellyn. With an early start at 6am the challenge in April is to beat the sunset.
- **White Rose Ultra** This race is hosted by TeamOA and based in the Colne valley to the west of Huddersfield. It is a well marked course with aid stations every 10 miles and water every 5 miles. At 30 miles it would be a good introduction to ultra running.
- **SW50/SW100** This race in South Wales will give runners the choice of a long or very long. It will be nice to include a 100 miler in the series again. It is organised by Run Walk Crawl with the start (on Friday evening) and finish in Cardiff for the 100 miler. It crosses the South Wales Valleys and the Brecon Beacons with over 6400m of ascent. 90% is on trails but it will be a tough race as only 25% finished in 2016. The 50 mile version starts below Pen Y Fan on Saturday morning.



PHOTO © NICK HAM



Date	Race	Cat	Miles	Area
11 March	Haworth Hobble	S	32	South Pennines
1 April	Calderdale Hike	M	37	South Pennines
8 April	Lakes 42	M	42	Lake District
29 April	The Fellsman	L	61	Yorkshire Dales
4 June	Northants Ultra	S	35	Northamptonshire
23/24 June	SW50/SW100	L	50/100	South Wales
8 July	Pennine 39	M	39	North Pennines
12 Aug	Long Tour of Bradwell	S	33	Peak District
16 Sept	Hardmoors 60	L	60	North Yorkshire
21 Oct	Round Rotherham	L	50	South Yorkshire
28 Oct	Jedburgh 3 Peaks	M	38	Scottish Borders
4 Nov	White Rose Ultra	S	30	Yorkshire Pennines

PHOTO © NICK HAM

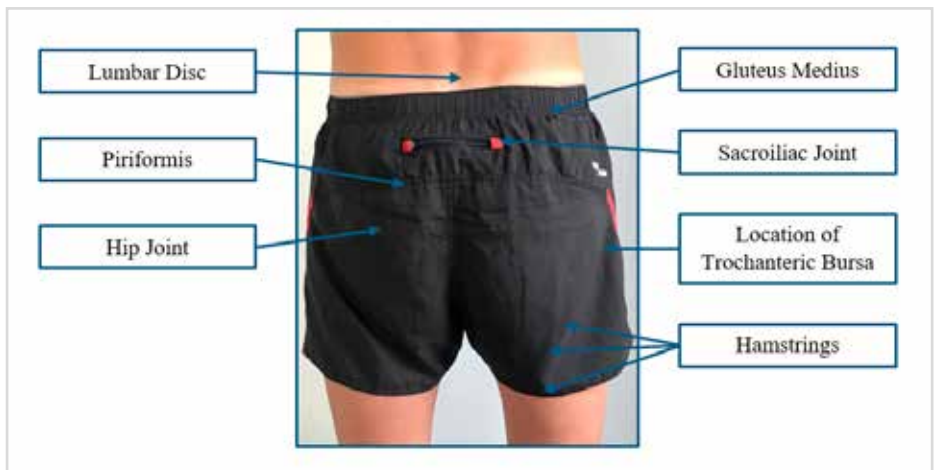
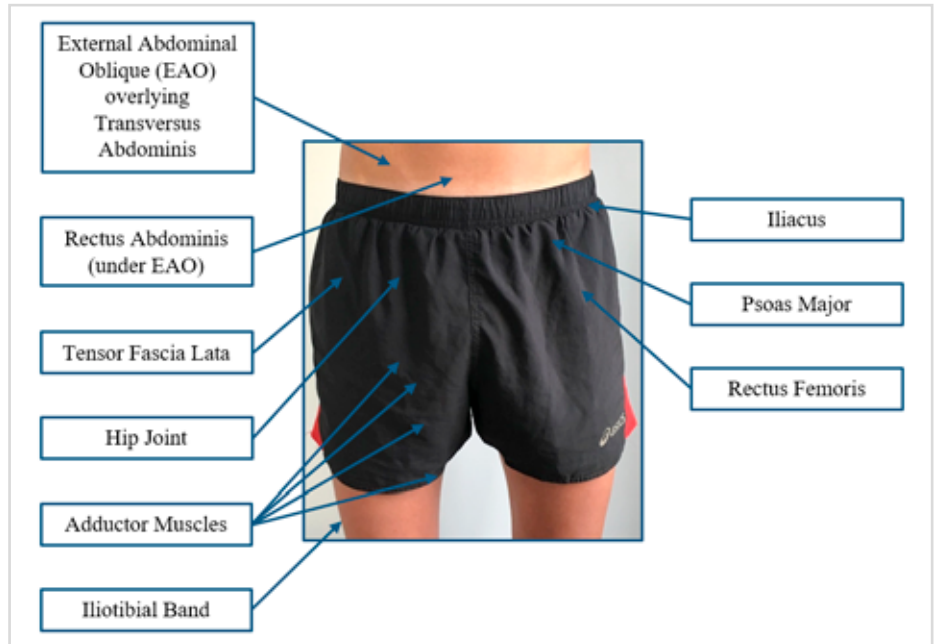


Leaving Ingleborough

Name that Pain... Again! The Hip and Pelvis

My last article looked at potential causes of pain around the foot and ankle. After receiving such positive feedback where some readers had been able to self-diagnose their own injury, I decided to continue in the same mode and look at other areas of the body giving you clues as to the potential causes of pain. I must stress I am focusing on the main reasons for musculoskeletal pain in fell runners, but there are many other possible underlying causes so it is important to see your GP if you have any concerns. If there is a history of trauma such as a fall, it may be necessary to exclude a more serious injury by visiting the hospital A&E department. If you feel unwell, have a raised temperature, or any other unexplainable symptoms you must also seek medical attention. A runner was once referred to me with what his GP thought was a groin strain. On examination, things didn't quite fit the history of a groin strain and further questioning revealed more symptoms that he hadn't discussed with his doctor. He actually had testicular cancer and time was an essence to saving his life.

Pain around the hip and pelvis can be quite confusing, often being misdiagnosed as a hip joint problem, especially when it is known you are a runner and over a particular age. Many hip operations could be avoided if injuries to the soft tissues around the hip and pelvis area were diagnosed earlier. A renowned hip surgeon feels that many individuals are packed off being told to return to their GP when the symptoms are so bad that they are ready for a joint replacement. He feels that these early symptoms are often soft tissue related injuries, and due to changes in walking or running styles due to the discomfort, it eventually causes secondary damage to the hip joint which could have been avoided. If you are over the age of 25 years old, joint wear and tear may be



visible on x-ray, but it doesn't mean that this is necessarily the cause of your symptoms. Hopefully this will help you consider other potential causes of your symptoms.

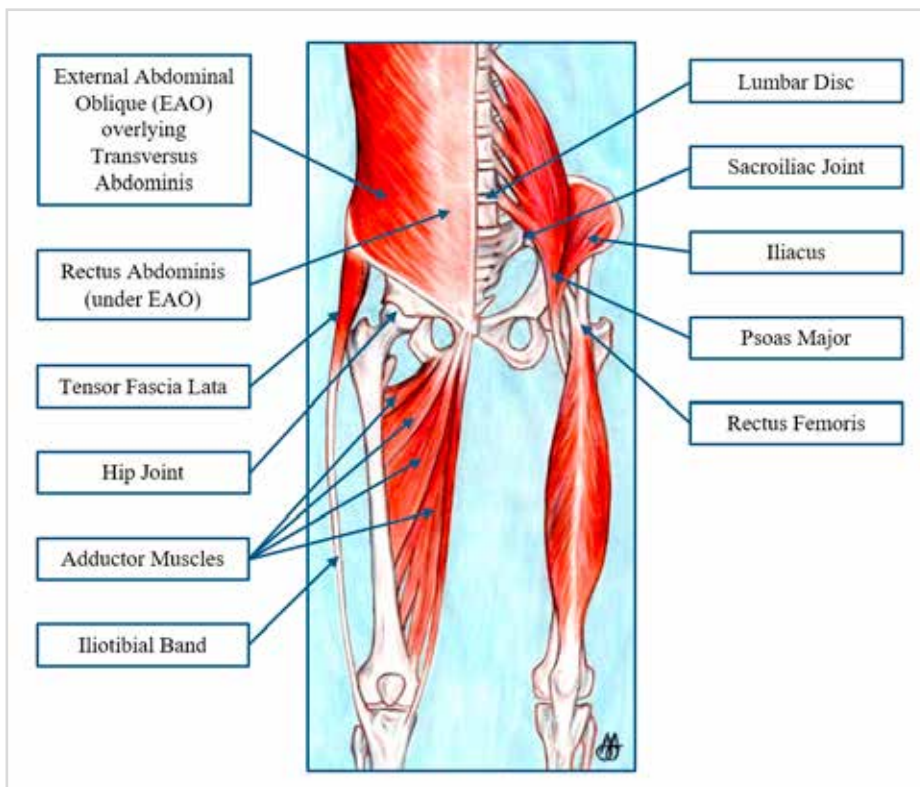
The Hip Joint

The hip joint is a ball and socket joint and if there is a problem, it typically refers pain to the front of the groin or thigh. Pain related to the hip joint may be due to:

- degeneration of the joint – also referred to as wear and tear, osteoarthritis or osteoarthrosis. If the joint is affected, it is usually painful to either pull the knee up towards the chest, or to roll the thigh inwards – sometimes referred to as a 'log roll'.

- irritation of the hip joint – or 'capsulitis'. This is quite an uncommon injury and is similar to a frozen shoulder, but instead is present in the hip joint. It can cause pain, stiffness and limited movement and may be triggered by a fall so can be seen more frequently in off-road runners.
- labral tear – this involves damage to the ring of cartilage which is outside the rim of the socket of the hip joint. It is sometimes associated with a particular injury and sudden onset of pain, but may also have a gradual onset.
- hip impingement – this is when the hip joint is unable to glide smoothly and damage to either the ball or the socket causes pain. This can be referred to as





The Sacro-iliac Joint

This joint is between the base of the spine and the pelvis, and there is one at either side at the bottom of the back. There isn't much movement takes place, but it is a strong joint reinforced by very strong ligaments. It acts as a shock-absorber and transmits forces between the upper and lower body. It can be difficult to diagnose a problem with this joint and its associated ligaments as the symptoms are often similar to those caused by other structures in the area, but it can also be affected in conjunction with other structures. Treatment would need to address all the affected structures to be totally effective.

Hernia

A hernia is a swelling which is present particularly at the front of the groin or lower abdomen when the intra-abdominal pressure is increased, such as when the abdominal muscles are contracting strongly. The swelling may not be visible all the time, but is often more noticeable when these muscles are contracting, such as when coughing or performing a sit-up. Surgical intervention is usually necessary so a visit to your GP is required. Left untreated this can become a surgical emergency, so have it checked out sooner rather than later.

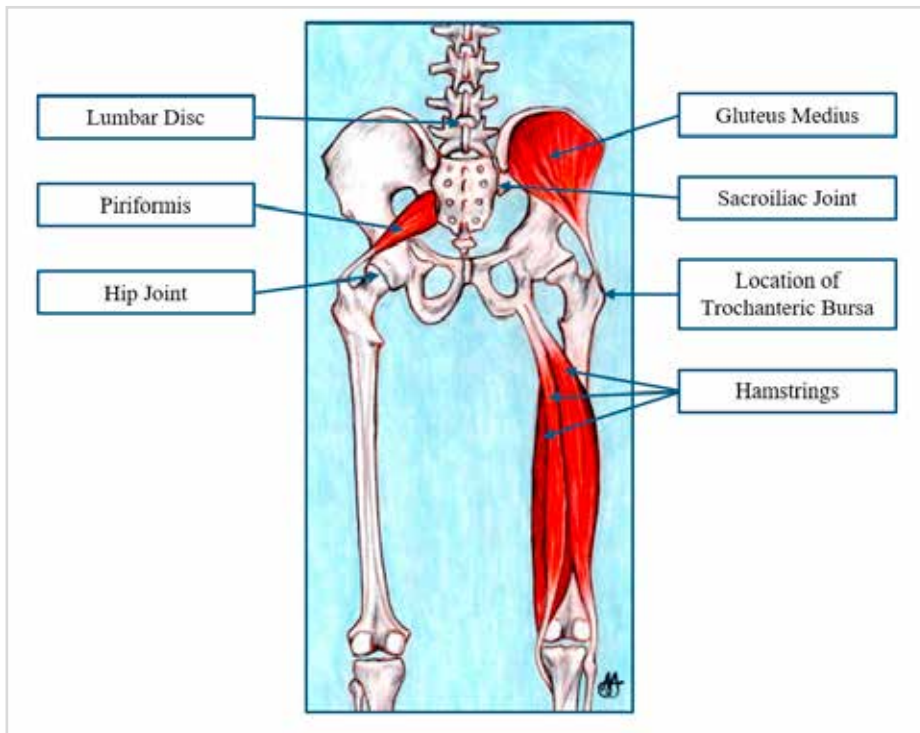
The Muscles at the Front of the Groin/ Hip

The hip flexors are strong muscles which lift the thigh up towards the chest or bring the leg through from an extended position. The muscles or surrounding fascia can be damaged by the foot slipping backwards whilst running, hill reps, a sudden change from uphill running to flatter running with a sudden increase in stride length, heavy conditions underfoot, or a lack of warm-up after being sat in a chair or a car for a long period of time resulting in shortening of the muscles at the front of the pelvis. The main hip flexors are:

- psoas – this muscle tends to give pain at the central aspect of the groin, but could also cause pain in the lower abdomen or back given it passes up through the pelvis to insert into the vertebra of the thoracic and lumbar spine. Psoas can become tight when it will affect the ability to stride out.
- iliacus – this muscle merges with the psoas muscle at the front of the groin so together they are often referred to as iliopsoas.
- rectus femoris – this is the only quadriceps muscle which extends as far as the pelvis so helps to both flex the hip and straighten the knee. It is inserted into the bone at the outer aspect of the front of the pelvis.

The Abdominal muscles

Rectus abdominis, the external and internal oblique muscles and the deep core muscles such as transversus abdominis can be injured like any other muscles. There may be pain on a sit-up, a sit-up with trunk rotation, or



FAI (femoral acetabular impingement), a CAM impingement (when there is a deformity to the top of the thigh bone) or pincer impingement (when there is a deformity to the rim of the hip socket). This is sometimes a reason for hip pain in younger runners and usually requires further investigation to identify any abnormality.

The Lumbar Spine

The lumbar spine – the lower part of the back – can cause pain in the back, but may also cause pain which refers into the buttock, or down the front or back of the leg. The site of the pain varies depending which level of the spine is causing the problem,

so it is important to note where you are feeling symptoms. Pain, tingling, numbness or weakness in the leg may all indicate that there is nerve involvement, and this may be accompanied by back pain or just buttock or leg symptoms. Movement of the low back may ease or aggravate the symptoms, which may indicate if this is the source of your problem. The symptoms could be caused by a number of structures in the lumbar spine area, but more commonly, a bulging or protruding disc or a problematic facet joint. Muscle damage in the spine is usually associated with trauma – such as a fall, but it is common to get spasm or tightness of the muscles in the low back when they are trying to protect another underlying problem.

when holding a static position such as the plank. Often overlooked as a source of low abdominal pain, they can become injured in fell running due to the nature of the sport. Serious pelvic control is required to maintain upper body position whilst the legs are going into unbelievable positions biomechanically. Weak muscles or increased pelvic control required at times of extreme conditions can cause damage to these tissues. MRI scans can often exclude other possible causes of internal abdominal pain, but do not always identify a muscle related injury. If low abdominal pain remains undiagnosed despite other investigations, it is worth considering this as a potential diagnosis, especially if your pain is reproduced when these muscles are contracting strongly. It goes without saying that any treatment to these structures should only be carried out by practitioners with sufficient knowledge and experience, given their sensitive location overlying the abdominal contents. This is particularly important when other potential causes of pain have not been eliminated.

The Muscles at the Back of the Upper Thigh / Buttock

- Hamstrings – these are the muscles which make up the back of the thigh and insert into a bone in the buttock – sometimes referred to as the sit-bone. The hamstrings may be damaged at their insertion near the knee, in the thigh, or where they insert into this bone. This can cause pain whilst sitting or when striding out whilst walking or running.
- Gluteal muscles – gluteus maximus, medius and minimus are the muscles in your buttock. They help to support the lumbar spine, and extend, rotate and take the leg outwards (abduct the leg). As they play a major role in controlling rotation of the leg, they are also important in lower limb alignment. Weak gluteals can affect running style which can ultimately cause damage to these muscles. Once they are damaged, it is too late to just do gluteal strengthening exercises to correct the problem. This is a case of shutting the stable door after the horse has bolted. It's great to strengthen the gluts before they become a problem, but if they are already causing symptoms the injury needs

treating in conjunction with strengthening exercises.

- Piriformis – this muscle lies across the buttock and helps to rotate the leg and foot outwards. It can become tight and cause a condition often referred to as 'piriformis syndrome'. This is because the muscle lies near to the sciatic nerve and tension in the muscle can cause compression on the nerve. It can result in pain, tingling or numbness in the buttock or leg. The medical opinion is that piriformis syndrome is a symptom which develops as a consequence of another problem – often a low back, sacro-iliac joint or a hamstring related problem. This can result in inappropriate treatment if the cause of the problem is not identified as treatment to the piriformis muscle alone will not resolve the problem.

The Inner Aspect of the Thigh / Pelvis

Pain at the top of the inner thigh is often an embarrassing area to have assessed, but it is just another area of the body to a medical practitioner so isn't an area to be ignored.

- Adductor muscles – these muscles form the inner aspect of the thigh and insert into the pubic bone at the top of your thigh. It can be painful to stretch the leg out sideways so could be painful getting out of a car, trying to get onto a bike or climbing over a stile / fence, or when contracting the muscles and squeezing the legs together. Excessive stretching to these tissues can also cause some irritation so ease off any extreme stretches if you are experiencing pain in this region.
- Osteitis Pubis – this is often an overuse injury due to a repeated trauma which causes inflammation to the area where the two pubic bones join at the front. It is not commonly caused by running, but can be very painful and would affect the ability to run.
- Testicular pain. There are many reasons for pain in the testicles - an infection, things have got a little twisted, or it could be referred from the low back. Testicular cancer does not cause pain but may cause other symptoms such as swelling or lumps. Lumps are often benign (non-cancerous) and resolve in a couple of weeks, but if symptoms persist, it is important to seek

medical advice.

The Outer Aspect of the Hip

Pain at the outer aspect of the hip is often assumed to be hip joint pain, but the hip usually refers pain to the front of the groin or the thigh. Pain in this area is more likely to be referred from the lumbar spine or caused by soft tissues in the area.

- Tensor Fascia Lata – often referred to as TFL. This is a small muscle on the outside of the hip and whilst contributing to hip movements, its primary role is to stabilise the hip and pelvis. The lower aspect of the muscle is continuous with the ilio-tibial band so pain can refer down the outer aspect of the leg, although it is often localised to the outer hip. Damage can be caused by excessive contouring, running on the camber on the side of a road, carrying young children on the outside of your hips or poor stability of the pelvis allowing excessive sideways movement whilst running.
- Iliotibial band – the ITB is a very strong band of fascia which extends from the outer pelvis to below the knee and can be injured when the leg repeatedly rotates inwards. This can be due to a poor running style, running downhill, contouring or increased track training, or excessive mileage. The pain is usually felt at the outer aspect of the lower thigh, but may also be felt higher in the thigh.
- Trochanteric bursitis – a bursa is a fluid filled sac which can become irritated by a fall or excessive friction from running or cycling. If this bursa becomes inflamed the pain is on the outer aspect of the hip, and there may be visible swelling, but it doesn't usually affect the movements of the hip joint. It is also tender to touch and is difficult to lie on that side.

I hope this article helps to clarify some of the potential causes of pain around the hip and pelvis. Given it is such a complex area, I intend to use my next article to describe some of symptoms which runners have presented with, and how we have helped them resolve their problems and return to running.

A huge thanks to Anna Anderson who drew the great pictures of the hip and pelvis for this article.

Denise Park's physiotherapy practice is based in Clitheroe and offers four chartered physiotherapists specialising in sports-related injuries, and a sports masseur. For further information and contact details go to:- www.deniseparkphysio.co.uk

DENISE PARK
CHARTERED PHYSIOTHERAPIST

Denise M Park
Musculoskeletal Chartered Physiotherapist
MSc MCSP SRP Grad Dip Phys
World Mountain Running Association Accredited Physio

Tel: 01200 423181
www.deniseparkphysio.co.uk

29 Peel St, Clitheroe, Lancs, BB7 1NH

The Scottish Islands Peaks Race

The Scottish Islands Peaks Race is a major event in our club calendar. This year dozens of club members either marshalled or took part in the race but not a single person submitted a report to the club website, despite a plea from the Webmaster. Those of us who did not take part were left wondering what had happened ... until now!

I was invited to join the race at the last minute, to replace an injured runner. I met up with the team in Oban; they had a very old and sea-worn boat and the crew looked even older. Unbeknown to us at the start, the NATO fleet were on exercises nearby, testing electronic countermeasures. This upset all the GPS and navigation equipment on the boats. I saw several boats colliding with each other and the rest of the competitors scattered off in all directions; we were not to see any of them again during the race. Our captain steered a steady course with a battered brass binnacle; unmoved by the chaos around him. When we arrived at Arran there were no marshals to be seen; they had all been out to dinner in a local curry house the night before and had succumbed to a bad case



of 'Delhi belly'. The other runner and I were soon up Goatfell and back to the boat for the swift voyage to Mull.

When we arrived there was no-one to check us in. One of the other boats had run aground a couple of miles up the coast and all the marshals had gone to help rescue the crew. My fellow runner, who called himself Mercury, set a fast pace as we sped up and down Ben More. We broke the course record by ten minutes and seventeen milliseconds but unfortunately there was no-one to witness or record our feat. During the voyage to Jura a brief but very intense storm blew up; the boat creaked

and heaved in the wilds seas but the crew held it on a steady course. It was calm again by the time we anchored at Craighouse but there were no marshals to be seen. A small boy with his dog told us that the tents had blown away during the storm and the marshals were on the other side of the island retrieving their lost gear. We had a fast run over the hills and were soon back on the boat for the final leg of the race.

The storm had badly affected the tides and currents and we came perilously close to the Corryvreckan whirlpool; it looked much bigger than usual and the pillar of rock was starting to rise from the centre. Bravely, Mercury took a rope between his teeth, dived over the side of the boat and swam like hell to drag us clear of the menacing whirlpool. The rest of the voyage was uneventful and we arrived, to sparse applause, in Troon. We won the first prize for the race, and the second & third prizes as well because none of the other boats had finished. As I was saying my farewells to the crew I noticed, for the first time, the name of the boat in faded flaking paint around the stern: M_ARI_ C_LEST_. Does anyone else have adventures to tell?



Dave Parry *Tribute*

Dave Parry lost his battle with cancer on the morning of 10th October 2016 at home with his beloved family. Dave was 69.

Most people knew Dave through running, though in his early life he played football to a high standard. His career was in teaching and those familiar with Dave knew him to be a very dedicated family man always talking of his wife Pat, his family and of how proud he was to be a grandad.

Dave's passion was running. Anyone who has been involved in running on Teesside and North Yorkshire in the last 50 years will have competed against Dave, been coached by Dave or competed in a race that Dave officiated at or organised. To say that his influence on running in the North East was immense is an understatement.

Dave competed for the Middlesbrough based running club Mandale AC and ran on the road, cross country and - his passion - the hills and fells. He had a great turn of speed on the road completing the marathon in under 2 hours 45 minutes although it was on the local hills and fells, and further afield, that he made his mark.

As a solo runner or in a pair his competitive peers included Ray Stevenson, Bref O'Rourke, Ian McPherson, Mick Garrett, Chris Wright and Len Small in races that are still held such as Gisborough Moors, Pathfinder, Sedbergh Hills, the revived Lyke Wake Race, KIMM (Karrimor International Mountain Marathon) and many lakeland fell races. He was also successful in several local long distance events that are no longer held including the 56 mile Cleveland Classic, which he won jointly in 1986 with Bob Firth, and the Wheeldale Tandem where in 1990 Dave and partner Cath Worth won the mixed pairs (see picture).

As well as competing for Mandale AC Dave went on to coach where his commitment, enthusiasm and encouragement gave many runners the opportunity to express themselves, develop their potential and make their mark on running.

In the early 1990s injuries started to take their toll and so Dave became involved in race organisation. As a race organiser Dave was quite simply prolific. In a recent edition of *Fellrunner* it was reported that Dave had calculated that he had been involved in the organisation of somewhere around 1500 races.

What started as summer midweek training runs in the local forests and on the North Yorkshire Moors in the early 1990s developed into the Cleveland Mid-week

Series sponsored by the Northern Echo. Then as organisers of the established fell races dropped out (eg Gisborough Moors and Roseberry Topping) Dave would take them on and, with a few additions of his own creation, the renowned summer and winter fell race series evolved and flourished.

Dave brought English Fell Championship races to the North Yorkshire Moors in 2006 for the Lordstones - Wainstones and in 2015 for the Guisborough Three Tops.

Dave did not merely organise his own races but he helped at other events assisting with and adjudicating in many road races for local running clubs.

He was involved on the club scene with Middlesbrough Mandale, NYMAC (North Yorkshire Moors AC) and set up Esk Valley Fell Club.

But all of the above still massively understates the influence that Dave had on running and on many people's lives and a few of the comments left on social media help to convey what Dave achieved and what he meant to so many, many people.

Dave made me through his coaching at Mandale a far better person than I would ever had been (1980s) and a fantastic friend even years after.

He got me running on the hills, and changed my life

Dave's enthusiasm and passion for fell running was infectious. Always encouraging, happy to talk running and share his encyclopaedic knowledge of the moors

So sorry. He was such a lovely man...I always remember him telling me I couldn't do any more fell races as I got lost

He opened so many people's eyes to the beauty of running on the North Yorkshire Moors

Dave's encouragement to all who took part in his races was part of the reason I love running on the fells today. Even as a back of the pack beginner, he was happy to take the time to talk running and share his knowledge of the local routes.

He was possibly the best race starter going! Ready... go!

The time and effort you put into the sport was incredible. Fell racing up here owes everything to you. RIP and thanks for all the great work that provided fun for us all

Dave will be sadly missed but leaves a legacy of fell running on the North Yorkshire Moors that will surely live on. Run on Dave.

The legacy of fell running on the North Yorkshire Moors that Dave has left will be remembered with the renaming of the



Dave Parry (right) with Cath Worth Wheeldale Tandem 1990 mixed pair winners

PHOTO © MICK POWER



Dave Parry in his heyday in Mandale AC colours (photographer and location anon)

PHOTO © MICK POWER



Guisborough Woods 2013

Winter and Summer Series as the 'Dave Parry Winter and Summer Fell Race Series'. Rest in Peace.

Don Ashton

Tribute

Don was a man who lived and breathed fell running upon discovering the sport. If he wasn't racing, he would be there spectating and had hundreds of stories to tell about his racing days on the fells. Described by some as a gentleman of the fells and somebody who would take time to talk to anyone, Don was a formidable opponent during his racing days.

Upon recovering from his heart problems, as discussed in the article, he went on to have arguably his most successful running year in 1992, one that many can only dream of. He claimed both the British and English titles in the V50 category that year, while also running 3 hours 11 minutes at Borrowdale, 3 hours 8 minutes on the Yorkshire 3 Peaks, 4 hours 36 minutes at Wasdale and still holds the V50 record for the Tour of Pendle, in 2:30:14 - set in 1991. He then set himself the goal of completing the Joss Naylor Lakeland Challenge and in 1993 he ran it in 11 hours and 7 minutes, a category record that stood for 2 1/2 years. That same year he was also the first V50 at the International Snowdon Mountain race, in a time of 1:19:46. They are just some of his most outstanding achievements but he still continued to race until 2009, later moving to Darwen Dashers from his original club, Blackburn Harriers.

Even in 2002 he ran the Tour of Pendle as a V60 in 3:04:05. His final race was the 2009



David Staff Memorial race, after which he said he no longer felt the same, although running as a V70, he still won his category that day. Don still loved the outdoors until his passing, always walking on Darwen moors

and around town, known to many. His love for the sport was infectious and now I run with him in my thoughts at every race.

Calvin Ferguson - Don's Grandson / Calder Valley FR



The world of fell running is lamenting at the passing of Don Ashton. Don was a gentleman of the fells and hills, a friendly, well mannered, unassuming, modest, humble person, who learnt his running trade and became a top class fell runner.

You couldn't have got beaten by a nicer bloke. All his family can be so proud of his achievements, he was second to none.

Keith Lodge Halifax Harriers

Don didn't realise how great an athlete he was, although all his friends and competitors knew of course! It was all down to hard work and dedication to this sport he loved so much and which flowed through his veins. He was a gentle formidable force, a very quiet, decent, true gent when competing and socially. At races Pat his wife was always on hand spectating, watching and cheering whatever the weather, what a fantastic team. No goodbyes Don, just good memories.

Dave & Eileen Woodhead B.E.M.



Don Ashton, Blackburn AC, shows the style which has brought him back to competing with the best. Here he finished 19th overall at Downham

Profile

Affair of the Heart

Good'uns do come back! Former angina sufferer DON ASHTON was British supervets champion in 1989 but in 1990 he was off the fells with renewed heart problems and in the depths of depression. He hung on in there and recovered and now, happily, he's back and winning and loving every minute

Name: Donald Ashton

Club: Blackburn Harriers for 10 years

Occupation: Warehouseman, Crown Paints, Darwen, Lancs.

Born: 3rd December 1938 in Liverpool

Status: Married 33 years to Pat; 3 children — Lorraine, 30 years; Julie, 27; and Chris, 16. 2 Grandchildren

Resume: After two artery operations this quiet spoken and youthful-looking 52 year old has taken to the fells again this year like a duck to water. He won the British and English O/50 championships in 1989, and since then his fortunes have fluctuated from the depths of depression and illness to the heights of competing again. This year remarkably he has won numerous over 50 awards, and

many times has managed to finish in the elite first 20 overall, like at Mytholmroyd, Downham, Wadsworth, Pendleton, Shelf Moor and the Tour of Pendle. But most notable performance of all was at Borrowdale where 30th overall in a new category record of 3.11.35 left myself trailing along with another 355 runners.

After such a blank 1990 Don has climbed back onto this new wave of success and ridden it to a surprise (to himself) runner-up spot in both 1991 British and English championships behind Roger Bell.

It's impressive stuff but Don's got a great supportive family and any success, he says, is down to his no.1 supporter, his wife Pat.

Interview by DAVE WOODHEAD

"Fell running has definitely given me a new lease on life. It's become our family's way of life and everything is arranged round it," says an ebullient Don Ashton, a cheerful supervet who like as not has just run past you in the race.

"The Borrowdale race was a dream come true. I just couldn't believe it was actually happening. Pat actually didn't want me to do it, because it was such a long race."

Pat's doubts may have seemed well-founded as she knew Don had only managed 2 hour weekend runs so it was a dubious proposition. But Don knew the course involved a lot of walking, and not too much fast running, and it was just this kind of course that accorded with the principal idea of this year i.e. not to over tax himself.

In the past Borrowdale has always beaten him, mainly due to getting lost, which has left him with a time over 4 hours. But not this year.

"When I passed you on Green Gable, I fully expected to blow up any minute. But then following the Calder Valley guy (Jeff Winder) over Brandreth and Grey Knott into Honister quarries, made that section easier. It's one of the areas I've been lost in and due credit he certainly knew some good lines. To finish in 3.11.35 is a dream, and I have lived off it since. It ranks for me with winning the championship in 1989, and has put me in a frame of mind to carry on with training and given me the will to get better, maybe even do some track sessions!"

Burst of laughter

Laughter breaks out here, because Pat keeps a wary eye on her husband, making sure he doesn't attempt too much too soon. "His idea this year was to run and enjoy it, not do too much. The problem is he loves entering races and the competition that brings. The better the competition, the more he enjoys it, no matter where he finishes. It's that element that counts."

"It's a race within a race," adds Don. "You're always trying to beat the runner who beat you last week. I'm always chasing the runner in front, no matter what age whether it be 18 or 50, and once past him onto the next and so on."

Always an outdoor type Don played football, swam and ran cross-country for the battalion while



Don with his feet up, Army Air Corps 1957. Now one rarely sees such a sight

on national service with the Army Air Corps, after serving 4½ years in the Merchant Navy. He then played football with Blackburn amateur league clubs of Little Harwood, Hollins and Ossie Emanuele as an inside right. Slowly he was moved further back in position, "as reactions and ability slowed", until he attained full-back.

That's as far back as he went. "I could never have become goalkeeper," he jokes. "At 5'5" I'm not tall enough!"

So at 36, he took to squash, playing 4-5 times a week in the local club league, and found the enjoyment of one against one competition, which football as a team sport never gave.

In 1980, fellow workmate Barry Crewsden asked Don to compete in the Crown Paints Maunday Thursday annual Darwen Tower 3m fell race to see if they could beat the established favourite Dave Walsh. Don agreed, trained for it with Barry and went on to win the race while Barry took second. Dave Walsh had had to cry off at the last minute.

"It was really funny, because if Barry hadn't asked me to race he would have won."

After winning in 1981 and 1982 Don "decided to give someone else a chance". In fact that someone else was Barry who went on to get his victories in the event in 1983 and 1984.

"It was that race that started it all off. From there we heard about the FRA and other races and it just snowballed."

Squash soon had to be sacrificed, because he found the rigors of playing affected his running. Being over 40 from the outset a few successes came right away in 1982. 36th overall in the Three

With Barry Crewsden after the 1980 Darwen Tower Fell Race. The colleagues finished 1st and 2nd



Towers, 6th at Glossop, 19th at the Tour of Pendle and 7th in the Roaches Race in early 1983 were all first O/40's. In amongst those he threw in three marathons: Windermere, Pony and Stockport with a pb of 2:42 in the latter.

But at the end of 1983 Don had a slight heart attack and thereafter, troubled by chest pains, only ran intermittently. He was diagnosed as suffering from angina and various other tests in Blackpool Victoria Hospital found a narrowing of the artery. In 1985 a new operation called angioplasty was available; before this a by-pass operation had been the only alternative, and still is in cases of there being more than one artery involved. Carried out at Sheffield, the operation left Don feeling lousy and renewed angina pains a few months later meant the operation hadn't been a complete success. A repeat operation was carried out in 1987, and after that it was a success, although he's still monitored every 6 months.

Championship Success

The winter of 1988 saw Don begin to get back to running with some decent conditioning work, and along with guidance and track advice from Arthur Almond, Blackburn's coach Don ventured into 1989 with a good level of fitness. Don says that Norman Matthews was the instigator of his championship success that year.

"Norman enquired if I was intending to run it, since he definitely intended to. So I decided to give it a go especially after Norman had only just beaten me by 12 seconds at Chew Valley. After winning the first event at Edale, this was enough to spur me on."

Don won all but another three of the races he entered that year. These were Kinder Downfall, where Ron Hird beat him by 11 seconds, the Arrochar Alps race, and Wasdale where he blew up at both.

By the season's end both the British and English titles were safely in his hands from Norman, Ron and Barry Thackery.

"I was chuffed to say the least with my performances, although I kept remarking to Pat, it's got to catch up with me sometime"

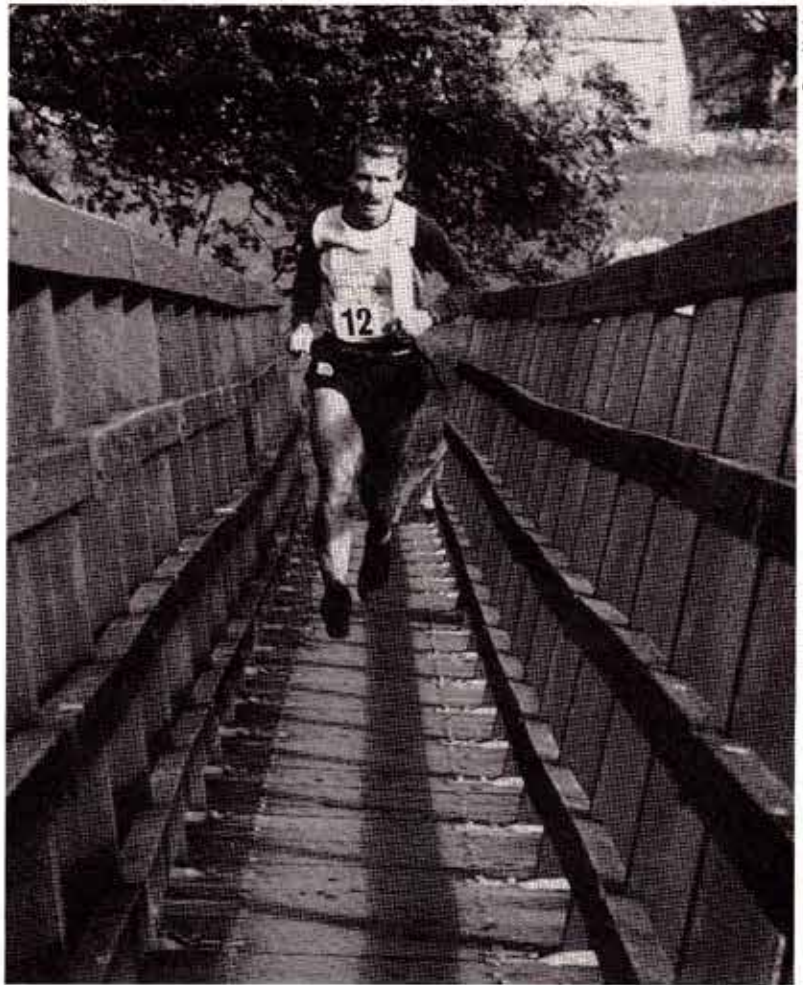
How true those words rang out in October of that year at the Three Towers race. All the stress, training, travelling and competition took its toll that day. By the Children's Home, three-quarters of the route covered Don had become very ill, and it was only with the thought of his car being at the finish he carried on. More or less walking the last three miles of moorland, he finished violently sick, freezing and shaking, which took it out of him enough to have to have two weeks off work.

1990 was totally wiped out. "I was totally lacking in energy and in and out of hospital every three months for various tests and to be monitored. My heart beat ticked over at only 35, and no matter even if I could manage exercise it never moved above 40 for some reason, and meant spending 10 days in hospital.

"Even watching races didn't appeal, with the thought of not being able to get on the hills and watch the race progress it seemed pointless.."

It was about this time, in a fit of depression, Don threw away all the scrapbooks, diaries, results, etc. he had acquired over the years. The reason for this being he never visualised he could ever run or compete again, due to this disorder. At least with an injury, he says, you know it will get better eventually. He rues that Thursday even now.

Eventually Don turned the corner and at last felt able to operate normally again. Running was able to resume and in June this year, Pen-Y-Ghent was chosen as a come back race, in the knowledge that



Peter Hurley

the route involved plenty of walking. But the race organisers had fooled him since, unbeknown to Don, the course had been changed in the year of his enforced lay-off. The race now involved more running along Brackenbottom Scar before a shorter ascent to the summit, followed by a descent similar to the old one. Unluckily, certain supervet winner Keith Lodge twisted an ankle in the race, and Don thereby found himself a surprise winner of the O/50's award in his very first race back. More pleasing though was the reasonable standard of fitness he had been able to demonstrate..

From there entry on the day races have been the only concept, so that undue pressure through pre-entering isn't forthcoming. I asked him about the O/50 championship.

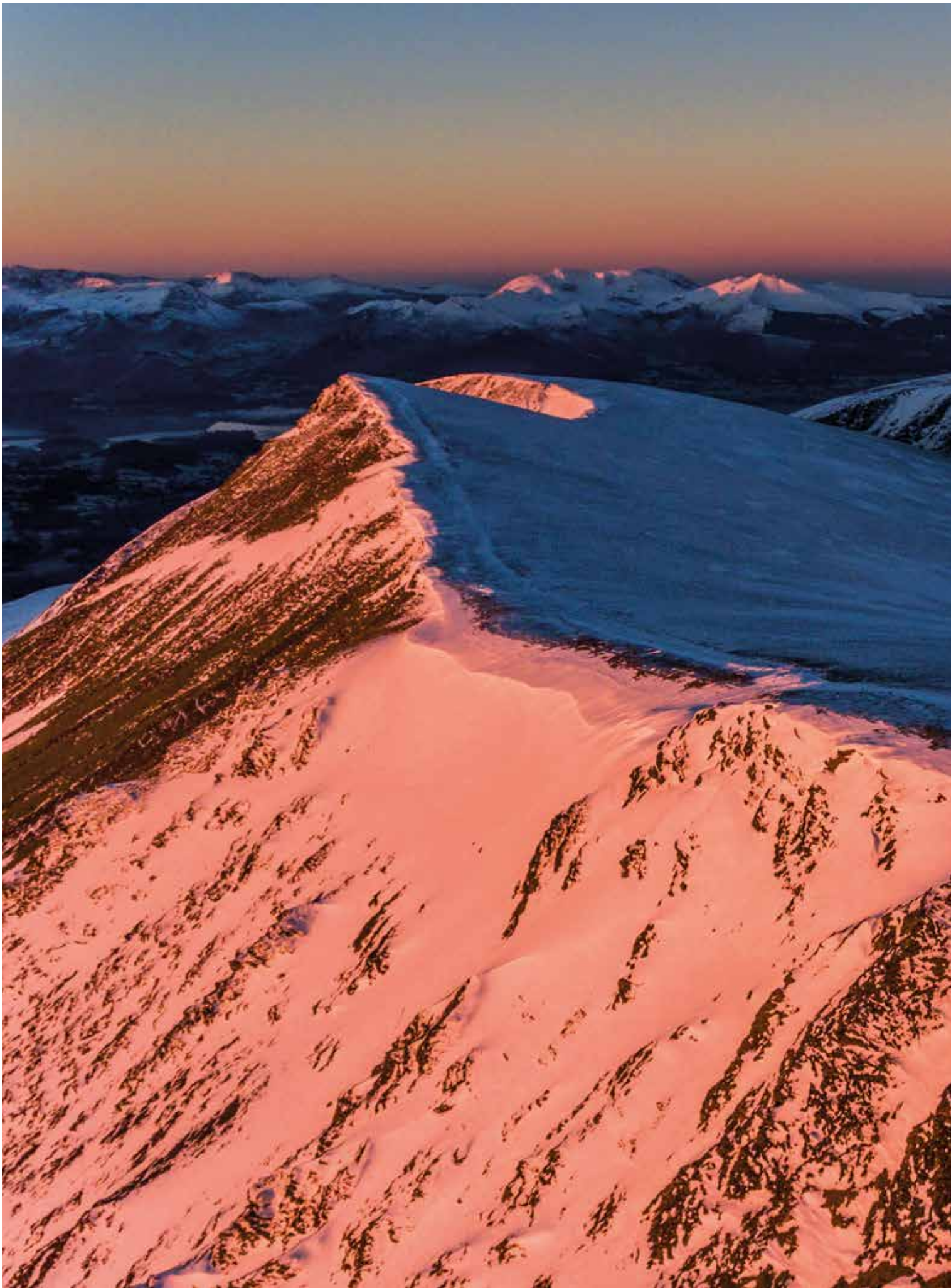
"I've won it, and am satisfied with that. To do it again would entail too much commitment. Also you have to sacrifice your favourite races, and therefore miss out on what fell running is all about, ENJOYMENT!"

Race organisers, says Don, all deserve our thanks. "Without their immense efforts, there would be no point training. They're not professional organisers being paid for the job, normally it's just one or two individuals/runners who are just trying to repay the sport in some way.

"All too often this is forgotten and complaints are their only thanks, they deserve gratitude and help rather than grievances."

For Don and Pat Ashton fell running is definitely a family affair. Don does the running but he says without reservation that if he lacked Pat's support, encouragement and understanding, the championship titles that he won would never have been his, nor any of the other success that has come his way. Let's hope that the winning team can continue to show good form.

Crossing the footbridge over the Wharfe at Starbotton, in the FRA relays at Kettlewell (Leg 3)





Lamenting The Past

“It Just Makes People Well”

Bob Dylan, when in the flush of youth, rather brutally wrote *that he not busy being born is busy dying*; although now his writing when fifty years older is, not surprisingly, more retrospective with songs like *Not Dark Yet* contemplating real, rather than merely poetic, death.

The FRA Forum includes themes covering similar breadth. There are posts from enthusiastic newcomers to the sport: looking forward to racing classic Lakeland fell races for the first time, seeking advice about kit and shoes and so on, while the old hands contemplate less invigorating matters: fell races that have fallen by the wayside, comparative injuries, declining performance...and planning the next gala race rather than, say, Wasdale.

But gala or Great Gable, it's all good as is expressed so eloquently by Camille Askins (Keighley & Craven) in *The Bedlamites* (Shyla and Lucas Lee's brilliant DVD) when she says fell running “just makes people well”.

So of course might other experiences - listening to Junior Parker's early *Sun* records perhaps - but only fell running provides the triumphal, wondrous sense of well-being that follows physical exertion exercised amongst stunning terrain, whether alone, with friends or, perhaps best of all, having raced and beaten one's peers.

Of course fell shoe manufacturers know that the image of the strong, self-assured athlete alone amongst the mountains sells shoes. It is a seductive image, albeit one ironically undermined by the paradox of the Three Peaks Race inviting one thousand runners to form a crocodile across the Yorkshire moors every spring.

A few years ago I was asked to write

a not overly serious article for the UKA journal, *Setting the Pace*, which I entitled *Fell Running - a Joyful Paradox*. I noted that whilst all true fell runners moaned about “blazers”, committees and structure, in fact 86% of members had recently voted for the FRA to stay within UKA rather than strike out on its own. Whilst fell runners naturally wished to share the beauties of wild and empty countryside with like-minded people, they did not want *too* much company or the countryside would no longer be quite so empty.

Writing today I might wryly note that, following Dave Taylor's revelation (fellrunningguide.co.uk) of runners' *Garmin* routes in the 2016 Black Combe Race, the navigational skills credited to elite participants in our sport have been proved somewhat chimerical when the clag comes down, but there we are.

“No One Is Applauding At Home”

Randy Newman was commenting on why geriatric performers go on and on (and on) when they have nothing new to say but those other rock stars - fell runners - are also getting older and hanging around the stage. The first fell championship in 1972 did not include categories - women and men over 40 (and 50) were not recognised until 1979 - whereas now it is probably only a matter of time before the English Championships recognise a V75 category or those even older. However with ingenuous disinterest I applaud this trend - although I do think the Rolling Stones and The Who etc. should quietly shuffle off to the wings - and whilst waiting for my next local gala appearance I pass the time analysing my past race

performances using the simple measure of dividing the winner's race time by my personal finishing time - as outlined by Sarah Rowell (*Fellrunner* Autumn 2008) - expressed as a percentage.

Clearly, the percentage rises rapidly and encouragingly for each race after one starts running and then levels when the plateau of peak performance is reached. But sooner or later (assuming no sudden major injury) the inexorable long, slow decline begins to be eventually succeeded by a very rapid deterioration in performance, at which point a decision to stop racing might be needed to preserve one's remaining dignity.

Whimsically I have noted that if the percentage data is plotted over many years the resulting curve takes on the shape of Pendle: the initial steep climb in performance (the “Big End”), the plateau and then a long, slow uneven decline to the Nick. The Pendle Performance Profile perhaps?

More seriously, recording and retaining performance data is always good. *Old men forget; yet all shall be forgot* and since few runners are quite as good as they remember themselves to have been in their prime, retaining reliable records is good for the conscience.

So Runners Die But Fell Races?

A Sense of Perspective noted that whilst most of the 40 or so races listed in the 1971 Calendar are still listed in 2016, including Fairfield, Pendle, Skiddaw and the wonderful Ennerdale Horseshoe organised by the Cumberland Fell Runners Association (CFRA), others had not. Races die for many reasons: access problems, the loss of a pub-as-registration facility and most obviously that the race organiser just stops organising races. Even CFRA, which is still responsible for Ennerdale, Wasdale and Scafell Pike, let go of Buttermere Sailbeck (surely the best A Medium?) and Muncaster Luck; although the former has continued under different ROs and the latter was revived in 2016 after a 15 year break.

Fell runners may be creatures of habit - consider how many cars full of clubmates converge on favourite races year after year - but races can be fashionable and swiftly fall from favour. Runners may shed crocodile tears over “lost” races but they always vote with their feet and the arrival of new races in the Calendar means harsh Darwinian economics must apply to other races, however long they have been in the Calendar.

To illustrate the growth in races: **English Fell Races listed in FRA Calendar for February. As printed - 10 year intervals:**

The Pendle Performance Profile



1976	none	(0)**
1986	2	(2)
1996	8 + 2 relays	(10)
2006	13 + 1 relay	(14)
2016	16 + MM + O	(18)

NB: **Carnethy Hill Race from Penicuik in Scotland was listed.

Every new race has a potential impact on older races and places them at risk. Some “lost” races may be unlamented but others have managed to be reborn in different forms: the Bousworth Hill race that started from the Herder’s Arms, Laneshaw Bridge has gone but there are now two other races over Bousworth starting from Trawden Show and Wycoller. Dockray Helvellyn went but Helvellyn and the Dodds appeared. Several races over Saddleworth Moor have gone but have been replaced by others over much the same ground. The Buttermere Horseshoe (from Loweswater) eventually reappeared as the Darren Holloway Memorial Race, which is perhaps a good illustration that if a great route just needs a race organiser to ensure its survival then that organiser will eventually emerge.

The Usual Faces But What Happened To?

There are people racing now who have been competing for as long as the FRA calendar has existed and who have spent decades racing against the same rivals, progressing through the different veteran categories. There is a discomfiting inevitability that the peers who are beating you in your 40s will still be ahead when you are in your 50s and will still be spoiling your race-day in your 60s and beyond, if you can still get your fell shoes on.

So it did not require much prescience to forecast when Simon Booth was winning Borrowdale year after year that he would eventually move on to winning the Borrowdale First V40 prize whenever he wished, although when Simon was 39 he did say that turning 40 was not significant: “If I want to win Borrowdale it really doesn’t matter whether I am 39 or 40. I just want to win it” (*The Fellrunner* Summer 2007). And he has and as a V40 in 2008 and 2010 when he still won the race outright.

Similarly in 2009 when Ian Holmes was filling drawers with Open and V40 Championship medals I predicted (*Fellrunner* Spring 2009) that seven years forward in 2016 when Ian turned 50 he would win the 2016 English V50 Championship and he has, and won the 2016 British V50 Championship as well.

However, not everything is as certain as Simon or Ian’s domination of our sport and whilst re-cataloguing that library of race results that every diligent fell runner surely keeps, one might sometimes wonder what happened to erstwhile competitors who have disappeared from the race scene. Boredom? Well possibly, because some illustrious fell runners have, even in their prime, gone off to do something other than running up and down the same old hills - seeking a Dylanesque rebirth? - such as the 2007 British/English Fell Champion Janet King (McIver) (see *The Fellrunner* - spring 2009) or the peerless Sarah Rowell, who virtually retired from serious competition when still at her peak in her 30s when she could clearly have gone on to win many, many more races.

I Accept Change – I Hope It Accepts Me.

But whilst individuals can voluntarily choose to seek variety and leave the fell running scene, the sport of fell running as a whole is obliged to accept change or it will atrophy and die. After Brian Martin and I created the Lakeland Classics Trophy in 2002, primarily to provide short-term support for Wasdale and Ennerdale, we were reluctant to change the format and six counting races - being old men stuck in our ways. However when our successors (Bill Johnson and Ben Abdelnoor) recommended changes, the vitality and rightness of their fresh thinking became obvious.

On other matters too I might be behind the times of fell running in 2016 but I readily accept that fell running cannot stay the same and that must be good; as long as there is room for yesterday’s men to jog along at the back of the field and imagine that they are still the fell runners they, almost, once were.



befacimbingdesigns.com/stocklist

ULTIMATE
DIRECTION
@UDhydrates

New Series 3.0

Studs and Crooks – Victoria Benn

► REVIEW BY CHRIS LONGDEN

As a born n' bred town and city girl, I hadn't been exposed to the phenomena of the agricultural show until I moved to a land known as rural Yorkshire.

And I'm sorry to say that it has taken me several years to show an interest in such events.

Despite the fact that most locals get all giddy and froth at the mouth with excitement at the mere mention of the Honley Show, the Garforth Show, the Ripley Show etc, until recently, I do confess that I've had a bit of an attitude problem in relation to it all ("what if it rains? I hate mud. And anyway, why on earth would I want to attend such an event – when I've practically got sheep in my own back garden and cows in the front?")

But with authors like Victoria Benn about, there are no more excuses for me not to grow a pair (of wellies) and head over to Kilnsey Show. Because 'Studs and Crooks' is a rather unusual book.

It's not just your usual non-fiction read, simply detailing the history of a local and much loved event.

I mean, sure, Kilnsey Show is one of the longest surviving and one of the biggest agricultural shows in the area – attracting up to 15,000 people to one wee village for one day a year – and yes, it has survived floods, hurricanes and disease – but it's the substance behind the show which this book manages to capture and which makes it such an intriguing read.

'Studs & Crooks' sets out to be a celebration of the people who conspired to create and build the show.

It's clearly a product of painstaking research and canny interviewing of the many and varied local characters who have contributed to the event over the last century.

Victoria Benn herself, commented that 'the stories needed to be captured, before they were lost forever', and the author deserves much accolade – having achieved the tricky balance of feeling enthusiastic about her subject to hand, but also having managed to temper this with tales of colourful incidents and everyday antics surrounding the show; i.e. from the 1920s racy thrills of 'musical chairs with lady passengers', to winning a packet of fags at the coconut shy – and even the appearance of Desert Orchid alongside a (clothed) appearance of the real Calender Girls in 1999.

Benn manages to tease out the personalities of all of the people that she interviews – no mean feat when putting together a map of oral history relating to

just one place and event. I was particularly impressed at the manner in which she demonstrates a constant theme of the 'ownership' of the show.

'Incomers' to Yorkshire are often quick to tell you that it takes a long time for someone to feel accepted by the area that they have moved into, but the stories behind 'Studs & Crooks' are testament as to how this isn't always the case. Over the years, Kilnsey Show has continued to attract people from further afield, to first visit the place and to then settle in the area.

So thanks to the show – regional immigration and accompanying economic contribution now has a long tradition in the locality; my favourite story being the tale of the famous Roger Ingham (Chief Sports Steward and commentator for many years) who found out about the show and who, as a young lad, was inspired by The Beano into trying his hand at this 'hitch-hiking' malarkey. And who, as a result of this, ended up becoming a permanent fixture of Kilnsey Show.

Benn divides her chapters into the elements that make up the show's attractions (i.e. horse sports, sheep, cattle, dry-stone walling, tractors, food and produce) and brings to life the attractions of each as she illustrates them through the eyes of her interviewee. For me, perhaps the most thrilling read came in the chapter that outlined the iconic Kilnsey Crag race.

As a bit of a runner myself, I'm terribly snobbish with my maxim of 'if there's no hills in it, I'm not doing it' but sadly, I lack the balance to be able to ever have a go at fell running. But now I know that there's fell-running and there's the Crag Race. And thanks to that chapter, now I know (although Victoria was far too professional to say this in her book) just how crackers these crag-racers are!

The photographs of the crag and of the runners are all the evidence that you will need in order to stand, stare and to be in awe of these people. And quotes such as "he won the crag race with blood pouring out of his head and into his socks," make the reader realise just how very different this one-dayer is from other shows on offer.

Since reading the book, I've also developed a bit of an interest (shall we say) in the chaps who carry out sheep-shearing.

Roger Charnley has truly convinced me that these fellas are seriously, fantastically fit – managing to carry out over 300 sheep when they're in their prime (although my mental picture was somewhat spoiled by the reference to the grease boils that can

appear on one's legs. TMI, folks ...)

Credit must also go to Benn's collaborator – Jamie Roberts – who worked alongside her to source some fantastic material and to present it in the most beautiful, simplistic and yet eye-catching style.

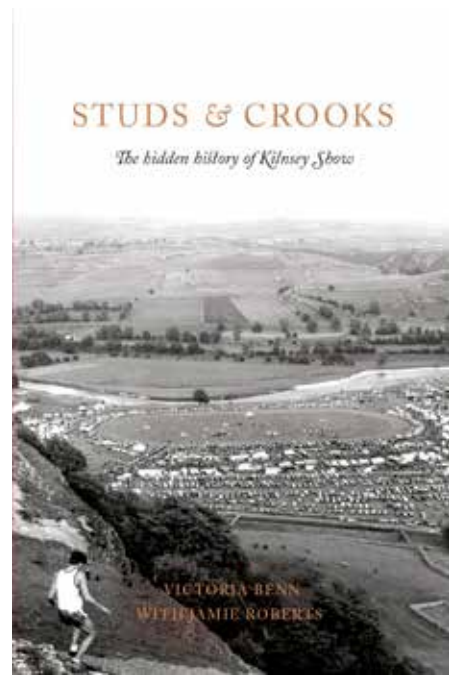
Between the two of them, they have managed to produce a book that will not only prove to be a fantastic read for Yorkshire locals, but will provide fodder for anyone who is interested to know more about the countryside way of life; complete with its madcap sporty sorts, foodie-freaks, animal-obsessed and it's beefy sheep-shearers.

For me, the only bit that I'm left wondering at is this; what do the younger generation think of the antics of their elders on this particular day of the year?

What is their take on the event?

And post-Brexit; what will the future of this show be? What kind of shape might it take?

But perhaps this is a book for the future – one that you and yours will be able to contribute to, once you've had a read of this smashing tome yourself. And once you've mooched on down to the legendary Kilnsey Show and become a bit of a convert.



In The Cold Of The Night - Andrew Bibby

►► REVIEW BY GRAHAM BREEZE

In The Cold Of The Night is the second novel by Andrew Bibby (Todmorden Harriers) and is based around the death of a businessman found half-naked near Scafell Pike when taking part in the Three Peaks Challenge. Was it a natural death or, given the circumstances that are slowly revealed, murder?

Andrew's first novel, *The Bad Step*, was about a fatality during the Langdale Horseshoe and was reviewed favourably in the summer 2014 *Fellrunner* (by this writer). It was reasonably successful although at the time it was only published as an e-book.

Andrew is a professional journalist (*The Guardian*, *The Independent*, etc.), author of non-fiction books about northern landscapes and a fell runner so, not surprisingly, his main character in both novels is a fell running journalist. Andrew's background means that *In The Cold Of The Night* is broader than a routine police procedural and informs, eg, on the precarious financial existence of life as a freelance journalist for both the national and local press, the pit falls of buying a Park Home and life as



an assistant chef in Keswick. His new novel also discusses whether the Three Peaks Challenge is a good thing, or not.

In The Cold Of The Night is less focused on fell running than *The Bad Step* but it is another good and satisfying read. It is a broader based and even better book. For fell runners there are many name checks: Mickledore, Broad Stand, Lingmell, etc., and references to hypothermia and Mountain Rescue procedures. Some references had me looking at my OS map because I admit I did not know the location of the Pots of Ashness; a significant aspect of the story. His publisher describes both books as crime novels but the books are not really like PD James and your head will not hurt as you follow the plots.

To coincide with publication of *In The Cold Of The Night* and the formation of Gritstone Publishing Cooperative, *The Bad Step* has now been issued as a "proper" paperback and both books retail for £8.99 (or less) of which a proportion goes to Langdale and Ambleside Mountain Rescue Team. Andrew spent time with the team researching the new book.

A good journalist is not necessarily a good novelist: a journalist should focus on honest reportage and a novelist is nothing without imagination but they share the need to get the reader to read a first sentence and then

a second... and eventually the whole piece. I have recently re-read *The Bad Step*, I read *In The Cold Of The Night* within two days and I put both books down envying the skill that Andrew displays in producing novels with a Lakeland location that leave you wanting to read more, and still more.

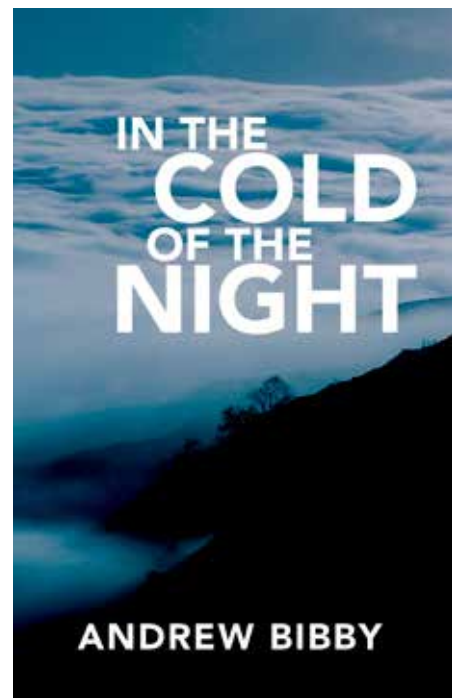


PHOTO © RUPERT BONNINGTON

British Athletics Hill and Fell Running Championship 2016– Reports

Organised by the British Athletics Mountain Running Advisory Group

& sponsored by Pete Bland Sports



The four races were as follows:

Short:	Sedbergh Sports	(Sat 9th July)
Medium:	Donard-Commedagh Horseshoe	(Sat 9th April),
	Merrick	(Sat 17th Sept)
Long:	Pedol Cwm Pennant	(Sat 11th June)

Donard-Commedagh Horseshoe - 9th April 2016

Distance: 14km / 8.7m

Climb: 1.080m / 3,543ft

On Saturday 9th April 2016, nearly three hundred athletes from across the UK descended on the coastal town of Newcastle (County Down) for the first race of this year's British Fell Running Championships, the Donard-Commedagh Horseshoe, hosted by the Northern Ireland Mountain Running Association (NIMRA). The 14 kilometre route, incorporating 1,080 metres of ascent including Northern Ireland's two highest mountains, Slieve Donard and Slieve Commedagh.

The athletes exited the start and finish area in Donard Park and made their way through Donard Forest, with local man and a previous winner of the Northern Ireland round of the British Championships, Allan Bogle (City of Derry AC), leading the way - Rhys Findlay-Robinson (Dark Peak FR), Sam Tosh (Rossendale Harriers) and Rob Hope (Pudsey & Bramley AC) led the chasing pack as the moved through CP1 at the Quarry below Thomas' Mountain. In the women's race, Heidi Dent (Howgill Harriers) was looking strong, while Lou Roberts (Ambleside AC), Sharon Taylor (Helm Hill Runners), Helen Berry (Holmfirth Harriers), Emma Gould (Mercia Fell Runners) and youngster Bronwen Jenkinson (Eryri Harriers) were amongst those in the mix.

After CP1, Sam Tosh moved to the front and was the first athlete to summit Slieve Donard in 37:07, but Rob Hope was a mere two seconds behind. Further back, Rhys Findlay-Robinson and Carnethy HRC's Andrew Fallas followed in 37:17 and 37:18. The women's race wasn't as close - Heidi Dent reached the top of Northern Ireland's highest peak in 43:00, twenty nine seconds ahead of Lou Roberts who 'dibbed'

in 43:29. Helen Berry and Sharon Taylor followed in 44:43 and 45:05 respectively.

From the summit of Slieve Donard (CP2), participants followed the Mourne Wall in a southerly direction, meeting the Brandy Pad at the Bog of Donard (CP3), where they followed the established path for approximately one mile to CP4, located on the Brandy Pad at the bottom of Slieve Commedagh. At this point, the battle for top spot was between four men, with Rob Hope, Sam Tosh, Rhys Findlay-Robinson and Andrew Fallas starting the ascent of Slieve Commedagh within five seconds of each other.

Heidi Dent was stamping her authority on the women's race, further increasing her lead as she negotiated the fast Brandy Pad and went through CP4 onto the final ascent of Slieve Commedagh. Here, the battle for the final two podium places was being contested by Lou Roberts, Sharon Taylor and Helen Berry - only forty four seconds split them as they reached CP4.

Sam Tosh again showed his strength on the climb as he reached the summit cairn of Northern Ireland's second tallest mountain, Slieve Commedagh (CP5) first. Just two seconds later, Rob Hope checked in, with Andrew Fallas following exactly two seconds behind. The men then began the long descent toward the Donard Park finish line via a CP6 in Donard Forest. There was no stopping Heidi Dent as she began her descent two minutes ahead of Louise Roberts; Sharon Taylor and Helen Berry followed.

After an epic and at times technical descent through Donard Forest, very little split the leading men as they powered towards the final run into Donard Park, but in a fast finish, it was Rob Hope who ran out as winner, thus taking an important step to regaining the title he won in 2014 after finishing runner-up to Finlay Wild last year. Rob crossed the line in 1:17:21 with Sam Tosh having to settle for 2nd

place in 1:17:29 despite leading on several occasions. Rhys Findlay-Robinson descended well to secure 3rd place in 1:17:47.

Heidi Dent completed an emphatic victory in 35th place overall. Leading from the start, Heidi broke the tape in 1:29:35. After an outstanding descent from Slieve Commedagh and through Donard Forest, 2015 bronze medallist Sharon Taylor came through to secure a well-deserved 2nd place in 1:33:33. Despite losing her runners up spot, Lou Roberts was rewarded for a strong performance with a podium place, taking 3rd place in 1:34:10, eight seconds ahead of Helen Berry.

Lou and Helen were the leading v40 women, followed by 2015 champion, Mel Price (Mercia FR) in 1:37:40. 5th placed Bronwen Jenkinson (1:35:45) was the leading u23, well ahead of the only other u23 woman in the race, Josie Lloyd (Mercia FR) and on course to improve on last year's silver medal position. The v50 winner was Joanna Schreiber (Pudsey & Bramley AC) followed by 2015 bronze medallist, Wendy Dodds (Clayton Le Moors Harriers) and Jane Mellor (Pennine FR)

Winner Rob Hope is also favourite to take the v40 championship for the third year running; Karl Gray (Calder Valley FR) and Rob Jebb (Bingley Harriers & AC) were the next v40s to finish. Leading v50 was 2015 runner-up David Taylor (Dark Peak FR) followed by his club mate, Stephen Pyke and Mark Roberts (Borrowdale) the v50 champion in 2012 and 2013. First v60 was Mike Egner (Settle Harriers), v50 champion in 2007; Mike headed 2015 bronze medalist Steve Jackson (Horwich RMI Harriers) and Ben Grant (Harrogate Harriers & AC), last year's runner-up and winner in 2009, 2010, 2011 and 2013. First u23 was 2015 gold medalist Tom Saville (Dark Peak) in 14th position, followed by 19th placed Jack Wright (Ambleside) one place and only 5 seconds ahead of Paul Pruzina (Ballydrain Harriers).

Mercia FR were victorious in both the

open and v40 women's teams, with Helm Hill Runners taking second place in both categories; 3rd place was taken by Eryri Harriers in the Open category and by Lagan Valley AC in the v40s who had the same points as Helm Hill who final counter Jo Wilcox headed Lagan Valley's final

counter, Anne Sandford.

Dark Peak FR were victorious in both the Open and v50 men's teams, with Helm Hill Runners taking the honours in the v40s. Reigning champions, Calder Valley FR were 2nd in the Open teams ahead of Shettleston Harriers; in the 40s, Pennine

FR took 2nd, 2 points ahead of Todmorden Harriers, whilst only one point separated Cheshire Hill Racers from Newcastle District AC in the v50s.

I would like to acknowledge Northern Ireland Running (NiRunning.co.uk) for their report on the race

Pedol Cwm Pennant - 11th June 2016

Distance: 24km / 14.9m

Climb: 1,700m / 5,577ft

The long race in the 2016 British Championship was Ras Pedol Cwm Pennant in the splendid hidden valley of Cwm Pennant in Snowdonia, taking in the summits of Moel Hebog, Moel yr Ogof, Moel Lefn, Tal y Mignedd, Craig Cwm Silyn and Garnedd Goch. On a perfect day for fell running, 237 runners (186 men and 51 women) made the start line. This did not include the winners of the first championship race, Rob Hope (Pudsey & Bramley AC) and Heidi Dent (Howgill Harriers) who have both been selected for the British team in the upcoming European Mountain Running Championship race in Italy.

Both winners set off from the start with one plan and Keswick's Carl Bell and Ambleside's Lou Roberts dominated the rest of the field. Carl smashed the old record by 23 minutes, his time of 2.16.42 being nearly 6 minutes faster than the runner-up whilst the first 29 finishers were all within Simon Harding's old record. V40, Lou's time of 2.43.49 was 20 minutes inside the previous record of Andrea Rowlands and 16 minutes ahead of the second woman, Sharon Taylor (Helm Hill). However, the run of the day probably belonged to 19 year old Bronwen Jenkinson (Eryri) finished as 3rd women in 3.01.59, also inside the old record. Lou, Sharon and Bronwen also hold the first three places in the championship



Pedol Cwm Pennant - The run of the day belonged to 19 year old Bronwen Jenkinson (Eryri) finishing third woman in 3.01.59

PHOTO © SIXBYSEVEN PHOTOGRAPHY

SixBySeven
Photography

after the first two races.

Amongst the men, the race for the other podium positions was a bit closer with Sam Tosh (Rossendale), Rhys Findlay-Robinson (Dark Peak), Andrew Fallas (Carnethy) and Math Roberts (Calder Valley) keeping a close eye on each for most of the race. The Cwm Ciprwrth sorted Andrew with Rhys taking a good lead on Sam and Math. Rhys eventually took 2nd in 2.22.36 with Math nipping Sam in a sprint in 2.23.20 and Andrew Fallas a further minute back. These four runners are also heading the championship after the first two races: Rhys

leads Sam by a point with Andrew three points further back and Math in 4th.

Apart from Bronwen Jenkinson, Kristen Heath (Shaftsbury Barnet) was the only u23 women and Bronwen leads this category with Kristen and Josie Lloyd (Mercia FR) sharing 2nd place. Dark Peak's Tom Saville was the leading under 23 finishing in 14th overall, ahead of Owen Roberts (Eryri), Alex Hinchcliffe (Helm Hill) and Joe Mann (Ambleside). Current champion, Tom has maximum points from the first two races whilst Alex and Joe share 2nd place.

Leading v40 in 7th place was Kenny Richmond (Shettleston) ahead of double v40 champion and now in the v50s, Ian Holmes (Bingley) and 2013 champion, Morgan Donnelly (Borrowdale). 5th place for Nigel Wood (Helm Hill) was sufficient to enable him to take the overall lead ahead of v50s, Stephen Pyke (Dark Peak) and Mark Roberts (Borrowdale) who are separated by a single point. Mark, the V50 champion in 2012 and 2013 pipped Stephen by 24 seconds and they share the overall lead in the v50s with Stephen's club colleague, David Taylor. In the v60s, Mike Egner (Settle) headed 4 times winner Ben Grant (Harrogate) by nearly 15 minutes with Brian Horn (Borrowdale) a further 7 minutes in arrears. Third place overall in the v60s behind Mike & Ben is shared by Keith Holmes (Dark Peak) and Tom McGaff (Cheshire Hill Racers).

Gayle Sugden (Calder Valley) was runner-up to Lou Roberts in the v40s followed



Pennine runners enjoying a nice cup of tea after the Pedol Cwm Pennant race.

PHOTO © SIXBYSEVEN PHOTOGRAPHY

SixBySeven
Photography

by two runners from Mercia, reigning champion, Mel Price and Anna Bartlett; Lou, Mel and Anna lead the championship. In the v50's the win went to Pennine's Jane Mellor with Kathleen Brierley (Todmorden) and Rona Davies (Mynydd Du) taking 2nd and 3rd; Jane leads the overall standings, Kathleen is in 3rd, whilst 2nd place is held by the evergreen Wendy Dodds (Clayton).

Dark Peak were the leading male team in every age group and Mercia's women

had similar success. Eryri and Helm Hill took the minor placings in both women's categories with Eryri taking 2nd place in the open teams with the positions reversed in the v40; these three clubs also head the overall standings with Helm Hill in 2nd place behind Mercia in both categories, albeit only by 3 on aggregate score in the open teams. Six different clubs featured in the minor placings behind Dark Peak in the men's teams; Keswick were only 8

points behind Dark Peak in the open teams with Ambleside in 3rd place. Dark Peak had a clear victory in the other categories followed by Borrowdale and Eryri in the v40s and Pennine and Cheshire Hill Racers in the v50s. Dark Peak lead all the men's team championship. 2nd place is held by Helm Hill in the open and v40 teams and by Cheshire Hill Racers in the v50s, whilst Calder Valley are 3rd in the open teams and Pennine in the v40s and v50s.

Sedbergh Sports - 9th July 2016

Distance: 5.6km / 3.5m

Climb: 400m / 1,312ft

Sedbergh hosted the short race in the 2016 British Championships, which was also the third race in the FRA (English) Championship series. Wet weather greeted the competitors with the summits covered in mist but navigation was not going to be a problem as the course was well flagged. At 2:30 pm, 98 women set off; two times former British champion, Victoria Wilkinson (Bingley) and Hannah Horsburgh (Keswick) were separated by only 14 seconds but were over a minute clear of 3rd placed Heidi Dent from the local club, Howgill Harriers. This was the first race in this year's British Championship for both Victoria and Hannah so neither can be 2016 champion; Heidi missed the previous race in Wales following her selection for the British team in the European Mountain Running Championship race in Italy in which she finished 7th, also collecting a team silver medal but can still win the championship with a good result at the final race in Scotland. The current leader of the championship is Sharon Taylor (Helm Hill), 6th at Sedbergh, who is now three points ahead of u23, Bronwen Jenkinson (Eryri) who was 5th at Sedbergh. V40 Lou Roberts (Ambleside), the victor at Pedol Cwm Pennant, could only manage 12th and slipped to 3rd place overall.

U23s Hannah Russell (Helm Hill) and Anna Hoogkamer finished within ten seconds of each other in 2nd and 3rd but were around three minutes behind Bronwen who has secured the championship with three straight wins whilst no other u23 will finish sufficient races to claim a medal. Lou retained her lead in the v40s but victory for reigning champion, Mel Price (Mercia), moved her to within three points of Lou. Mel's team mate, Anna Bartlett held onto 3rd place overall but is being challenged by 2014 champion, Helen Berry (Holmfirth) and Gayle Sugden (Calder Valley) who were 2nd and 3rd at Sedbergh. The first three v50s, Carol Evans (Settle), Rowena Browne (Bowland) and Deborah Gowans (Accrington) were running their first British championship race this year; Jane Mellor (Pennine) still leads the overall standings

eight points ahead of Kathleen Brierley (Todmorden) and Wendy Dodds (Clayton) who share 2nd place.

Mercia remained unbeaten in both Women's team categories thus guaranteeing gold medals in the 2016 championship. Only seven points separated the next three teams in the open category, Keswick, Calder and Helm Hill who are still in 2nd place overall, 6 points ahead of Pudsey & Bramley. Three consecutive 2nd places for Helm Hill have secured the silver medals in the v40s as in 2015; Keswick were 3rd at Sedbergh but Todmorden hold 3rd place overall.

232 runners lined up at 4pm for the Men's race; the favourites set a ferocious pace from the start on the flat track leading to the main climb. Only six seconds separated the first three runners; Simon Bailey (Mercia) took first place, 4 seconds ahead of Sam Tosh (Rossendale) with Jamie Parkinson (Pudsey & Bramley), 2 second further back. Sam holds the lead in the championship ahead of two Dark Peak Fell Runners, Rhys Findlay-Robinson and Neil Northrop.

Leading v40 in 4th place was Rob Hope (Pudsey & Bramley), seeking his 3rd consecutive v40 title; Morgan Donnelly (Borrowdale) was 2nd with Rob Jebb in 3rd. The overall leaders are Nigel Wood and Kieran Hodgson (both Helm Hill) and Stephen Pyke (Dark Peak). Stephen is



Ilkley's Alison Weston striding out into the Sedbergh mist

also leading the v50s but was headed at Sedbergh by Ian Holmes (Bingley) and Jim Davies (Borrowdale) but was just ahead of David Taylor (Dark Peak) and Richard Houghton (Pennine) who are 2nd and 3rd in the v50 championship.

With three victories, Mike Egner (Settle), the 2007 v50 champion, has secured the v60 gold medal; Tom McGaff (Cheshire Hill Racers) and Jackie Winn (Ellenborough) were 2nd and 3rd but 4th place for Ben



The only way is down – Men's racing at Sedbergh Sports

PHOTO © ANDY HOLDEN

PHOTO © ANDY HOLDEN

Grant (Harrogate) was sufficient for Ben to retain 2nd place overall four points ahead of Tom. The first three u23s were James Hall (Wharfedale), Tom McGuinness (East Cheshire) and Matthew Elkington (Dark Peak), separated by only 14 seconds in 13th, 16th and 18th places; Tom Saville (Dark Peak), who had been the leading u23 in the two previous championship races could only finish in 36th overall, holds an

unassailable lead in the championship ahead of Alex Hinchcliffe (Helm Hill) and Joe Mann (Ambleside).

Pudsey & Bramley moved up to 3rd place in the Men's open teams after their victory at Sedbergh; 2nd placed Keswick hold 2nd place overall behind Dark Park, whose 3rd place was sufficient to take the title after victory in the first two championship races. The v40 category is being hotly contested;

Calder Valley, Helm Hill and Shettleston were 1,2 and 3 at Sedbergh. Helm Hill lead Dark Peak by 3 points in the championship with Todmorden a further 3 points adrift. With three straight victories, Dark Peak have retained the v50 championship; Bowland took 2nd place at Sedbergh but the other medals are being contested by 3rd and 4th placed Cheshire Hill Racers and Pennine, who are separated by only 3 points.

Merrick Hill - 17th September 2016

Distance: 12.4km / 7.7m

Climb: 750m / 2,461ft

At 750 metres, Merrick Hill is the highest point in the Southern Uplands of Scotland and is famous for having the longest line of site in the UK where theoretically, on a clear day, one can see the summit of Snowden 144 miles away. The final race in the 2016 British Championship attracted nearly 200 runners headed to the start line at Bruce's Stone on the banks of Loch Trool near Buchan Bridge and the hosts, Girvan AC, faced with these numbers, compared to the normal field of 30-40, did a tremendous job including arranging additional car parking and changing the course which normally goes out and back along the main tourist track to a circular route, the first half being mostly the usual track to the summit of Merrick via Benyellary with more rugged

and technical terrain on the return via Buchan Hill.

The winners of a couple of categories had been decided at the penultimate race but there were plenty of medals at stake as the runners set off at 1pm in perfect clear weather. The race turned out to be a battle between the leaders in the Men's Open championship race, Sam Tosh (Rossendale) and Rhys Findlay-Robinson (Dark Peak Fell Runners), with Rhys taking the victory by exactly a minute in 1:16:03 and the gold medal by two points. Carl Bell (Keswick) took 3rd place two and a half minutes further back and was 4th in the championship. The leading v40s, Rob Hope (Pudsey & Bramley) and Morgan Donnelly (Borrowdale), were separated by only seven seconds in 4th & 5th place with Rob taking his 3rd consecutive v40 title as well as the bronze medal in the open category. As in 2015, Morgan Donnelly (Borrowdale) was 2nd v40

ahead of Karl Gray (Calder Valley) and Kenny Richmond (Shettleston) who were joint 3rd.

After four open and two v40 championships, Ian Holmes (Bingley) took his first v50 title with his victory at Merrick. Stephen Pyke (Dark Peak) and Mark Roberts (Borrowdale) were 2nd and 3rd both in this race and in the v50 championship, separated by only 31 seconds in the race and one point overall. In the absence of Mike Egner (Settle) who had secured the v60 gold medal at Sedbergh, Ben Grant (Harrogate) was ten minutes ahead of Steve Jackson (Horwich) and these two runners repeated their silver and bronze medal positions of 2015. Having already retained the championship, Tom Saville (Dark Peak) was leading u23 in 20th position ahead of Luke Taylor (Highland Hill Runners) and Iain Gilmore (Carnethy). Although not running at Merrick, Alex Hinchcliffe (Helm Hill) took the silver medal in the championship having



Merrick turned into a battle between the leaders in the Men's Open championship race, Sam Tosh (leading here) and Rhys Findlay Robinson, the eventual winner

PHOTO © NORMAN BERRY

At Merrick, Lou Roberts clinched the gold medal, with Sharon Taylor taking silver



PHOTO © NORMAN BERRY

completed all the earlier races.

Amongst the women, v40 Lou Roberts (Ambleside), who had slipped to 3rd place overall after a disappointing 12th place at Sedbergh, bounced back with victory at Merrick, nearly two minutes ahead of 2013/2014/2015 u23 champion Nichola Jackson (Preston) with Sharon Taylor (Helm Hill), a further minute in arrears. Thus Lou Roberts clinched the gold medal, with Sharon taking silver and Nichola having to settle for bronze just ahead of Bronwen Jenkinson (Eryri). Bronwen, who had won a bronze medal in the junior women category at the previous weekend's World Mountain Running Championships in Bulgaria, had already secured the championship with three straight wins and was the only u23 women to complete three races. Bryony Harding (Tring) was the only u23 woman running at Merrick.

Behind Lou Roberts in the v40s, whose victory confirmed her as champion, 2014 champion, Helen Berry (Holmfirth) finished just ahead of 2015 champion Mel Price (Mercia) but Mel still pipped Helen for the silver medal by one point. The first three v50s, Veronique Oldham (Cosmic Hillbashers), Deborah Gowans (Accrington) and Val Houston (Westerlands) had not run sufficient races to feature in the championship; Jane Mellor (Pennine), 7th at Merrick, took the title, five points ahead Wendy Dodds (Clayton) who was 6th. The only other two v50s who completed at least three races, Kathleen Brierley (Todmorden) and Sue Howarth shared 3rd place.

The first three teams both Women's team categories were Mercia, Helm Hill and Todmorden. Whilst Mercia and Helm Hill took gold and silver medals in both categories, Todmorden had to settle for bronze in only v40s. Although equalling the points tally of Pudsey & Bramley in the open category, Todmorden had a higher aggregate score so Pudsey & Bramley took the bronze medals.

Dark Park had already secured gold medals in the Men's open and v50 teams. In the open teams, Keswick's victory at Merrick guaranteed 2nd place overall whilst Shettleston in 3rd place behind Dark Park,

equalled the points tally of Calder Valley but Calder Valley took bronze medals with a lower aggregate score. With Dark Peak victorious in all four races in v50s, the battle has been for the minor medals between Cheshire Hill Racers and Pennine; 2nd place in the last race for Cheshire Hill Racers confirmed their silver medal thus reversing the 2015 placings. In the v40s, victory for reigning champions Calder Valley was insufficient for them to retain the title; 2nd placed Helm Hill took gold with Calder Valley having to settle for silver one point ahead of Dark Peak who could only score 6 points.



Morgan Donnelly picking a line through the shoulder high rushes at Merrick

PHOTO © NORMAN BERRY

British Athletics Hill and Fell Running Championship 2016– Results

MEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Total
1	Rhys Findlay-Robinson	Dark Peak Fell Runners	149
2	Sam Tosh	Rossendale Harriers & AC	147
3	Rob Hope	Pudsey & Bramley AC	146
4	Carl Bell	Keswick AC	136
5	Morgan Donnelly	Borrowdale Fell Runners	129
6	Jethro Lennox	Shettleston Harriers	121
7	Mark Lamb	Keswick AC	116
8	Neil Northrop	Dark Peak Fell Runners	111
9	Tom Saville	Dark Peak Fell Runners	106
10	Karl Gray	Calder Valley Fell Runners	103
11	Jack Wright	Ambleside AC	99
12=	Kenny Richmond	Shettleston Harriers	93
12=	Ian Holmes	Bingley Harriers & AC	93
14	Nigel Wood	Helm Hill Runners	92
15	Jon Bowie	Mercia Fell Runners	81
16	Kieran Hodgson	Helm Hill Runners	74
17	Stephen Pyke	Dark Peak Fell Runners	68
18	Mark Roberts	Borrowdale Fell Runners	64
19	Andy Swift	Penistone Footpath Runners & AC	54
20	Richard Roberts	Eryri Harriers	41
21	Matthew Sullivan	Shettleston Harriers	40
22=	James Logue	Calder Valley Fell Runners	30
22=	Richard Houghton	Pennine Fell Runners	30
24	Graeme Brown	Todmorden Harriers	29
25	Ed Gamble	Cheshire Hill Racers	25
26	Peter George	Keswick AC	23
27	Peter Mackie	Shettleston Harriers	15
28=	Nick Barber	Todmorden Harriers	13
28=	Rick Stuart	Helm Hill Runners	13
30	Darren Fishwick	Chorley Athletic & Triathlon Club	8
31	Paul Hobbs	Todmorden Harriers	7
32	Stephen Winter	Shettleston Harriers	5
33	Ben Grant	Harrogate Harriers & AC	1

MEN'S V40 CHAMPIONSHIP

Pos	Name	Club	Total
1	Rob Hope	Pudsey & Bramley AC	126
2	Morgan Donnelly	Borrowdale Fell Runners	116
3=	Karl Gray	Calder Valley Fell Runners	113
3=	Kenny Richmond	Shettleston Harriers	113
5	Ian Holmes	Bingley Harriers & AC	110
6	Nigel Wood	Helm Hill Runners	106
7	Kieran Hodgson	Helm Hill Runners	101
8	Stephen Pyke	Dark Peak Fell Runners	97
9	Mark Roberts	Borrowdale Fell Runners	94
10	Jon Wright	Todmorden Harriers	80
11	David Taylor	Dark Peak Fell Runners	79
12	James Logue	Calder Valley Fell Runners	74
13	Richard Houghton	Pennine Fell Runners	73
14	Ed Gamble	Cheshire Hill Racers	68
15	Graeme Brown	Todmorden Harriers	66
16	Rick Stuart	Helm Hill Runners	60
17	Nick Barber	Todmorden Harriers	56
18	Stephen Winter	Shettleston Harriers	45
19	Paul Hobbs	Todmorden Harriers	42
20	Mike Nolan	Dark Peak Fell Runners	35
21	Mike Egner	Settle Harriers	32
22	Darren Fishwick	Chorley Athletic & Triathlon Club	23
23	Paul Turner	Helm Hill Runners	17
24	Ben Grant	Harrogate Harriers & AC	16
25	Steve Bell	Dark Peak Fell Runners	14
26	Steve Jackson	Horwich RMI Harriers	4



Men's Open Championship medallists: Sam Tosh (Rossendale Harriers & AC), Rhys Findlay-Robinson (Dark Peak Fell Runners) and Rob Hope (Pudsey & Bramley AC)

MEN'S V50 CHAMPIONSHIP

Pos	Name	Club	Total
1	Ian Holmes	Bingley Harriers & AC	96
2	Stephen Pyke	Dark Peak Fell Runners	86
3	Mark Roberts	Borrowdale Fell Runners	85
4	David Taylor	Dark Peak Fell Runners	84
5	Richard Houghton	Pennine Fell Runners	80
6	Ed Gamble	Cheshire Hill Racers	77
7	Rick Stuart	Helm Hill Runners	74
8	Mike Egner	Settle Harriers	66
9	Steve Bell	Dark Peak Fell Runners	60
10	Ben Grant	Harrogate Harriers & AC	57
11	Vincent Booth	Cheshire Hill Racers	49
12	David Soles	Pennine Fell Runners	41
13	Steve Jackson	Horwich RMI Harriers	36
14	Ian Warhurst	Pennine Fell Runners	34
15=	David Keeling	Cheshire Hill Racers	26
15=	Tom McGaff	Cheshire Hill Racers	26
17	Keith G. Holmes	Dark Peak Fell Runners	19
18=	Chris Wilcox	Buckley Runners	14
18=	Ian Winterburn	Dark Peak Fell Runners	14
20	Andy Watts	Cheshire Hill Racers	1

MEN'S V60 CHAMPIONSHIP

Pos	Name	Club	Total
1	Mike Egner	Settle Harriers	66
2	Ben Grant	Harrogate Harriers & AC	59
3	Steve Jackson	Horwich RMI Harriers	54
4	Tom McGaff	Cheshire Hill Racers	50
5	Chris Wilcox	Buckley Runners	46
6	Keith G. Holmes	Dark Peak Fell Runners	45
7	Andy Watts	Cheshire Hill Racers	32
8	Dave Bowen	Pennine Fell Runners	28
9	David Gould	Mercia Fell Runners	26
10	Richard Bellaries	Clayton le Moors Harriers	21
11	Adrian Dixon	FRA	16
12	Dave Tait	Dark Peak Fell Runners	14

MEN'S U23 CHAMPIONSHIP

Pos	Name	Club	Total
1	Tom Saville	Dark Peak Fell Runners	36
2	Alex Hinchcliffe	Helm Hill Runners	17

Men's V50 Championship medallists (l-r): Mark Roberts (Borrowdale Fell Runners), Ian Holmes (Bingley Harriers & AC) and Stephen Pyke (Dark Peak Fell Runners)

MEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Total	Aggregate
1	Dark Peak Fell Runners	32	246
2	Keswick AC	30	245
3	Calder Valley Fell Runners	22	361
4	Shettleston Harriers	22	430
5	Helm Hill Runners	16	647
6	Mercia Fell Runners	9	705
7	Todmorden Harriers	8	1030
8	Pennine Fell Runners	7	923
9	Cheshire Hill Racers	3	353

MEN'S V40 TEAM CHAMPIONSHIP

Pos	Club	Total	Aggregate
1	Helm Hill Runners	30	174
2	Calder Valley Fell Runners	26	374
3	Dark Peak Fell Runners	25	266
4	Todmorden Harriers	22	286
5	Pennine Fell Runners	19	368
6	Cheshire Hill Racers	11	533

MEN'S V50 TEAM CHAMPIONSHIP

Pos	Club	Total	Aggregate
1	Dark Peak Fell Runners	36	64
2	Cheshire Hill Racers	26	108
3	Pennine Fell Runners	24	127
4	Helm Hill Runners	18	199



WOMEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Total
1	Lou Roberts	Ambleside AC	92
2	Sharon Taylor	Helm Hill Runners	86
3	Nichola Jackson	Preston Harriers	83
4	Bronwen Jenkinson	Eryri Harriers	80
5	Helen Berry	Holmfirth Harriers AC	75
6	Emma Gould	Mercia Fell Runners	74
7	Mel Price	Mercia Fell Runners	72
8	Anna Bartlett	Mercia Fell Runners	66
9	Kirsty Hall	Wharfedale Harriers	61
10	Claire Green	Pudsey & Bramley AC	60
11	Rachel Pilling	Pudsey & Bramley AC	51
12	Louise Beetlestone	Eryri Harriers	35
13	Jean Powell	Wharfedale Harriers	33
14	Pauline May	Todmorden Harriers	28
15	Alison Richards	Helm Hill Runners	19
16	Jane Mellor	Pennine Fell Runners	14
17	Caroline Holden	Helm Hill Runners	9
18	Sue Howarth	Mercia Fell Runners	8
19	Wendy Dodds	Clayton le Moors Harriers	7
20	Kathleen Brierley	Todmorden Harriers	6

WOMEN'S V40 CHAMPIONSHIP

Pos	Name	Club	Total
1	Lou Roberts	Ambleside AC	66
2	Mel Price	Mercia Fell Runners	58
3	Helen Berry	Holmfirth Harriers AC	57
4	Anna Bartlett	Mercia Fell Runners	50
5	Kirsty Hall	Wharfedale Harriers	49
6	Jean Powell	Wharfedale Harriers	36
7	Alison Richards	Helm Hill Runners	26
8=	Jane Mellor	Pennine Fell Runners	18
8=	Caroline Holden	Helm Hill Runners	18
10	Wendy Dodds	Clayton le Moors Harriers	13
11	Kathleen Brierley	Todmorden Harriers	11
12	Sue Howarth	Mercia Fell Runners	9

WOMEN'S V50 CHAMPIONSHIP

Pos	Name	Club	Total
1	Jane Mellor	Pennine Fell Runners	24
2	Wendy Dodds	Clayton le Moors Harriers	19
3=	Kathleen Brierley	Todmorden Harriers	15
3=	Sue Howarth	Mercia Fell Runners	15

WOMEN'S U23 CHAMPIONSHIP

Pos	Name	Club	Total
1	Bronwen Jenkinson	Eryri Harriers	36



*Women's V40 Championship medallists:
Mel Price (Mercia Fell Runners), Lou Roberts (Ambleside AC),
Helen Berry (Holmfirth Harriers AC)*

WOMEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Total	Aggregate
1	Mercia Fell Runners	36	70
2	Helm Hill Runners	26	116
3	Pudsey & Bramley AC	18	225
4	Todmorden Harriers	18	249

WOMEN'S V40 TEAM CHAMPIONSHIP

Pos	Club	Total	Aggregate
1	Mercia Fell Runners	36	75
2	Helm Hill Runners	27	110
3	Todmorden Harriers	21	193

English Championship 2016 – Results

Sponsored by Pete Bland Sports & inov-8

The six races are as follows:

Short:	UpTheNab	(Sat 7th May)
	Sedbergh Sports	(Sat 9th July)
Medium:	BlackCombe	(Sat 12th March)
	Pendle3Peaks	(Sat 20th Aug)
Long:	Borrowdale	(Sat 6th Aug)
	Langdale	(Sat 8th Oct)



MEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Simon Bailey	Mercia Fell Runners	202
2	Samuel Tosh	Rosendale Harriers & AC	201
3	Ben Mounsey	Calder Valley Fell Runners	191
4	Rob Hope	Pudsey & Bramley AC	189
5	Carl Bell	Keswick AC	186
=6	Steven Hebblethwaite	Keswick AC	184
=6	Rhys Findlay- Robinson	Dark Peak Fell Runners	184
8	Jamie Parkinson	Pudsey & Bramley AC	172
9	Mark Lamb	Keswick AC	171
10	Karl Gray	Calder Valley Fell Runners	163
11	Ian Holmes	Bingley Harriers & AC	160
12	Jack Wood	Ilkley Harriers AC	155
13	Neil Northrop	Dark Peak Fell Runners	150
14	Garry Greenhow	Ambleside AC	124
15	Rob Jebb	Bingley Harriers & AC	122
=16	Joe Baxter	Pudsey & Bramley AC	118
=16	Morgan Donnelly	Borrowdale Fell Runners	118
18	Sam Stead	Keswick AC	111
=19	Matthew Elkington	Dark Peak Fell Runners	109
=19	Phil Winskill	Keswick AC	109
21	Luke Maude	Barlick Fell Runners	107
=22	Martin Mikkelsen- Barron	Borrowdale Fell Runners	104
=22	Adam Perry	Helm Hill Runners	104
=24	Tom Addison	Helm Hill Runners	100
=24	Sam Watson	Wharfedale Harriers	100
=26	Mark Addison	Helm Hill Runners	98
=26	Nicholas Barber	Pennine Fell Runners	98

MEN'S O40 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Rob Hope	Pudsey & Bramley AC	168
2	Ian Holmes	Bingley Harriers & AC	158
3	Karl Gray	Calder Valley Fell Runners	155
4	Kieran Hodgson	Helm Hill Runners	138
5	Nigel Wood	Helm Hill Runners	125
6	Stephen Pyke	Dark Peak Fell Runners	124
=7	Jon Wright	Todmorden Harriers	115
=7	Morgan Donnelly	Borrowdale Fell Runners	115
9	Rob Jebb	Bingley Harriers & AC	114
10	Jim Davies	Borrowdale Fell Runners	109
11	Gavin Mulholland	Calder Valley Fell Runners	104
=12	Richard Houghton	Pennine Fell Runners	101
=12	Darren Kay	Calder Valley Fell Runners	101
=14	James Logue	Calder Valley Fell Runners	100
=14	Tim Cowin	Helm Hill Runners	100
16	Noel Curtis	Pennine Fell Runners	96
=17	Jon Deegan	Ambleside AC	83
=17	David Taylor	Dark Peak Fell Runners	83
19	David Milliken	Horwich RMI Harriers	81
20	Tom Brunt	Dark Peak Fell Runners	73
=21	Dave Ward	Pennine Fell Runners	71
=21	John Hunt	Dark Peak Fell Runners	71
=23	Steven Knowles	Pennine Fell Runners	70
=23	Pete Vale	Mercia Fell Runners	70
25	Spencer Riley	Wharfedale Harriers	62

MEN'S O45 CHAMPIONSHIP

Pos	Name	Club	Tot.
=1	Karl Gray	Calder Valley Fell Runners	165
=1	Ian Holmes	Bingley Harriers & AC	165
3	Stephen Pyke	Dark Peak Fell Runners	145
4	Jon Wright	Todmorden Harriers	141
5	Richard Houghton	Pennine Fell Runners	133
6	James Logue	Calder Valley Fell Runners	129
7	David Milliken	Horwich RMI Harriers	118
8	Jim Davies	Borrowdale Fell Runners	115
9	Gavin Mulholland	Calder Valley Fell Runners	114
10	Darren Kay	Calder Valley Fell Runners	111
11	Steve Angus	Keswick AC	107
12	Darren Fishwick	ChorleyAthletic and Triathlon Club	103
13	David Taylor	Dark Peak Fell Runners	102
=14	Jon Deegan	Ambleside AC	101
=14	Dave Nuttall	Bowland Fell Runners	101
16	John Hunt	Dark Peak Fell Runners	96
=17	Mike Johnson	Bowland Fell Runners	89
=17	Philip Pearson	Northern FellsRunning Club	89
19	Rick Stuart	Helm Hill Runners	84
20	Mike Robinson	Dark Peak Fell Runners	81
21	Ed Gamble	Cheshire Hill Racers	77
22	Craig Stansfield	Rosendale Harriers & AC	75
23	Steve Knowles	Pennine Fell Runners	73
24	Steve Bell	Dark Peak Fell Runners	72
25	Marcel Darling	Shelton Striders	70

MEN'S O50 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Ian Holmes	Bingley Harriers & AC	128
2	Stephen Pyke	Dark Peak Fell Runners	116
3	Richard Houghton	Pennine Fell Runners	108
4	Dave Nuttall	Bowland Fell Runners	90
=5	Mike Johnson	Bowland Fell Runners	85
=5	Philip Pearson	Northern FellsRunning Club	85
7	David Taylor	Dark Peak Fell Runners	83
8	Steve Bell	Dark Peak Fell Runners	79
9	Rick Stuart	Helm Hill Runners	75
10	David Milliken	Horwich RMI Harriers	74
11	Ed Gamble	Cheshire Hill Racers	70
12	Mike Egner	Settle Harriers	66
13	Paul Jeggo	Springfield Striders RC	62
14	Jim Davies	Borrowdale	58
=15	Leigh Warburton	Bowland Fell Runners	55
=15	John Hunt	Dark Peak Fell Runners	55
17	Ben Grant	Harrogate Harriers & AC	51
18	Tom McGaff	Cheshire Hill Racers	46
19	Vincent Booth	Cheshire Hill Racers	41
20	Steve Jackson	Horwich RMI Harriers	40
21	Chris Balderson	Bowland Fell Runners	39
22	Martin Holroyd	Borrowdale	38
23	Richard Byers	Cheshire Hill Racers	36
24	Ian Warhurst	Pennine Fell Runners	32
25	Garry Wilkinson	Clayton le Moors Harriers	30

Men's English Champion Simon Bailey, pressed by Sam Tosh who finished 2nd at Pendle Three Peaks



PHOTO ©

MEN'S O55 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Mike Johnson	Bowland Fell Runners	122
2	Philip Pearson	Northern FellsRunning Club	121
3	Mike Egner	Settle Harriers	111
4	Paul Jeggo	Springfield Striders RC	106
5	Ben Grant	Harrogate Harriers & AC	101
=6	Leigh Warburton	Bowland Fell Runners	100
=6	Tom McGaff	Cheshire Hill Racers	100
8	Steve Jackson	Horwich RMI Harriers	94
9	Ian Warhurst	Pennine Fell Runners	93
10	Barry Atkinson	York Knavesmire Harriers	86
11	Geoffrey Gough	Clayton le Moors Harriers	80
12	Brian Horn	Borrowdale Fell Runners	78
13	Jackie Winn	Ellenborough AC	70
14	Keith Holmes	Dark Peak Fell Runners	66
15	Jon Sharples	Clayton le Moors Harriers	65
16	Anthony Whitehouse	Totley AC	60
17	Brian Horrocks	Clayton le Moors Harriers	59
18	Brian Thompson	Helm Hill Runners	58
19	Brian Walton	Horwich RMI Harriers	53
20	Chris Davies	Saddleworth Runners Club	49
=21	Chris Wilcox	Buckley Runners	48
=21	Andy Shaw	Holmfirth Harriers AC	48
23	Ashley Kay	Dark Peak Fell Runners	47
24	Graham Schofield	Horwich RMI Harriers	46
25	Roy Gibson	Kendal Amateur AthleticClub	43

MEN'S O60 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Mike Egner	Settle Harriers	82
2	Tom McGaff	Cheshire Hill Racers	76
3	Ben Grant	Harrogate Harriers & AC	74
4	Steve Jackson	Horwich RMI Harriers	73
5	Brian Horn	Borrowdale Fell Runners	64
6	Keith Holmes	Dark Peak Fell Runners	57
7	Jon Sharples	Clayton le Moors Harriers	54
8	Jackie Winn	Ellenborough AC	53
9	Brian Thompson	Helm Hill Runners	52
10	Anthony Whitehouse	Totley AC	51
11	Brian Walton	Horwich RMI Harriers	46
12	Chris Wilcox	Buckley Runners	41
13	Dave Bowen	Pennine Fell Runners	38
14	Chris Davies	Saddleworth Runners Club	35
=15	Graham Schofield	Horwich RMI Harriers	34
=15	Richard Bellaries	Clayton le Moors Harriers	34
17	Andy Watts	Cheshire Hill Racers	27
=18	Andy Hauser	Holmfirth Harriers AC	23
=18	Michael McLoughlin	Preston Harriers	23
=20	Graham Mcara	Cheshire Hill Racers	19
=20	Stephen Storey	Penistone Footpath Runners	19
22	Kieran Carr	Clayton le Moors Harriers	16
=23	Jack Holt	Clayton le Moors Harriers	15
=23	Dick Spendlove	Calder Valley Fell Runners	15
=23	Dave Tait	Dark Peak Fell Runners	15



PHOTO © DAVE WEATHERHEAD

MEN'S O65 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Ben Grant	Harrogate Harriers & AC	88
2	Andy Watts	Cheshire Hill Racers	74
3	Dave Tait	Dark Peak Fell Runners	66
4	Adrian Dixon	Fell Runners Association	64
5	Dick Spendlove	Calder Valley Fell Runners	52
6	Kieran Carr	Clayton le Moors Harriers	51
=7	Jeffrey Norman	Altrincham and District AC	44
=7	Alan Brentnall	Pennine Fell Runners	44
=9	Jackie Winn	Ellenborough AC	41
=9	Les Thurston	Bishops Stortford/Matlock RC	41
11	Graham Breeze	Wharfedale Harriers	32
12	Martin Walsh	Bowland Fell Runners	31
13	Jeremy Brayshaw	Totley AC	22
14	Peter Ehrhardt	Todmorden Harriers	21
=15	Jack Holt	Clayton le Moors Harriers	19
=15	Barry Rawlinson	Rosendale Harriers	19
=17	Andrew Davies	Bridgnorth Running Club	18
=17	Neville Griffiths	Spectrum Striders	18
19	Peter Reed	Northumberland Fell Runners	17
20	Norman Eames	Rochdale Harriers & AC	16
=21	John Taylor	Bowland Fell Runners	14
=21	Ian Marshall	Cambridge Harriers	14
23	Tony Wimbush	Skipton AC	13
=24	Robert Taylor	Pennine Fell Runners	12
=24	Chris Clark	Keswick AC	12

MEN'S O70 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Dick Spendlove	Calder Valley Fell Runners	33
2	Kieran Carr	Clayton le Moors Harriers	30
3	Jeffrey Norman	Altrincham and District AC	28
4	Graham Breeze	Wharfedale Harriers	22
5	Peter Ehrhardt	Todmorden Harriers	17
6	Neville Griffiths	Spectrum Striders	12
=7	John Owen	Barnet and District AC	7
=7	Roger Ashby	Pennine Fell Runners	7
=9	Paul Walsh	Bowland Fell Runners	6
=9	Neville McGraw	Glossopdale Harriers	6
=11	John Armistead	Dark Peak Fell Runners	4
=11	Dennis Lucas	Rochdale Harriers & AC	4
=11	Arthur Clare-Hay	Mercia Fell Runners	4
14	Raymond Brown	Penistone Footpath Runners & AC	3



*Kim Collison
at Langdale*

MEN'S U23 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Matthew Elkington	Dark Peak Fell Runners	32
2	Tom Saville	Dark Peak Fell Runners	28
3	Danny Collinge	Clayton le Moors Harriers	20
4	Tom McGuinness	East Cheshire Harriers & Tameside AC	18
5	Felix McGrath	Westbury Harriers	15
6	Joe Mann	Ambleside AC	13
7	James Hall	Wharfedale Harriers	12
=8	David Cope	Howgill Harriers	9
=8	Oscar Meanwell	Borrowdale Fell Runners	9
=8	William Rigg	Black Combe Runners	9
11	Nicholas Colburn	Manx Fell Runners	6
12	Jack Wright	Ambleside AC	5
=13	Gavin Lloyd	Black Combe Runners	3
=13	Alex Hinchcliffe	Helm Hill	3
=13	Jordan McDonald	Clayton le Moors Harriers	3
=13	LouisForshaw- Perring	Buxton AC	3
17	Patrick Twentyman	Buxton AC	2
=18	Ben Ratcliffe	KeeleUniversityAthletics & Cross Country	1
=18	James Broom	Borrowdale Fell Runners	1
=18	George Pier	Clayton le Moors Harriers	1



Dark Peak's Nicky Parkin and Jon Morgan after the tough Lakeland Classic Langdale

MEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Dark Peak Fell Runners	42
2	Keswick AC	41
3	Pudsey & Bramley AC	34
4	Calder Valley Fell Runners	29
=5	Borrowdale Fell Runners	28
=5	Helm Hill Runners	28
7	Mercia Fell Runners	24
8	Ambleside AC	22
9	Pennine Fell Runners	14
10	Ellenborough Athletic Club	8
11	Todmorden	6
=12	Wharfedale Harriers	5
=12	Clayton-le-Moors Harriers	5
=14	Horwich RMI Harriers	3
=14	Bowland	3
=16	Bingley Harriers & AC	2
=16	Barlick Fell Runners	2

MEN'S O40 TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Calder Valley Fell Runners	45
2	Dark Peak Fell Runners	38
3	Helm Hill Runners	35
4	Ambleside AC	33
5	Pennine Fell Runners	31
6	Borrowdale Fell Runners	28
7	Todmorden Harriers	20
8	Clayton le Moors Harriers	16
9	Bowland Fell Runners	13
10	Cheshire Hill Racers	11
11	Horwich RMI Harriers	10
=12	Mercia Fell Runners	7
=12	Barlick Fell Runners	7
14	Keswick AC	6
15	Bingley Harriers & AC	5

MEN'S O50 TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Dark Peak Fell Runners	48
2	Bowland Fell Runners	36
3	Cheshire Hill Racers	30
=4	Clayton le Moors Harriers	28
=4	Pennine Fell Runners	28
6	Borrowdale	23
7	Helm Hill Runners	21
8	Horwich RMI Harriers	16
9	Harrogate Harriers & AC	13
10	Barlick Fell Runners	12
11	Penistone Footpath Runners & AC	8
12	Keswick AC	7
13	Mercia Fell Runners	6
14	Kendal Amateur Athletic Club	4
=15	Wharfedale	2
=15	Cambridge Harriers	2

WOMEN'S OPEN CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Victoria Wilkinson	Bingley Harriers & AC	125
=2	Nichola Jackson	Preston Harriers	114
=2	Lou Roberts	Ambleside AC	114
4	Sharon Taylor	Helm Hill Runners	112
5	Helen Berry	Holmfirth Harriers AC	104
6	Sophie Horrocks	Rosendale Harriers & AC	98
7	Emma Gould	Mercia Fell Runners	94
8	Heidi Dent	Howgill Harriers	89
=9	Gayle Sugden	Calder Valley Fell Runners	88
=9	Judith Jepson	Dark Peak Fell Runners	88
=11	Mel Price	Mercia Fell Runners	83
=11	Catherine Spurden	Keswick AC	83
13	Lucy Collins	Calder Valley Fell Runners	74
14	Anna Bartlett	Mercia Fell Runners	65
15	Alice Forster	Manx Fell Runners	58
16	Claire Green	Pudsey & Bramley AC	56
17	Nicky Spinks	Dark Peak Fell Runners	55
18	Hannah Russell	Helm Hill Runners	52
19	Lindsey Oldfield	Calder Valley Fell Runners	46
20	Lucy Spain	Helm Hill Runners	43
21	Steph Jones	Ambleside AC	42
22	Rachel Pilling	Pudsey & Bramley AC	41
23	Jenn Mattinson	Keswick AC	40
24	Nicola Parkin	Dark Peak Fell Runners	37
25	Jo Buckley	Calder Valley Fell Runners	34

WOMEN'S O40 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Lou Roberts	Ambleside AC	88
2	Helen Berry	Holmfirth Harriers AC	79
3	Gayle Sugden	Calder Valley Fell Runners	74
4	Mel Price	Mercia Fell Runners	71
5	Judith Jepson	Dark Peak Fell Runners	70
6	Anna Bartlett	Mercia Fell Runners	62
7	Nicky Spinks	Dark Peak Fell Runners	47
8	Helen Elmore	Dark Peak Fell Runners	41
9	Deborah Gowans	Accrington Road Runners	39
=10	Jo Buckley	Calder Valley Fell Runners	35
=10	Nicola Parkin	Dark Peak Fell Runners	35
12	Rowena Browne	Bowland Fell Runners	34
=13	Kirsty Hall	Wharfedale Harriers	32
=13	Jo Gillyon	Keswick AC	32
15	Jean Powell	Wharfedale Harriers	29
16	Rachel Hill	Settle Harriers	28
17	Jenny Caddick	Dark Peak Fell Runners	25
18	Alison Richards	Helm Hill Runners	24
19	Nina Skilton	Cannock & Stafford AC	22
=20	Jane Reedy	Ambleside AC	18
=20	Carol Evans	Settle Harriers	18
22	Alison Weston	Ilkley Harriers AC	17
=23	Carrie Gibson	Helm Hill Runners	16
=23	Sarah Ridgway	Mercia Fell Runners	16
25	Becky Weight	Bingley Harriers & AC	15

Lou Roberts at Langdale. Lou finished this season with a (joint) silver medal in the Open and gold in the Over 40s English Championship.



PHOTO © STEVE ASHWORTH

WOMEN'S O45 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Judith Jepson	Dark Peak Fell Runners	88
2	Anna Bartlett	Mercia Fell Runners	81
3	Rowena Browne	Bowland Fell Runners	62
4	Deborah Gowans	AccringtonRoadRunners	60
5	Nicky Spinks	Dark Peak Fell Runners	57
6	Jean Powell	Wharfedale Harriers	52
7	Nicola Parkin	Dark Peak Fell Runners	49
8	Alison Weston	Ilkley Harriers AC	46
=9	Nina Skilton	Cannock & Stafford AC	40
=9	Becky Weight	Bingley Harriers & AC	40
11	Rachel Hill	Settle Harriers	37
=12	Ann-Marie Jones	Altrincham and District AC	36
=12	Jane Mellor	Pennine Fell Runners	36
14	Jacqueline Keavney	Richmond and Zetland	33
15	Carol Evans	Settle Harriers	29
=16	Marie Robson	Helm Hill Runners	28
=16	Wendy Dodds	Clayton-le-Moors Harriers	28
18	Patricia Goodall	Totley AC	25
19	Eleanor Knowles	Ambleside AC	23
20	Jo Wilcox	Helm Hill Runners	20
21	Kelly Whiteside	Barlick Fell Runners	19
22	Tracey Greenway	Derby Athletic Club	18
=23	Sally Newman	Saddleworth Runners Club	17
=23	Steph Curtis	Pennine Fell Runners	17
=25	Pippa Wilkie	Dark Peak Fell Runners	16
=25	Kerry Cornforth	Borrowdale Fell Runners	16

WOMEN'S O50 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Rowena Browne	Bowland Fell Runners	38
2	Judith Jepson	Dark Peak Fell Runners	36
3	Deborah Gowans	Accrington Road Runners	31
4	Alison Weston	Ilkley Harriers AC	28
=5	Ann-Marie Jones	Altrincham and District AC	20
=5	Becky Weight	Bingley Harriers & AC	20
7	Jacqueline Keavney	Richmond and Zetland	19
8	Carol Evans	Settle Harriers	18
9	Jane Mellor	Pennine Fell Runners	16
=10	Patricia Goodall	Totley AC	13
=10	Wendy Dodds	Clayton-le- Moors Harriers	13
12	Tracey Greenway	Derby Athletic Club	12
13	Sally Newman	Saddleworth Runners Club	9
=14	Pippa Wilkie	Dark Peak Fell Runners	8
=14	Kathleen Brierley	Todmorden Harriers	8
=16	Elizabeth Batt	Dark Peak Fell Runners	7
=16	Caroline Holden	Helm Hill Runners	7
=18	Sue Haslam	Scarborough Athletic Club	4
=18	Julie Gardner	Macclesfield Harriers	4
=18	Lesley Malarkey	Keswick AC	4
=21	Lindsay Buck	Cumberland Fell Runners	3
=21	Sue Howarth	Mercia Fell Runners	3
23	Jackie Casey	Black Combe Runners	2
=24	Denise Tunstall	Durham Fell Runners	1
=24	Jane Leonard	Todmorden Harriers	1



Denise Wright (Bingley)
traversing under Rosset
Pike at Langdale

PHOTO © DAVE WEATHERHEAD

WOMEN'S O55 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Becky Weight	Bingley Harriers & AC	40
2	Wendy Dodds	Clayton le Moors Harriers	36
3	Ann-Marie Jones	Altrincham and District AC	33
4	Patricia Goodall	Totley AC	26
5	Julie Gardner	Macclesfield Harriers & AC	20
=6	Sue Haslam	Scarborough Athletic Club	16
=6	Lesley Malarkey	Keswick AC	16
=8	Sally Newman	Saddleworth Runners Club	12
=8	Sue Howarth	Mercia Fell Runners	12
10	Anne Ferguson	Burnden Road Runners	11
11	Kath Brierley	Todmorden Harriers	8
=12	Lindsay Buck	Cumberland Fell Runners	7
=12	Katy Thompson	Clayton le Moors Harriers	7
=14	Jackie Casey	Black Combe Runners	6
=14	Alison Brentnall	Pennine Fell Runners	6
=14	Jane Leonard	Todmorden Harriers	6
17	Pauline Symonds	Howgill Harriers	5
18	Hilary Tucker	North Leeds Fell Runners	4
=19	Gwen Kinloch	Burnden Road Runners	2
=19	Kate Ayres	Ambleside AC	2
=19	Linda Lord	Clayton le Moors Harriers	2
=19	Louise Lyness	Black Combe Runners	2
23	Caroline Pollard	Wharfedale Harriers	1

WOMEN'S O60 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Ann-Marie Jones	Altrincham and District AC	36
2	Patricia Goodall	Totley AC	30
3	Wendy Dodds	Clayton le Moors Harriers	26
4	Sue Haslam	Scarborough Athletic Club	24
=5	Katy Thompson	Clayton le Moors Harriers	17
=5	Alison Brentnall	Pennine Fell Runners	17
7	Linda Lord	Clayton le Moors Harriers	16
8	Lou Lyness	Black Combe Runners	14
9	Lesley Malarkey	Keswick AC	10
10	Pauline Symonds	Howgill Harriers	7
11	Moyra Parfitt	Todmorden Harriers	5
12	Beryl Buckley	Glossopdale Harriers	3
13	Brenda Roberts	Saddleworth Runners	1

WOMEN'S O65 CHAMPIONSHIP

Pos	Name	Club	Tot.
1	Wendy Dodds	Clayton le Moors Harriers	36
2	Linda Lord	Clayton le Moors Harriers	28
3	Alison Brentnall	Pennine Fell Runners	26
4	Lou Lyness	Black Combe Runners	24
5	Lesley Malarkey	Keswick AC	20
6	Moyra Parfitt	Todmorden Harriers	13
7	Beryl Buckley	Glossopdale Harriers	11
8	Brenda Roberts	Saddleworth Runners	5
9	Karen Goss	Clayton le Moors Harriers	3

WOMEN'S U23 CHAMPIONSHIP

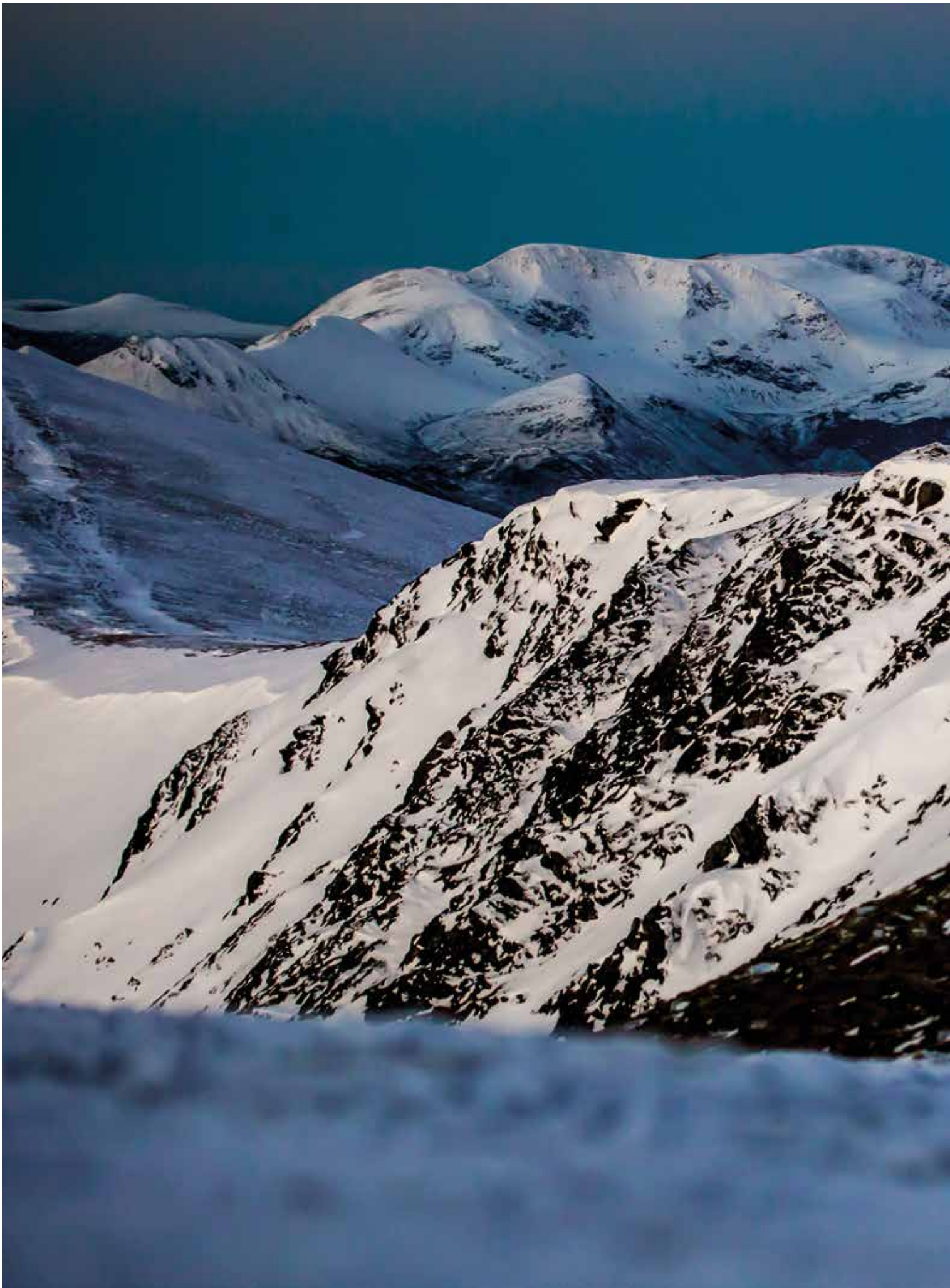
Pos	Name	Club	Tot.
1	Hannah Russell	Helm Hill Runners	36
2	Anna Hoogkamer	Ambleside AC/Dark Peak Fell Runners	31
3	Ellie Crownshaw	Dark Peak Fell Runners	23
4	Hannah Bradley	Cumberland Fell Runners	22
=5	Chloe Routledge	Ambleside AC	18
=5	Hannah Newbold	Barlick Fell Runners	18
7	Rachael Crossland	Calder Valley Fell Runners	16
8	Josie Lloyd	Mercia Fell Runners	6
9	Katie Wright	Ambleside AC	4

WOMEN'S OPEN TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Mercia Fell Runners	45
2	Calder Valley Fell Runners	37
3	Helm Hill Runners	35
4	Dark Peak Fell Runners	34
5	Ambleside AC	33
6	Keswick AC	29
7	Pennine Fell Runners	19
8	Pudsey & Bramley AC	16
9	Bingley Harriers & AC	15
10	Wharfedale Harriers	10
=11	Borrowdale Fell Runners	5
=11	Rosendale Harriers	5
=13	Holmfirth Harriers	3
=13	Todmorden	3
=15	Barlick Fell Runners	1
=15	Macclesfield Harriers & AC	1
=15	Clayton Le Moors	1

WOMEN'S O40 TEAM CHAMPIONSHIP

Pos	Club	Tot.
1	Dark Peak Fell Runners	48
2	Helm Hill Runners	34
3	Keswick AC	29
4	Bingley Harriers & AC	27
5	Ambleside AC	26
6	Mercia	21
7	Wharfedale Harriers	16
8	Clayton le Moors Harriers	14
9	Borrowdale Fell Runners	9
10	Todmorden Harriers	8
11	Settle Harriers	6
=12	Cumberland Fell Runners	5
=12	Burnden Road Runners	5
=14	Black Combe Runners	3
=14	Glossopdale Harriers	3
=14	Pennine Fell Runners	3





2016 Senior British Athletics Mountain Running Championships

Saturday 30th July 2016

Incorporating the 2016 British Athletics World Mountain Running Championship Trial Races (Senior & Junior), British Athletics Mountain Running Senior Home International.

With an excellent mountain running course such as Fitz Park (in Keswick) to Skiddaw it seems a waste to stage only a single event. The proceedings on a clear if cloudy Saturday morning thus included the British MR Championships, the Senior Home Countries International, and threw in both Senior and Junior trial races for the upcoming World MR championships, to be held 6 weeks later in Bulgaria. As the Worlds were to be uphill only, this suite of races also used an uphill course.

Activities commenced with the Junior women in a trial race on a course of 3.7km with 510m of climb. This was won convincingly by Heidi Davies, followed in by Bronwen Jenkinson and Emily Nicholson. Elizabeth Apsley took fourth place, and those four athletes were later selected for the Worlds.

The trial race for the Junior men extended to 7.7 km, with 846 m of ascent. Euan Gilham led the field home by over a minute, and the other podium places were taken by Joshua Boyle and Nathan Smith, with Ciaran Lewis fourth. Again, those four first finishers were selected by British Athletics for the World Championships.

For Senior athletes this was the seventh Senior Mountain Running Home International. It was ideal conditions for the event and the England teams took full advantage of the cool and overcast day in Keswick, with the men retaining the team title and the women retaining their team title. This year's race started in Fitz Park and went up Latrigg fell and then on to Skiddaw fell to finish. The women's race was 7.7km with 846m of ascent and the men's 11.3km with 1080m of ascent.

Due to the strength of our mountain running teams at present we were lucky enough to enter two England teams in each race.

The women's race started at midday

and Hatti Archer (Hallam, coached by Bud Baldaro) led from the start to win the British title in convincing style. Hatti's win was particularly impressive since her last race was back in March, but the packing of the England team behind was equally impressive. Vic Wilkinson (Bingley), Annie Conway (Ambleside) and Rebecca Hilland (Team Bath) all crossed the line in quick succession to give England the next three places, with Heidi Dent (Howgill, Derek Hurton) then coming in 5th the team title was never in doubt. Also having great races were England's Katie Walshaw (Holmfirth, Katherine Farquhar) in 7th showing she is now over her injury problems, Lou Roberts (Kendal / Ambleside) and Julie Briscoe (Wakefield, Bashir Hussain) finishing 8th and 10th two weeks after racing the tough Snowdon Mountain race. Caroline Lambert (Wetherby, Bill Foster) finished a creditable 18th on her Senior debut for England.

An hour later the senior men set off but had the extra distance and climbing of a lap round Latrigg fell. Similar to the women's



PHOTO © MARK CROASDALE



Men's Senior podium, from left Jonathon Albon, Andrew Douglas, Chris Smith

PHOTO © MARK CROASDALE



England Senior Men

PHOTO © MARK CROASDALE



Women's Senior podium, from left Vic Wilkinson, Hatti Archer, Annie Conway

PHOTO © MARK CROASDALE



Top Ten women from the British Championships (missing Scout Adkin)

race Andrew Douglas (Scotland) started at the front and was never headed, winning the British title in convincing style, but Scotland weren't going to take the team title as England dominated the placings with Jon Albon, Chris Smith (Thames Valley, Phil O'Dell), Chris Farrell (Horwich) and Max Nicholls (Tonbridge, Peter Brenchley) all finishing within 55 seconds of each other to claim the next 4 places for England. In 7th was Tom Adams (Ilkley) having a great uphill run, followed by Ben Mounsey (Stainland/Calder Valley) in 10th. With this dominating display England regained the team title from Scotland. Tom McGuinness (East Cheshire, Jack Dobson) making his England debut and running for the Under 23s had a good run in 18th. He was followed by Steve Hebblethwaite (Keswick, self-coached) in 25th and Dave Archer (Hallam, self-coached) in 27th. Chris Steele (Borrowdale/Border) struggled in the race and was unable to finish.

There is a report on the World Mountain Running Championships elsewhere in this magazine, the teams for which were selected following this race.

Men

1st	Andrew Douglas (Sco)	54.09
2nd	Jonathan Albon (Eng A)	56.12
3rd	Chris Smith (Eng A)	56.15
4th	Chris Farrell (Eng B)	
5th	Max Nicholls (Eng) (U23)	
7th	Tom Adams (Eng A)	
10th	Ben Mounsey (Eng B)	
18th	Tom McGuinness (Eng) (U23)	
25th	Steve Hebblethwaite (Eng B)	
27th	Dave Archer (Eng A)	

Teams men

1st	England
2nd	Scotland
3rd	N Ireland

Women

1st	Hatti Archer (Hallam)	46.48
2nd	Vic Wilkinson (Eng)	47.44
3rd	Annie Conway (Eng)	48.07
4th	Rebecca Hilland (Eng)	
5th	Heidi Dent (Eng)	
7th	Katie Walshaw (Eng)	
8th	Lou Roberts (Eng)	
10th	Julie Briscoe (Eng)	
18th	Caroline Lambert (Eng)	

Teams women

1st	England
2nd	Scotland
3rd	Wales

International Mountain Running Youth Cup

Janské Lázně – Czech Republic, 25 June 2016

PHOTO © DUNCAN RICHARDS



England Junior Teams

Scarlet Dale (Lancaster & Morecambe, coach: Colin Gemson) had an excellent run to finish 5th in the International Mountain Running Youth Cup and led the England U18 team to 5th place on a tough, steep, uphill only course. Anna MacFadyen of Scotland was the next British finisher in 7th, in a race won by Czech athlete Barbora Havličková. Scarlet Dale goes on to represent GB & NI in the U20 race at the European Mountain Running Championships in Arco, Italy next weekend. Elliott Matier of England (Carlisle

Aspatria, coach: Stuart Robinson) led the Home Countries athletes and achieved his target of a top 10 finish in coming 9th – an improvement of 10 places on his performance at this event in Bulgaria last year. The U18 Junior Men's race was dominated by the Turkish who had 6 athletes in the first 7, taking all 3 individual medals and gold and silver in the team competition. England just lost out on bronze to Italy – Matier had only finished 5th in the England trial and was therefore in the B team and could not count.

U18 Junior Men 4.7km, 560m ascent (uphill only)

1.	Ahmet Alkanoglu	TUR 1	26:19
9.	Elliott Matier	ENG 2	28:14
10.	Joseph Dugdale	ENG 1	28:16
11.	Alfie Thompson	ENG 1	28:19
22.	Tristan Rees	SCO	29:42
24.	Nathan Smith	ENG 1	30:04
27.	Joseph Crutchley	WAL	30:25
28.	James Lund	ENG 1	30:36
29.	Finlay Todd	SCO	30:51
32.	Cedol Dafydd	WAL	31:02
39.	Scott McKeag	NIR	31:53
41.	George Rees	SCO	31:57
42.	Thomas Jones	WAL	31:57
50.	Aaron Harrison	NIR	32:54
55.	Jack O'Farrell	NIR	34:22



England Junior Men's Team

Teams:

1.	Turkey 1	7
4.	England	45
9.	Scotland	92
10.	Wales	101
15.	Northern Ireland	144

U18 Junior Women 2.6km, 280m ascent (uphill only)

1.	Barbora Havličková	CZE	19:36
5.	Scarlet Dale	ENG 1	20:27
7.	Anna MacFadyen	SCO	20:42
16.	Alice Moore	ENG 1	21:07
22.	Mairi Wallace	SCO	21:52
23.	Lauren McNeil	ENG 1	21:58
26.	Grace Whelan	SCO	22:02
28.	Lucy Byram	ENG 2	22:13
34.	Jemima Elgood	ENG 1	23:10
36.	Annabelle McQueen	WAL	23:18
41.	Rhiannon Kamink	WAL	23:58
44.	Holly Roberts	WAL	24:20
46.	Ellie Kiff	WAL	24:49

Teams:

1.	Poland	27
5.	England	44
7.	Scotland	55
11.	Wales	121



Scarlet Dale (left), first England counter, with team-mate Jemima Elgood

PHOTO © DUNCAN RICHARDS

KONG

ADVENTURE

WWW.KONGADVENTURE.COM



Lakeland's Premier Running Emporium

Race sponsorship - Shoe fitting - Running events - Expert advice



Heads Road, Keswick, Cumbria, CA12 5EZ

Tel 017686 75907

2016 Mountain Highs

2015 was always going to be hard to follow for the British mountain running teams, when every team member came back from the World Championships with a medal. With the added challenge of some runners deciding to move away from international mountain running for 2016, it was a chance for new blood to show what they could do, as well as experienced runners to continue to perform.

2016 was also a year of change: for the first time it was a GBR team which contested the World Long Distance Championships, and for the last time at a world championships Men's and Women's race distances were different (the WMRA having agreed to have equal race distances and equal team sizes (4) for both senior and junior races from 2017 onwards).

WORLD LONG DISTANCE CHAMPIONSHIPS

Held in Podbrdo Slovenia, the World Long Distance Championships were certainly that – at 42.2km the races were the maximum length allowed, and incorporated 2,800m of climb, giving winning times of 3 hr 44 and 4hr 29 for men and women respectively. Having selected strong teams from the trial held as part of the 3 Peaks race, GBR were hopeful of medals, and medals were delivered.

Annie Conway won a superb gold in the Women's race, to take first place by 57 seconds in a time of 4:29:01. She was backed up by Vic Wilkinson (14), Helen Berry (18) and Helen Bonsor (23) to deliver the Women's Team bronze, only a cumulative 5 minutes behind silver. The men likewise all ran brilliantly, with all five runners in the top 20 (the only nation to do that). Led by Tom Owens in 4th, and backed



Britain's full team for the World Long Distance

PHOTO © HELEN MACVICKER

up by Ricky Lightfoot (6), Andy Davies (9), Karl Gray (12) and Rob Hope (16), the men

took the silver medal, again a close five minutes off gold.



PHOTO © HELEN MACVICKER

Annie Conway winning the World Long Distance MR Championship in Slovenia

EUROPEAN CHAMPIONSHIPS

The 2016 Europeans were up-and-down and were held in Italy, which only added to the pressure of challenging the Italian teams. Held in Arco it would be fair to say the courses were unique, at times winding in and out of an old ruined castle which sits atop of the town, making for some spectacular photos. On a day which saw the senior men in particular treated to classic British rainy conditions, it was the individual women who shone, with Emmie Collinge winning the senior women's event and Heidi Davies, junior women's bronze.

In the team events Heidi, backed up by Scarlet Dale (5), Laura Stark (10) and Isabel Williams were crowned Junior Women's European champions. Emmie along with Heidi Dent (7), Rebecca Hilland (13) and Sarah Tunstall (14) took silver in the Senior Women's event. The Senior Men had everyone on edge with a very close performance, but led by Andrew Douglas in 4th, along with Chris Smith (12), Tom Adams (17) and Ben Mounsey (25) they took the bronze, two points off silver and two points off 4th. Not to be outdone, a young Junior Men's team of Ciaran Lewis (13), Gavin Bryson (17), Jake Smith (21) and Josh Boyle (26), finished just out of the medals in 4th.



PHOTO © LAURA STARK

Emmie Collinge heading for gold in the Europeans



PHOTO © LAURA STARK

Britain's team at the European Championships

WORLD CHAMPIONSHIPS

An uphill World Championships at altitude was always going to present a challenging environment, and so it proved. Held in Sapareva Banya in Bulgaria, despite some great performances, most notably from Bronwen Jenkinson who won the Junior Women's bronze medal, the teams were all out of the medals, with both the Junior and Senior Women finishing 4th – the latter by an excruciating one point from the USA. While some runners may, on the day, have not run as well as they are capable of, what was clear from being at the finish line of each race, was that none of them could have given more during the race.

Junior Women: 4th team, with Bronwen Jenkinson (3), Heidi Davies (20), Elizabeth Apsley (27) and Emily Nicholson (33).

Junior Men: 7th team lead home by Euan Gillham (13), Nathan Smith (24), Ciaran Lewis (36), plus Josh Boyle who failed to finish.

Senior Women: 4th team, with Hatti Archer (10), Vic Wilkinson (11), Emmie Collinge (16) and Annie Conway (45).

Senior Men: 5th team led by Andy Douglas (11), Chris Smith (13), Graham Gristwood (31), Chris Farrell (34), Tom Adams (51) and Max Nicholls (56)

Looking forward to 2017, the timing of events creates some interesting challenges, with the World Championships being 3 weeks after the European Championships and one week before the World Long Distance – it also creates some great medal chances for the teams



Bronwen (right) receiving her bronze World Championship medal

PHOTO © PHIL GALE (WWW.PHILGALEPORTFOLIO.COM)



The British team for the World Mountain Running Championships

PHOTO © PHIL GALE (WWW.PHILGALEPORTFOLIO.COM)



Andrew Douglas powering uphill in the Worlds



Bronwen Jenkinson, plus flag, cruises home to bronze medal position

PHOTO © PHIL GALE (WWW.PHILGALEPORTFOLIO.COM)

PHOTO © SPORTS PHOTO AGENCY LAPBG



DON'T RUN THROUGH CHRONIC INJURY

THE SPECIALISTS FOR RUNNING INJURIES

- ◆ digital dynamic running analysis
- ◆ one visit treatments available
- ◆ custom made orthoses "while you wait"
- ◆ on-site workshop ensures comfort
- ◆ orthotics tested in Video Gait Laboratory
- ◆ all devices individually designed/produced

Clinical Director and PODIATRIST
ANDREW STANLEY BSc (Hon) PodM MChs SRCH
Specialist in biomechanical dysfunction, sports and activity related injuries in the feet and legs

COMMON RUNNING INJURIES

- ◆ All foot problems
- ◆ Plantarfaciitis
- ◆ Achilles Tendonitis
- ◆ Ankle Pain
- ◆ Deep Calf Pain
- ◆ Shin Splints
- ◆ Knee Injuries
- ◆ Osgood Schlatters Syndrome
- ◆ Chondromalacia Patellae
- ◆ Iliotibial Band Syndrome
- ◆ Hip Pain
- ◆ Lower Back Pain. etc

www.reboundclinic.co.uk

Or for a brochure and appointments

Tel - 01729 825900

Rebound Clinic, The Sidings, Settle, North Yorks

Biomechanical Consultants to Trail Magazine and George Fisher Group

The Wharfedale Clinic

OF MUSCULOSKELETAL AND SPORTS MEDICINE

CO SPONSORS OF THE YORKSHIRE SENIOR CHAMPIONSHIPS

Dr Martyn B Speight

MB ChB, Dip Sports Med, MLCOM, Dip M-S Med, FFSEM

Musculoskeletal and Sports Physician

Registered Specialist with Private Health Insurers

The Wharfedale Clinic now offers an on site multidisciplinary team, working together to provide a team of practitioners offering management from diagnosis, treatment, rehabilitation and prevention of injury recurrence.

- Musculoskeletal/Sports Physician
- Diagnostic Ultrasound Scanning
- Joint/Soft Tissue Injection Therapies
- Spinal Manipulative Therapy
- Podiatry/Biomechanics/Gait Analysis
- Physiotherapy/Functional Rehabilitation Therapy
- Exercise Prescription
- Clinical Pilates
- Strength & Conditioning/Personal Training/Sports Massage



Musculoskeletal and Sports Medicine encompasses many disciplines, and as such, certain conditions may require onward referral for specialist/specific investigations eg MRI, CT, Bone Scan, X-Ray, Nerve Conduction Studies, Blood Tests, etc, etc. We are able to make onward referral for many different types of investigations or specialists opinions (e.g. specialist surgeons) on certain conditions through a comprehensive national network.



BARDEN HOUSE, 50 PARK ROAD, GUISELEY, LS20 8AR

Tel: 01943 850950 Fax: 01943 878338

British and Irish Junior Mountain Running Championships and Junior Home International

Keswick, 17 September 2016

The full England Squad



PHOTO © ANNE BUCKLEY

This event has categories for U17 and U20 competitors, and this year was run over uphill-only courses of 2.1km for U17 Women, 3.2km for U20 Women and U17 Men, and 5km for U20 Men. All the courses finished at Skiddaw Little Man, having started at appropriate points on the path from Keswick.

England's junior mountain runners successfully defended the overall team title they won in Wales last year, beating Scotland by just one point in an exciting contest. The standard of the four races was extremely

high with the participation of six of the eight U20 athletes who ran for GB & NI in the World Championships a week earlier.

The U20 Men's race was dominated by Scotland's Euan Gillham, who had finished 13th in the World Championships in Bulgaria. The England runners packed well, led home by Jack Hindle in 5th. B team runners Jake Smith and Chris Richards produced excellent performances finishing 6th and 7th. Elliott Matier and Calum Davidson made up the England A team scorers with the team finishing second to Scotland.

Fresh from her bronze medal in the World Championships a week earlier, Bronwen Jenkinson of Wales took the U20 Women's title. Scarlet Dale of England had a great run to take the silver medal ahead of Heidi Davies, the European bronze medallist who finished third. Good packing by England resulted in the team title with Hannah Russell and Emma Clapton completing the scorers. Lucy Byram of England B finished an excellent 5th overall.

England dominated the U17 Men's race with Nathan Smith, Joe Dugdale and

PHOTO © DAVE WOODHEAD



England's U17 'A' team Men, Joe Edmondson, Joe Dugdale, Nathan Smith and Joe Hudson



England's U20 'A' team Women, Emma Clapton, Scarlet Dale, Hannah Russell, and Robyn Bennett

PHOTO © DAVE WOODHEAD



Joe Hudson taking gold, silver and bronze respectively and with that the team title.

In the U17 Women's race Esme Davies won an excellent individual bronze medal behind Grave Whelan and Lynn McKenna of Scotland. The England team also finished second to Scotland with Holly Page and Eve Crownshaw completing the team. B team runner Imogen Burrow made a huge improvement from the trial race in finishing 7th overall.

RESULTS

U20 Men

1	Euan Gillham	Scotland
2	Ciaran Lewis	Wales
3	Tristan Rees	Scotland

Team placings:

1 – Scotland, 2 – England, 3 - Wales

U20 Women

1	Bronwen Jenkinson	Wales
2	Scarlet Dale	England
3	Heidi Davies	Wales

Team Placings:

1 – England, 2 – Wales, 3 – Scotland

U17 Men

1	Nathan Smith	England
2	Joe Dugdale	England
3	Joe Hudson	England

Team Placings:

1 – England, 2 – Scotland, 3 – Wales

U17 Women

1	Grace Whelan	Scotland
2	Lynn McKenna	Scotland
3	Esme Davies	England

Team Placings:

1 – England, 2 – Scotland, 3 – Wales

Snowdon International Mountain Race

6th July

On a very wet day over 600 runners gathered on the start line for the 41st running of this classic event. England had very strong and experienced teams, there was Chris Smith, Ben Mounsey and Heidi Dent who had represented Great Britain two weeks previously at the European Mountain Running Championships along with Rob Hope who'd been to the World Long Distance Mountain Running Championships a couple of weeks before that!! Add Chris Farrell, Lou Roberts and Julie Briscoe and the teams had high expectations.

The race started at 2pm but it was still wet and the cloud made visibility poor. Early in the race Chris Smith took the lead followed by Italians Luca Cagneti and Nicola Pedergana, Chris had an exceptional climb and went over the top in one of the fastest times in recent years!! Even though there were some good descenders in the race no one made any time on the descent and Chris won in an excellent 1hr 5mins 48sec for the 10 mile race. In the battle for 2nd which involved the two Italians, a Frenchman and an Englishman, Chris Farrell came out on top and gave England a one-two at the finish. He was closely followed by Rob Hope and Ben Mounsey in 6th and 7th to give England a comfortable Men's Team title.

The Women's race followed a similar format with Sarah

Mulligan (Republic of Ireland) also having a great climb reaching the top in 50mins 39s. On the run down Heidi Dent of England closed to within 19 seconds of her with an amazing descent, but had to settle for second place. With Lou Roberts in 4th and Julie Briscoe in 10th England again comfortably gained the Women's Team title.



The England Men's team (l-r): Ben Mounsey, Rob Hope, Chris Farrell, Chris Smith

PHOTO © MARK CROASDALE



Chris Smith flies to overall victory

PHOTO © MARK CROASDALE



The England Women's team, Lou Roberts, Julie Briscoe and Heidi Dent

PHOTO © MARK CROASDALE

Men

1st	Chris Smith	(England)	1hr 05mins 48sec
2nd	Chris Farrell	(England)	1hr 07mins 13sec
3rd	Luca Cagnati	(Italy)	1hr 07mins 16sec
6th	Rob Hope	(England)	1hr 08mins 39sec
7th	Ben Mounsey	(England)	1hr 08mins 58sec

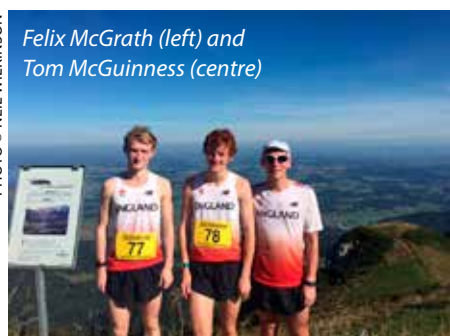
Women

1st	Sarah Mulligan	(Rep Ireland)	1hr 20mins 51sec
2nd	Heidi Dent	(England)	1hr 22mins 11sec
3rd	Stephanie Provan	(Scotland)	1hr 23mins 54sec
4th	Lou Roberts	(England)	1hr 24mins 27sec
10th	Julie Briscoe	(England)	1hr 29mins 10sec

England Athletics U23 Development Trip

*To World Mountain Running World Cup Race
Hochfelln Mountain Race – Germany 25.09.16*

PHOTO © NEIL WILKINSON



Felix McGrath (left) and Tom McGuinness (centre)

Felix McGrath and Tom McGuinness acquitted themselves well in a stellar international field at the Hochfelln Mountain Race (8.9km, 1074m ascent) in Bavaria, finishing 16th and 19th respectively. The race was won by Eritrean Petro Mamu Tekle closely followed by his compatriot Yossief Tekle. Andrew Douglas of Scotland finished 4th in his bid to retain the World Cup title he won last year. The Women's race was won by World Champion Andrea Mayr of Austria.

This opportunity provided valuable experience for the England U23s, allowing them to test themselves against a world-class field in an uphill only race. The race finished at the top of the Hochfelln mountain with stunning views of the Bavarian and Austrian Alps. There was plenty of time to get to know some of the other athletes and learn from their experience while enjoying the refreshments at the finish.

Felix McGrath said "I feel I got the pacing right and I came through well trying to catch the American runner in front of me."

Tom McGuinness said "It was a fantastic experience and I will take away great memories of the atmosphere at the top", but he confessed to being surprised at the intensity of the pace uphill, which allowed no real let up.

Both athletes came away with an awareness of how to increase and amend their training to make further progress.

Team manager Neil Wilkinson said "I was impressed with Tom and Felix's performances on a bigger stage. Hopefully giving them the experience of international travel and racing, will whet their appetite for future success."



Tom McGuinness, in action

PHOTO © NEIL WILKINSON

Jasmin's Paddy Buckley Round



PHOTO © ADAM STIRK

Climbing Pen yr Ole Wen

On Sunday 2nd October I ran a Paddy Buckley Round in 18:33, and thus completed the classic UK trio of big mountain rounds, having run a Bob Graham Round (15:24) and a Ramsay Round (16:13) earlier in the season. Of the three rounds, the Paddy Buckley proved the biggest challenge, not only physically, but also mentally.

I started at 5am from Llanberis, running clockwise. In contrast to the Bob Graham and Ramsay, I had not been able to retrace the Paddy Buckley route, and there were large sections (Capel Curig to Rhyd Ddu) which I didn't know at all. Luckily I was supported on the day by a fantastic team, and had people with local knowledge to navigate each leg. The attempt was originally planned for 1st October, but on the basis of a terrible weather forecast, I delayed the start by 24 hours. The decision paid off, and I was rewarded with one of those perfect autumn days - still and sunny, with dazzling views and beautiful colours.

With Konrad's help, I had cobbled together a 19-hour schedule, which would put me just inside Nicky Spinks' 2013 record of 19:02. As usual however, I planned to feel rather than splits, which was just as well since some of them turned out to be hugely inaccurate.

Leg 1: Llanberis to Llyn Ogwen

Under any other circumstances meeting two strangers in an empty car park at 4:45am would be regarded as highly suspicious... Tim and Chris had kindly offered to run the first leg with me, which was a huge bonus considering their local knowledge (them being the current and previous record holders for the PBR). After a friendly greeting, and some jokes about their matching gear (unintentional they claimed!), we counted down the seconds to 5am, and set off into the darkness, with Konrad and Moss looking on. We made rapid progress through the complex turns of the quarries and along the steep railroad sleepers beyond. As we neared the first summit, Elidir Fach, we were enveloped in a thick fog, which persisted for much of the leg. Despite discovering that our only compass contained a bubble, Tim and Chris nailed the lines, and we continued to tick off the summits as the blackness around us turned to grey. In their greasy wet state, the rocks of the Glyders were treacherous, and we were forced to slow down, aware that a fall could do significant damage. The clag cleared as we approached Tryfan, and we exclaimed at the beauty of the Llyn Ogwen valley below us, bathed in golden light. We

slithered down the descent, and ran into the changeover bang on schedule. With some difficulty, I pulled my wedding ring off my already swelling finger (having forgotten to do so earlier), exchanged it for a cup of cocoa and a cake, and ran on through.

Leg 2: Llyn Ogwen to Capel Curig

(pacers: Anthony Bethell, Alex McVey, Adam Stirk)

Armed with a fresh team, we started the ascent of Pen yr Ole Wen via the east ridge. I was worried to find myself feeling tired already, particularly when we reached the summit a couple of minutes outside the estimated split. Once on top, Alex and Adam pulled ahead and I worked to keep up, aware by now that on this occasion I'd omitted the 'easy' first 8 hours of running I'd enjoyed on the Bob Graham and Ramsay Rounds. Approaching Carnedd Lewellyn we were surprised to meet a group of 30 or so walkers coming the other way at a pretty steady pace. They were only carrying small packs, so they can't have been out all night, goodness knows what time they had set off! We overshot the summit slightly, but Ant called us back, limiting time lost to a couple of minutes. In the growing warmth of the morning sun (Ant already had his

shirt off, which shows how lucky we were for the time of year), we descended to the col where Digby and his son Saam were waiting patiently with fresh supplies. Consuming a combination of pickled onion Fish n' Chips, banana, and milkshake, I scrambled up to the summit of Pen Yr Helgi Ddu, and on to Pen Lithrig. Ant led us off on a direct line through deep heather, and then over the little footbridge and onto the boggy path down to Capel Curig.

Leg 3: Capel Curig to Nantmor

(pacers: Jim Mann, Liz Barker, Tim Budd, Jon Ascroft, John Ryan)

This leg is regarded by many, including myself, as the hardest of the Paddy Buckley Round. Not only is it the longest, but the many indistinct summits also make navigation challenging, and the terrain is rough and frequently wet.

The first climb, up to the summit of Moel Siabod, was where I really started to struggle, and where I realised what a challenge the rest of the round would be. Still, my pacers were all enthusiasm, and so I battled on, towards the back, head down, getting on with it as best I could. Jim did an awesome job navigating us through the rough heathery terrain (very much a feature of the Paddy Buckley Round, in particular this leg and the following one), and doing his best to avoid the deepest bogs. The heavy rain of the previous day had left the ground waterlogged, and we were frequently forced to deviate from the optimal line, crossing and re-crossing the fence in order to bypass the flooded areas. Jim and John R quickly developed a pattern whereby John avoided the summits, and instead carried Jim's bag, allowing Jim to save energy for navigation (and supporting again on leg 4). This worked well until Allt-fawr where John suddenly disappeared (it is rumoured that he was sabotaged by suboptimal directions...), prompting cries of 'Where's John?!' as we started the descent. Jon A doubled back to look for him, whilst we pushed on, with Tim now carrying all of my gear and food.

Liz was waiting for us in the quarries, ready to take over navigational duties from Jim. She set off as we approached, so Tim and I chased her up the hill, and onto the course of last year's British Champs race. How I wished my legs felt as good climbing over the Moelwyns as they had then!

At least the weather was good - amazing in fact - and I was still able to appreciate the fantastic views stretching out in all directions. A tussocky descent took us to into the col below Cnicht, where we were greeted by the Jo(h)ns, who had (after some wandering) managed to find themselves and each other. A relieved Tim dropped back, nursing a twisted ankle, and I slogged on up to the summit, where the surprise appearance of Digby and Saam did much to raise my spirits. There followed a very runnable (for some!) descent into the valley,

and then a short section along a quiet road in woodland. Running into the changeover I spotted Konrad waiting for me, and for a moment the sight of him prompted me to fall apart... He comforted me with a hug, and the promise that he'd be waiting for me at the end of next leg - and by the time I reached the others I'd pulled myself together.

Although I didn't know it at the time, the supporters at Nantmor had experienced their fair share of excitement whilst I had been running this leg, as my mum had lost her car keys by the river. Despite much searching they could not be found, forcing a quick trip to the local supermarket for mum (all I noticed was that my beans were in a tin and not a plastic tub!), and a trip to Wales with the spare keys for dad.

Leg 4: Nantmore to Rhyd Ddu

(pacers Sarah Ridgeway, Jim Mann, Julien Minshull, Anthony Bethell, Joasia Zakrzewski) We had arrived into the changeover about 8 minutes down on my 19 hour schedule, but we made up 6 of this on the first climb, to Bryn Banog. This was somewhat surprising,

given the depth of the bracken in the lower sections (if I do a Paddy again, it will be earlier in the year!). I can only assume it was the excellent company that spurred me upwards. Julien amused me with his usual assortment of jokes, whilst Jim and Sarah discussed the many qualities of Kendal Mint cake as a running food, including its natural pain-killing properties... So enthusiastic was their discussion that I was roused from my slow upwards plod, to ask hopefully 'Have you got any?'. There was a moment of silence, as we all realised the answer was no, then laughter, and then Sarah (who'd recently offered me a Bounty Bar) started telling me that coconut has very similar properties...

As sunset approached the hills around us turned a splendid array of autumn colours - even in my exhausted state I was stunned at the beauty of it. Ant and Jo joined us before the climb up to Nantlle Ridge, and we chatted about Ant's Eagle Owl, and how cheap he was to feed compared with a cat, until Jim essentially told me to get a move on (at the time this seemed a bit harsh, but he was totally right, I was slowly ceasing



Digging Deep

PHOTO © JOHN RYAN







to care). The Nantlle ridge was an exciting distraction, which lifted my spirits as well as my pace. Darkness fell as we dropped towards the forest, and we pulled on head torches to run the final section along forest tracks, arriving into the changeover almost 20 minutes down on schedule.

Leg 5: Rhydd Ddu to Llanberis

(pacers Konrad Rawlik, Gareth Hughes, Liz Barker)

Feeling oddly detached from the hurried activity around me, I pulled on the arm warmers which Sarah was pushing towards me, pulled a couple of green beans from the cup of soup my mum was offering, and hobbled off into the darkness, leaving Konrad and Gareth to catch me up. I knew there was some slack in the splits on this leg, but it wasn't clear whether it would be enough... I gulped down a couple of gels, and tried to make maximum use of the poles which I'd picked up at the changeover, pulling my tired legs upwards. In the darkness, things took on a surreal, dream like quality, my world

narrowed to the pool of light around my feet. With Konrad beside me, and Gareth doing a brilliant job of the navigation ahead, we started to pull back time. Liz ran with us to the summit of Yr Aran, then peeled off to collect her car from the valley below, whilst we continued up, arriving at the summit of Snowdon 4 minutes ahead of schedule. The summit ridge was windy and eerily empty, and we were glad to reach the sheltered descent of Crib y Ddysgi. As we started the climb of Moel Cynghorion a wave of faintness washed over me, but Konrad didn't let me indulge it, instead thrusting a bottle of Lucozade and a gel into my hands and saying 'You'll be ok, keep going'. We continued to gain fragments of time over the small climbs that followed, and my morale lifted as the end drew closer. The final descent from Moel Eilio was a delight, soft bouncy grass making for a rapid descent under a sky full of stars. I finished the round feeling as good as I had at the start of leg 3, and significantly better than I had for the 12 hours in-between.

Final Thoughts

The Paddy Buckley Round was for many reasons the biggest challenge I've faced this year, and certainly one of the hardest days of my life. I'm proud of myself for sticking it out, but I know I couldn't have done it without the fantastic support team at my side, and my changeover crew; mum, dad, Andrea Minshull, and the Moss/Brae collie duo.

The three big rounds have been an amazing experience. They have given me three of my most memorable mountain days, have cemented old friendships and formed many new ones. I have been touched by the generosity of everyone who has helped me, and moved by the beauty of the mountains I have crossed.

I'm already being asked whether I intend to run them again... The answer is maybe, in part. I'd quite like to run the Paddy Buckley and Ramsay in winter, if conditions are right, and Konrad fancies joining me for a long day in the hills... I'll probably have another crack at a fast Paddy Buckley at some point too - to enjoy it a little more, and because I think there's still some room for improvement.

Martin Stone's Long Distance News Summary

December 2016

JASMIN PARIS – 2016 FRA LONG DISTANCE AWARD

It has been a truly amazing year on the long distance Scene. The fell running community has been captivated like never before by the long distance runs that folk have undertaken. It is definitely the girls who have been setting the pace this year and for the first time ever in the 30 year history of the award, all 23 members of the panel were unanimous in voting **Jasmin Paris** the winner of the Long Distance Award. Members of the panel have been saying that they believe this to be the most outstanding **set** of long distance mountain runs ever to be completed in the UK.

Here's a brief diary of the big challenges in Jasmin's very, very, big year:

- February - Unpaced Winter Bob Graham with Konrad her husband – 22hrs 28 mins
- March - Two day reccie of the BG at 17 – 18 hour pace with Konrad
- April - Bob Graham 15hrs 24 (6th Fastest ever)
- June - Ramsay Round 16hrs 13 (Fastest ever by anyone, beating previous record by 45 minutes)

Then as if the year wasn't big enough already:

- July 16th – Got married to Konrad on Isle of Jura
- July 24th - Skyrunning World Championships in Pyrenees 105km/8000m ascent – 3rd Lady
- August 6th – Tromso Skyrace 53km/4500m ascent – 1st Lady
- August 27th – Ultra Trail du Mont Blanc 170km/10,000m ascent – 6th Lady
- September 18th – Salomon Glencoe Skyline 55km/4,700M ascent – 1st lady

Then to cap it all two weeks later:

- October 2nd - Paddy Buckley Round Snowdonia 18hrs 33 (4th fastest ever)

Her aggregate time for the Big 3 Rounds is about 6 hours quicker than anyone else, all completed in less than 6 months.

Jasmin has definitely been the Good Weather Girl and has enjoyed the most fantastic weather for all 3 rounds. A group of close and loyal friends have allowed her the freedom to choose her weather window. For each round, Jasmin asked her pacers for 4 opportunities - Saturday and Sunday starts on 2 consecutive weekends. Even during Summer weekends at the height of the racing season her loyal friends were able to juggle their plans to help her.

Jasmin's achievements this year have been nothing short of extraordinary. She has brought a fresh approach to tackling these rounds that will motivate folk for years to come – maybe even more the men than the women as her times are so fast! Her fast BG influenced Rob Jebb to do his very fast BG. The way she has tackled these runs harks back to a previous age when the likes of Jos Naylor completed his 72 Lakeland Peaks and Billy Bland was setting his superfast Bob Graham. Jasmin has never been tied to a schedule, nor is she content to shave minutes off a record but she just runs how she feels.

I have always felt that the very best records are not always the current records but those that come out of the blue and represent a

really significant improvement on what has gone before. Often they are achieved where there is no yardstick to measure them against and a great performance or achievement is something of its time. Just because folk come along years later and keep shaving a few minutes off the record, it doesn't lessen the original achievement. Jasmin is a force of nature with such an amazing gift for running long and fast in the mountains. Her resilience, consistency, determination and fearlessness have allowed her to complete a set of rounds in a way that is quite unlike anything that has ever gone before.

JASMIN PARIS – PADDY BUCKLEY ROUND LADIES' RECORD

After setting the ladies' record for the Bob Graham in April and the overall record for Ramsays Round in June, Jasmin devoted the remainder of the Summer to completing a number of extreme mountain races including UTMB, and getting married to Konrad on the Isle of Jura. Having won the ladies Salomon Glencoe Skyline Race from Kinlochleven in mid-September and now the nights were drawing in, opportunities for running a fast paddy Buckley Round in 2016 were fading. Not surprisingly, she was also weary from the excesses of her very, very big year. You can read Jasmin's article about her amazing final challenge of 2017 elsewhere in the magazine. Suffice to say that on Sunday 2nd October, only two weeks after winning the ladies' Salomon Glencoe Skyline Race, she completed the 4th fastest Paddy Buckley Round ever in **18hrs 33mins** and set a new ladies' record. What a year!



One of the dryer sections of Jasmin's PBR

PHOTO © JON ASCROFT

FINLAY WILD - TRANTERS ROUND RECORD

While Jasmin was preparing for her final battle of 2016 in Snowdonia, Finlay was making the most of a beautiful Autumn day in the Highlands. He set off at 08:05 on Saturday 1st October and completed a record breaking solo/unsupported anti-clockwise Tranters Round in **10hrs 15mins 30secs**. Tranters Round is about 2/3rd the length of Ramsays Round which is an extension of Tranters. It is usually completed solo or in small unpaced groups. Finlay was brought up in Fort William where the round starts and finishes. He has returned to live there as a GP and has won each Ben Nevis Race since 2010 – 7 in all.

Finlay writes about his day "I have been interested in the Tranter Round for a long time. Last February, Tim Gomersall and I completed a Winter round on skimo ski mountaineering equipment in 17hrs 35mins. My focus over the past year or so has moved to longer races and runs. Competing in the Tromso Skyrace and Glencoe Skyline as well as long runs in the hills has improved my stamina and distances. Supporting Jasmin Paris on her Ramsay Round Record (I did the third leg which was about 35km I think) was eye opening and sociable. Interest in long distance records seems to be on the increase. I like this: racing is good, but just going out and doing a long route for the challenge/fun of it is probably even more appealing to me.

Looking at previous split times (mainly Jasmin and Jon Ashcroft's Ramsay splits) I reckoned I could shave off a few minutes. I know the route well, having done all the legs multiple times. I knew Mark Harris (previous record holder) had tackled the Aonachs 'onsight' towards the end of his round, and he had previously told me that this had cost him some time. Also, Jasmin had challenged me to set a sub-10 hour record!

Despite living in Fort William, it took a while for the combination of good weather, time off, and fresh legs to occur. Saturday 1st October was a glorious sunny day with some cloud in the valleys initially, but crystal clear views from the hills all around. Setting out from the Youth Hostel and up onto Mullach I was really excited to get started on what was going to be (if nothing else) an amazing weather day out in the autumnal hills. All along the Mamores, stags were roaring in the corries, nature taking its course after the first real cold night of the autumn.

Having cramped badly at Glencoe Skyline, I was determined to look after myself and eat and drink loads all the way round. I thought I was doing this, but had a mini power failure towards Binnein Mor, and took on yet more food. I loved the fast track from Binnein Beag towards Sgurr Eilde Mor, and remembered the snow conditions and skiing last time I was here (going in the other direction). I made the top of Sgurr Eilde Mor at 4hrs 55mins. Some calculations in my head and I reckoned that the 10hr mark was possible, although would need some work!

I seemed to take a very boggy rough line down to Abhainn Rath in the glen, and felt pretty slow going up the long ascent to Stob Ban (Grey Corries). There was a Last Munro party on the top, complete with bagpipes - a funny coincidence as this was also the case when I was here last time on Jasmin's Ramsay! Getting to Stob Choire Claurigh felt good psychologically as I was turning the corner to head home. I managed to pick up speed a bit and loved how close the Ben looked in the clear autumn light. I bumped into Donnie Campbell who was doing a long run from Corroul, a bit of a chat was nice after a long time on my own (other than just saying 'hi' to walkers). I seem to need to eat and drink loads compared to a lot of other runners! I was running out of food! Carefully rationing myself I carried on and enjoyed the Carn Mor Dearg arete, although I felt pretty slow going up the final ascent to the Ben. Now I could just relax and get down to the Youth Hostel as soon as possible. I knew I was going to miss the 10hr mark, but not by too much.

One really interesting part of the run was realising how fast Jasmin and Jon's Ramsay splits are. On the Mamores I was mostly faster than these splits by a few minutes for each peak, but on the Grey Corries I had run out of some steam so was about the same. The fact that the Ramsay is 20 miles longer speaks for itself. That said, with more long runs my stamina can only improve - this was my longest run to date. I'm sure it will go quite a bit faster, I felt like I slowed down a fair bit in the second half so I'm keen to have another go at some point. I was solo/unsupported. I ate about 3 bars and 9 gels, as well as jelly babies and some nuts. I seemed to drink a lot - maybe 6 litres!

CFR – WAINWRIGHT NORTH WESTERN FELS

Peter Crompton writes about a select group of eight Cumberland Fell Runners who met up at the Grange campsite below Castle Crag in Borrowdale at dawn on Saturday 24th September, to start their "Grand Day Out". Their target was to complete Wainwright's book 6, the 29 peaks in the North Western fells. They were joined by other club members during the day as they tackled the Catbells ridge

onto Dale Head and Robinson, the fells to the north and west of Newlands Hause. Their journey took them as far west as Whinlatter and the less visited fells of Lord's Seat, Barf, Broom, Graystones, Ling and finally Sale. The day was dry but very windy and by the time the group was safely off the hills, it had been dark for a few hours.

BIG THREE UK ROUNDS – REGISTER OF COMPLETIONS

The Big Three are the Bob Graham in the Lakes, Paddy Buckley Round in Snowdonia and Ramsay's Round to the east of Fort William. After completing a Bob Graham, quite a number of folk are keen to tackle another big challenge and having completed their second Big Round, it is only natural to want to complete the Big Three. Most years, one or two people complete their third round and join a small group who have completed the Big Three Rounds, each round within 24 hours. In 2012 there were no completions of Ramsay's Round, so the Big Three "Club" is quite a select group that isn't growing at an exponential rate! We believe that about 40 folk have completed the Big Three Rounds but we don't have a definitive list. A provisional list is published on www.gofar.org.uk but if you have completed all 3 rounds within 24 hours or details on the website are incomplete, please email Tony Wimbush at info@gofar.org.uk to ensure that you are on the list and let him know the year you completed your third round. If you spot an error on the list, please let Tony know. With any luck we should have a clean and accurate list on display soon.

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the email address below so that others can be inspired to repeat or improve on your achievement.

The award year ends on **30th September** and in the first part of October, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award is chosen. If we are to consider solo running achievements, they need to be independently verifiable and a good way to do this is to record your track on a GPS watch or carry a tracker that you can obtain from www.opentracking.co.uk. As soon as possible after the run, please email the track to me and I will add it to the archive. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, EMAIL: martin.stone@sportident.co.uk*

WWW.GOFAR.ORG.UK

Tony Wimbush has an excellent website that documents long distance routes and records. If you have completed a new route or have something newsworthy about the long distance scene, please help Tony to keep the website up-to-date by also sending an email to info@gofar.org.uk.



The Wainwright North Western fells in a (Windy) day

Catbells in a blizzard and a real whiteout was my first Lakeland peak at the age of 14. It left me with a taste for more. Causey Pike has one of the best views in the lakes and Grizedale Pike is a personal favourite whose shapely north east ridge reminds me of the Matterhorn. So when the invitation came to visit all these and more in a single day, the opportunity could not be missed.

Forty miles and an Everest sized amount of climbing would be a stiff challenge. I was recovering from an op at the time of the offer but given that Dale Head is, according to A.W. "suitable for grandmothers", I thought "huh! So how hard could it be to run over all 29 of the peaks in Wainwright's "North Western Fells"? Let's give this a go".

It was all Paul's idea. Something to do with celebrating his 40th. It was to be a casual, self supported run for a group of like-minded mates from CFR. That's Cumberland Fell Runners, as if you didn't know, the friendliest and best club on the circuit. The plan was to start with Castle Crag and run North to finish on Sale Fell about 12-20 hours later.

So it was, that we met at the Grange campsite below Castle Crag at dawn on Saturday 24th September to start our "Grand Day Out".

The injured Mario joined us for Castle Crag, his only peak, but we were all honoured that he had made the effort. The crag gave us a cracking view of Derwentwater and the Catbells ridge and it was only seconds before we were off to visit the latter, picking up pre-stashed bags and water bottles on the way. Our water stop contributed to our first "navigation error". How can you get lost on the side of Catbells? Some of us ran past our bags and then had to retrace our steps and others ran past the turn up to the Maiden Moor col incurring an extra 1 km penalty. Oh well, who cares? We were

having fun and we were out for a long day. On Maiden Moor, of which A.W. says "the summit could be anywhere within 200 yards" some of us added yet more extra mileage as, chatting away, we ran past the top and had to return.

On to High Spy and Dale Head, blasting gusts of wind doing their best to literally take our feet from under us. Sheltering behind the massive cairn, the first of six peanut butter sandwiches was eaten whilst revelling in the awesome view of the Newlands Valley far below. Malcolm descended to Honister whilst the rest of us continued to Hindscarth and Robinson and then to Newlands where Rob and Daryl took a breather and the remainder continued to Knott Rigg and Ard Crag before crossing the valley to Scar Crag and Causey Pike. Climbing Causey, we caught up with Paul and Jenny who joined us for the middle section. Ryan joined us on Barrow, we then ran part of the Coledale horseshoe race (in reverse) visiting Oughterside and Sail before going on to Eel Crag. Somewhere along here Johnny succumbed to the temptations of the pub in Braithwaite and descended the length of the valley on his own.

As I climbed Eel Crag, I was, according to my rough count about halfway through the 29 peaks but I didn't dare to think I was halfway through the day, the first signs of fatigue were showing themselves and the mind games began: "I do NOT have cramps in my thighs, of course I won't retire before Grisedale" etc these "conversations" with myself continued for much of the remainder of the day, but I always won the argument and enjoyed the process too! Perhaps this dip in performance explains why Grasmoor, Wandope and Whiteless are only a pale memory now, a week on.

Rannerdale was a delight but over in a flash. Mike had done well to get this far, struggling with an injury, but he decided

to call it a day here. Another, very welcome, pre-stashed water bottle was collected at the footbridge and on we went on our jolly way. Les stopped for a beer and some black pudding (he has the digestive powers of an ostrich) before rejoining us later and Bill the photographer of the day, joined us for the big climb up Whiteside. But the highlight of this section was Jenny appearing from the car park with slices of cake. The best fuel of the day and the only supplement to the six PB sandwiches.

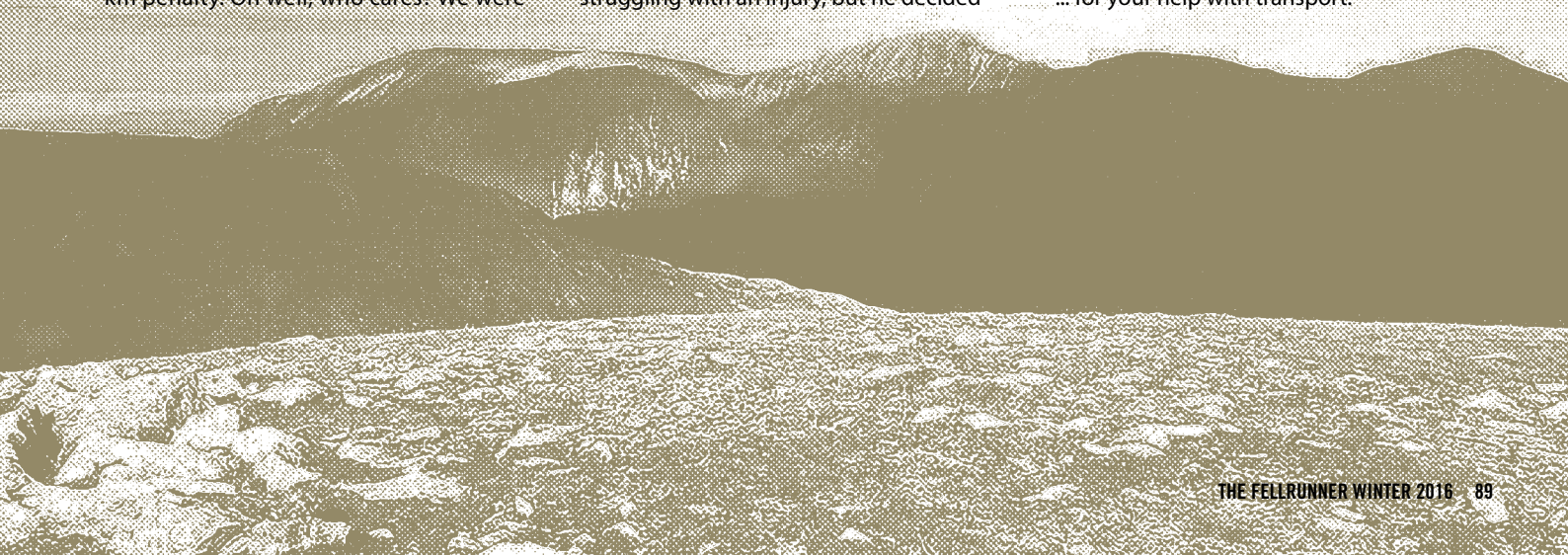
Whiteside was, in my mind, "the first of the last big three". This shouldn't be too hard I thought, as Grisedale, a favourite from my youth was the last of the group. What a splendid little ridge route it is too. And then it was an easy matter of the final "small seven" – easy! Oh yeah!?

Well, Whinlatter, Lord's Seat. Barf, Broom, Graystones, Ling and Sale, might look easy on the map but finding good running ground can be a challenge on tired legs, in the dark and without a headtorch! Thankfully, others had made a better estimate of our finishing time and had come prepared, Thanks all, for helping me out. And thanks Mick (our Everest summiteer) for your GPS watch gizmo. Actually, it wasn't that hard but stumbling over Wythop Moss in the pitch black and landing on gorse with an outstretched palm put a bit of zest in the final half hour.

I must admit to a certain sense of satisfaction and a great feeling of camaraderie as we jogged up the last slope to the summit of Sale. I am sure Les, Mick, Ryan, Graham, Duncan, Phil and Paul all felt something similar as we shared a smile and remembered all our mates who had enriched the day by their company on earlier summits.

Thanks one and all for a "Grand Day Out".

Thanks also to non-runners, Heather and ... for your help with transport.



The Joss Naylor Lakeland Challenge

As the "2016 Season" draws to a close it looks like of the 23 crossings planned or attempted, 11 will have been successful. These 11 were spread across the summer months and over almost age groups but, for the first time since 2012 don't include any women. In addition to familiar Club names, like Black Combe Runners, Bowland FR and Lonsdale FR, two new Clubs appeared for the first time - North Leeds FR and Calder Valley FR - and having appeared for the first time in 2015 Dallam RC appear again this year. 2016 is also slightly unusual in that there were no repeat crossings and the last time this occurred was in 2011. 2016 also saw the 200th successful crossing, excluding repeats.

By way of comparison

- Don Talbot (Clayton-le-Moors Harriers &

The Rucksack Club) was the first in 1991

- David Moseley (Dark Peak FR) was 50th in 2005
- Sheila McNulty (Radcliffe AC) was 100th in 2010
- Dave Stephenson (Bingley Harriers) was 150th in 2013
- Rod Sutcliffe (Calder Valley FR) was 200th in 2016

In May Ian Cookson (M65, Bowland FR), Jules Coleman (M50, Lonsdale FR) and Micheal Burgess (M55) were successful. In June Rob McKeever (M65, Black Combe Runners) and Barry Edwards (M55) were successful while in July Mike Ayers (M65, North Leeds FR), Keith Foster (M65, The Rucksack Club) and Greg Tagny (M65, Dallam RC) were also successful. August saw successes for

Ian Roberts (M65, Bowland FR) and Rod Sutcliffe (M65, Calder Valley FR) and, most recently, on 10th September, Ian Hallin (M60) enjoyed a great day out and finished well within his allowed time. I would like to add my own congratulations to all of you who were successful this year. To those who didn't make it this year I would offer my commiserations and encourage you to make another attempt - the hills are still there and I would be delighted to include you in my "End of Season" report next year.

For Information and validation details:

Ian Charters

<http://jossnaylor.blogspot.co.uk/>

ian.charters@justusuk.com (preferred)

24 Mill Lane, Aspull, Wigan WN2 1QY

(Please enclose a SAE)

PHOTO © IW CHARTERS



Joss shares a pint with Barry Edwards on 25 June. Joss had just completed his Birthday Celebration Run/Cycle from Caldbeck to Greendale when Barry arrived from Pooley Bridge to complete his JNLC

REPORTS & RESULTS

Great Whernside 2016

PHOTO © ANDY HOLDEN



Submitting results and reports

Race reports and results for publication in The Fellrunner's Reports and Results section should be sent to David Weatherhead and Barbara Carney at resultsfra@aol.com as soon after the event as possible.

Please use the Reports and Results Template which is e-mailed to the FRA Fixtures race contact at around the time of the event. If this is not possible submissions should be in Word or Excel file format and identify the race title and date. The results must include the competitor's name, position, time, club and category. We do not download results and reports from other websites.

Race photos are welcome, especially unusual views and unfamiliar races – send files or links to the Editor - editor@fellrunner.org.uk.

Send results for the FRA website to Brett Weeden – brett@phluidity.co.uk

The Fell Runners
Association
Founded 4th April 1970

LATTERBARROW LOOP

Cumbria

AS/4.8km/250m 18.05.16

The Phil Davidson River-man and River-belle trophies were named after the brother-in-law of ex-CFR member Irving Block, after Phil died following a collision with a minibus whilst out walking. The trophies were provided to the Latterbarrow Race for the first male and female to the river – or so I thought. Re-reading an email Irving had sent to me about the trophies he said "Phil had a wicked sense of humour and how he would have loved the very idea of lads and lasses tearing down off Swarth Fell and thrashing across the River Calder to win trophies, in his memory!!" So the trophy should be won for the first to 'thrash across it!'

This was particularly relevant this year as normally the River-man and River-belle trophies tend to be awarded to the same people that win the race overall. This year, the spirit of Phil Davidson took hold of Rob Morris and sent him flying down the hill to the river ahead of eventual winner, Chris Steele. Rob then paid the price and (in his words) 'died going uphill' finishing in a still credible 7th place, but nearly 7 minutes behind Chris – however he gained the prize of the River-man trophy.

The ladies' race was even closer with Jenn Mattinson getting to the river first, a fraction ahead of Hannah Bradley. However, Jenn slipped allowing Hannah to cross first. This caused dissent at the prize giving when Jenn (rightly it turns out) refused the trophy and insisted that Hannah was awarded it! Jenn went on to win the ladies' race with Hannah just being pipped to second place by Jo Gillyon.

The race itself went without a hitch with good runs from Mike Robinson (1st V40), Andy Bradley (1st V50) and Nick Lancaster (1st V60) all placing in the top 10, despite a good turnout from the under 40s (over a third of the entrants).

For the ladies, Tracy Park (1st LV40) and Mel Bradley (1st LV50) also raced well but need to keep on training to keep the youngsters at bay like Bramble Park who took the opportunity to clear her head of exam pressures and had a great run as the only U18 to compete this year.

As always, a big thanks to the marshals and helpers without whom the race can't go ahead.

Paul Jennings

1. C. Steele	Borr	22.53
2. G. Crayson	Borr	25.14
3. T. Durcan	Derw	25.48
4. R. Stein	CFR	26.43
5. M. Robinson O/40	DkPk	27.05
6. A. Bradley O/50	CFR	29.24
7. R. Morris	Derw	29.37
8. J. Mattinson	Kesw	29.40
9. N. Sidaway O/50	CFR	29.45
10. N. Lancaster O/60	Derw	30.03
(14) J. Fletcher O/50	CFR	31.26

VETERANS O/60

1. (10) N. Lancaster	Derw	30.03
2. (29) P. Hawley	CFR	40.21

3. (31) C. Clark	Kesw	40.58
------------------	------	-------

VETERANS O/70

1. (35) D. Morgan	CFR	47.26
-------------------	-----	-------

LADIES

1. (8) J. Mattinson	Kesw	29.40
2. (15) J. Gillyon O/40	Kesw	32.15
3. (16) H. Bradley	CFR	32.32
4. (20) T. Park O/40	CFR	34.43
5. (21) J. Bradley	CFR	34.53
(23) M. Bradley O/50	CFR	35.37
(27) L. Buck O/50	CFR	39.03

35 finishers

GREAT ORME

North Wales

AS/6.6km/378m 24.05.16

1. M. Roberts	CaldV	30.04
2. R. Bentley	Eryri	30.30
3. C. Rowlinson	Unatt	31.24
4. M. Corrales	NWRR	31.53
5. K. Steinegger	Amble	31.55
6. J. Brown O/40	Buck	32.00
7. D. Thomas	Eryri	32.45
8. J. Parkinson O/40	Eryri	32.55
9. A. Raho	GogT	32.57
10. S. Davies	Eryri	33.12

VETERANS O/50

1. (32) D. Baugh	Denb	37.48
2. (41) A. Lewis	Eryri	39.14
3. (47) T. Cahill	Aberg	40.02

VETERANS O/60

1. (34) K. Slattery	NWRR	38.03
2. (59) N. Bradley	Merion	42.25
3. (125) M. Oliver	Eryri	57.33

VETERANS O/70

1. (91) D. Williams	Eryri	45.52
2. (96) J. Morris	Buck	47.01
3. (99) Y. Tridmas	Bowl	47.17

LADIES

1. (16) M. Grant	HBT	34.30
------------------	-----	-------

2. (46) B. Law	Eryri	39.52
----------------	-------	-------

3. (53) H. Evans	Buck	40.48
------------------	------	-------

4. (54) L. Beetlestone	Eryri	41.19
------------------------	-------	-------

5. (56) S. Barnwell O/40	Eryri	41.40
--------------------------	-------	-------

(62) E. Collins O/50	Denb	42.32
----------------------	------	-------

(69) H. McArthur O/40	GogT	42.50
-----------------------	------	-------

(104) A. Mynott O/50	Unatt	47.54
----------------------	-------	-------

(125) M. Oliver O/60	Eryri	57.33
----------------------	-------	-------

130 finishers

PEDOL CWM PENNANT

Gwynedd

AL/24km/700m 11.06.16

Similar to the communist model, a long term plan is always a positive form of advancement. Therefore, four years ago when I created the Pedol Cwm Pennant, I immediately had it planned that I'd get the race to be a counter in the British championships. This initially was a five year plan but following a chat with Scoffer somewhere two years ago, it ended up being a four year plan!

Anyway with 333 pre-entries there was always going to be slight planning required and a lot of help from a lot of people on the day! The weather on the day was nearly perfect (if you knew the course) and we had 237 starters, so a colossal 96 who pre-entered didn't turn up. Online entries are great but it makes it far too easy for some people to just click and enter. Anyway, as it turns out 237 was more than enough!

Both winners set off from the start with one plan and Carl Bell and Lou Roberts smashed the rest of the field. Carl smashed the old record by 23 minutes in 2.16.42 with Lou smashing the ladies by 20 minutes in 2.43.49. Incredibly, the first 29 finishers were all within Simon Harding's old record! The race for the other podium positions was a bit closer with



Rory O'Donnell, Eryri Harriers, at Pedol Cwm Pennant, this year a counter in the British Championships

PHOTO © SIXBYSEVENPHOTOGRAPHY

SixBySeven
Photography

Sam Tosh, Rhys FR, Andrew Fallas and Math Roberts keeping a close eye on each for most of the race. The Cwm Ciprth sorted Andrew with Rhys taking a good lead on Sam and Math. Rhys eventually took second in 2.22.36 with Math nipping Sam in a sprint in 2.23.20. Tom Saville won the under 23s finishing in 14th overall, whilst Kenny Richmond won the male 40s with Bingley legend Ian Holmes taking the 50s. Mike Egner had a worthwhile trip to win a competitive vet 60s with Alwyn Oliver being the first ever vet 70 to complete the course and also win the category.

In the ladies, next home after Lou was Sharon Taylor in 2.59.47. There was a cracking third overall for 19 year old Bronwen Jenkinson, who finished in 3.01.59 and also first under 23. In the ladies' vet 50s the win went to Jane Mellor with legend Wendy Dodds taking the vet 60s.

All age category records were smashed to smithereens. Dark Peak took the male team and Mercia the ladies' team prize.

Following the race much fun was had with thanks to the Cwm Pennant hostel and Fred Smith and Alwen Haf of the Hafod Brewery and the fact Wales won the football. Huge thanks to all helpers - all those people have already been thanked and contacted already!

Big thanks to all the staff at the hostel including the host Michelle. Also, a big thanks to all local landowners including Ieuan and Emyr at Brynkir Farm!

The race accounts show how much it really costs to organise a decent race! Just over £400 was raised via the car parking and the tea and cakes. This will all be pumped into buying goats for the Ugandan goat project with over £250 going to Garndolbenmaen Ysgol Feithrin and the Brynkir farm hounds.

Roll on 2017!

Matthew Roberts

1. C. Bell	Kesw	2.16.42
2. R. Finlay-Robnson	DkPk	2.22.36
3. M. Roberts	CaldV	2.23.20
4. S. Tosh	Ross	2.32.22
5. A. Fallas	Carneth	2.24.25
6. S. Hebblethwaite	Kesw	2.27.32
7. K. Richmond O/40	Shettle	2.29.28
8. J. Wood	Ilk	2.30.09
9. I. Holmes O/50	Bing	2.30.30
10. M. Lamb	Kesw	2.31.07

VETERANS O/50

1. (9) I. Holmes	Bing	2.30.30
2. M. Palmer	Borr	2.39.39
3. S. Pyke	DkPk	2.40.03

VETERANS O/60

1. M. Egner	Settle	2.57.15
2. B. Grant	Hgate	3.11.34
3. B. Horn	Borr	3.18.47

VETERANS O/70

1. A. Oliver	Eryri	4.29.21
--------------	-------	---------

LADIES

1. L. Roberts O/40	Amble	2.43.49
2. S. Taylor	HelmH	2.59.47
3. B. Jenkinson	Eryri	3.01.59
4. N. Jackson	Prest	3.02.30
5. K. Beecher	MynDu	3.03.27
G. Sugden O/40	CaldV	3.05.23

232 finishers

HAWKSWICK DASH - BOFRA

North Yorkshire

AS/1.2mile/200m 12.06.16

A small corner of the Yorkshire Dales played host to a battle of some fell running greats at the Hawkswick Dash. After a dull and misty start to the day, the sun came out and warmed both the fell and the runners as they limbered up for this year's event.

As the name implies, the race commences with a dash from the start field and across the bridge before commencing a seemingly endless drag up a track. Then it is a sharp right turn to a steep, hand over fist climb to Hawkswick Moor. Runners are then treated to a skyline run across tussocky heather before another sharp right turn to the steep descent and dash back across the bridge to the finish funnel.

The fast and furious battle of the giants was finally settled as Simon Bailey won the race. 2015 BOFRA champion, Ted Mason, was knocked back to fourth place.

The U17 race follows the same course as the senior race but is run separately. However, this does allow for some interesting lads and dads comparisons.

In a break with recent tradition the U9s returned to the fell this year, rather than a romp around the hilly fields. All runners rose to the challenge and the new course was declared a hit with all who competed.

Su Thompson

1. S. Bailey	Mercia	11.23
2. J. Craig	Barlick	12.05
3. M. Donnelly O/40	Borr	12.07
4. T. Mason	Wharf	12.27
5. J. Washington	CaldV	12.31
6. J. Bradshaw	Wharf	12.36
7. I. Willis O/40	Kghly	13.03
8. A. Burns	VStri	13.12
9. J. Cummings	Ilk	13.21
10. A. Livingstone	Unatt	13.23

VETERANS O/50

1. (25) A. Holden	Wharf	15.20
2. (28) K. Holder	Wharf	15.58
3. (29) G. Bird	Wharf	16.02

VETERANS O/60

1. (15) M. Egner	Settle	14.32
2. (30) J. Holt	Clay	16.05
3. (58) M. MLoughlin	Prest	19.22

LADIES

1. (24) K. Hall O/40	Wharf	14.15
2. (35) S. Houghton O/50	Ripon	16.15
3. (40) J. Powell O/40	Wharf	16.49
4. (41) K. Bailey O/40	Mercia	17.15
5. (42) R. Lowther O/40	Barlick	17.21
(51) L. Buck O/50	CFR	18.53

178 finishers

JUNIORS

BOYS U/9

1. J. Reeday	Barlick	6.21
2. C. Donnelly	Unatt	6.23
3. J. Sadler-Townsend	Kghly	6.23

GIRLS U/9

1. M. Timbers	Kghly	7.12
2. L. Pickles	Barlick	7.36
3. L. Kirkley	Kghly	7.56

BOYS U/12

1. H. Hunter	HelmH	8.18
--------------	-------	------

2. D. Thompson	Clay	8.48
3. J. Duffy	CaldV	8.54

GIRLS U/12

1. E. Dorrington	Clay	9.40
2. E. Swarbrick	Brought	9.48
3. B. Roberts	Kghly	9.51

BOYS U/14

1. T. Marshall	Settle	11.12
2. A. Thompson	Wharf	11.55
3. W. Thompson	Wharf	11.57

GIRLS U/14

1. A. Jones	Wharf	12.50
2. L. Gregg	Ross	13.32
3. A. Taylor	HelmH	14.01

BOYS U/17

1. A. Gibson	Wharf	13.41
2. L. Hargreaves-Madhas	Wharf	13.58
3. J. Walton	Kghly	14.38

GIRLS U/17

1. B. Holt	Clay	15.38
2. E. Carpenter	Settle	21.30
3. A. Willis	Kghly	28.22

THE DRUID

Merseyside

BS/8km/366m 13.06.16

We had a very strong and tightly packed race with no rest breaks for the recorders.

There were 107 runners and it was windy and cool making it ideal for the runners. We had rain with hailstones as we marked out the route but it dried out to make it pleasant for the competitors and my team of helpers, without either there would be no race.

Karl Steinegger won with a 24 seconds margin from Jez Brown who is now in the over 45s and still running strongly. Chris Larkin U23, finished in a very creditable fourth.

Alice Robinson took the ladies' prize by a considerable margin.

Thank you to everybody for your support.

John Linley

1. K. Steinegger	Amble	33.26
2. J. Brown O/40	Buckley	33.50
3. L. Eccles O/40	Lenny	34.25
4. C. Larking U/23	HaltF	34.46
5. R. McGeachle U/23	HaltF	35.47
6. J. O'Hara	Helsby	36.11
7. S. Edwards O/40	Buckley	36.38
8. T. Higginbottom O/40	Unatt	36.45
9. P. Taylor O/40	Tatten	37.15
10. N. Finegan O/40	Helsby	37.30

VETERANS O/50

1. (25) N. Holmes	Tatten	41.27
2. (26) J. Montgomery	Clwyd	41.30
3. (30) T. Knight	Unatt	41.41

VETERANS O/60

1. (43) S. Bellis	Buckley	43.56
2. (46) J. Adams	Pensby	44.02
3. (51) M. Cortvriend	Denb	45.26

LADIES

1. (20) A. Robinson	Tatten	40.40
2. (31) J. Moore	WWRRRC	41.46
3. (36) S. Fairie O/40	Chest	43.04
4. (37) L. Grantham O/40	Pensby	43.18
5. (54) K. Lightfoot U/23	Tatten	45.37
(67) J. Robertson O/50	Helsby	47.30
(70) H. Berrett O/50	Buckley	47.54

107 finishers

BROWN WARDLE (AND A BIT MOOR)**Lancashire****AS/5.3km/360m 15.06.16**

The Brown Wardle race had a new route this year, extending it to 3.3 miles and increasing the climbing to 1181ft. The sole process of this was to try and encourage a few more bodies to turn up and have a go – it seemed to have worked with 42 turning up, an increase of 19 from last year. The new route adds a circular of Middle Hill with a stiff climb on the back side. This climb led a few into a false sense of security thinking they were at the top of the final climb with a downhill charge to the finish.

The weather stayed kind on the night with the rain holding off, at one stage it looked like the heavens would open as it had done on a number of occasions that week generally leading to thunder and lightning.

The race was won by Chris Jackson, closely followed by Gaz Pemberton chasing his first win some six seconds behind him. In third place was Rhys Cope.

Jane Leonard took the honors in the ladies' race from Jackie Ellithorne, who returned to defend her title from 2015. In third place was Mel Siddall.

Well done to John Connolly who turned up minus his shorts but managed to do the race in his best going out shorts! I believe there were a few almost hairy moments on the decent from Brown Wardle as he descended with one hand holding his shorts up!

Feedback at the end of the race was more than favourable with all enjoying the new route. Thanks to all who sought me out in person and via email following the race.

Thanks to all the marshals that helped on the night and the Cubs/Scouts for the use of the scout hut, without them as you all know there is no race. Following the race all proceeds went to the 41st Whitworth Cubs & Scouts group for the upkeep of the Scout Hut.

As ever, if you enjoyed it please come back next year and bring a couple of mates.

Andrew Lee

1. C. Jackson	...	Gloss	28.26
2. G. Pemberton	...	Wharf	28.35
3. R. Cope	...	Unatt	29.40
4. A. Life O/50	...	Clay	30.38
5. G. Simon	...	CaldV	30.49
6. J. Hardman	...	Chesh	31.10
7. G. Schofield O/60	...	Horw	31.20
8. A. Bodell O/50	...	Royton	32.06
9. C. Davies O/60	...	Sadd	32.34
10. M. Ellithorn O/50	...	Chorl	32.43

LADIES

1. (23) J. Leonard O/50	...	Tod	39.01
2. (33) J. Ellithorn O/40	...	Chorl	42.47
3. (36) M. Siddall O/50	...	Tod	44.00

42 finishers

three increasingly steep and rugged climbs over Darwen Moor, passing close to Darwen Tower twice.

Phil Marsden was the overall winner in a time of 28.46 with Jack Hindle in second place, and Ben Coop in third. A very impressive sixth place went to local runner Neil Holden, claiming both first V40 and first V50 honours. John Collier was first V60 and Graham Breeze first V70.

Katey Foster was first lady home in a time of 34.55 and 25th overall. Second placed lady and first V40 was Molly Ralphson, very closely followed by Maria Cook in third. First LV50 was Paula Plowman with Dawn Lock taking LV60 and LV70 honours.

Men's team race was won by Preston Harriers with Richard Smith, Jon Green, John Rainford, and Alex Waddelove, putting in great performances to take the prize. In the ladies' race Red Rose Runners fielded a strong team comprising Carla Davies, Janine Needham, and Paula Plowman, to win the ladies' team prize.

My sincere thanks go to all the Darwen Dashers helpers and marshals, who gave up their training night to ensure that the event went smoothly. Also thanks to Bolton Mountain Rescue Team and Darwen Leisure Centre for their support.

George Thompson

1. P. Marsden	...	Bolt	28.46
2. J. Hindle	...	Bburn	29.24
3. B. Coop	...	Bury	30.09
4. J. Rako	...	Holc	30.38
5. R. Smith	...	Prest	30.55
6. N. Holding O/50	...	WPenn	31.34
7. D. Fishwick O/40	...	Chorl	31.49
8. J. Green O/40	...	Prest	32.00
9. D. Reilly O/40	...	Unatt	32.02
10. J. Simon	...	RRose	32.21

VETERANS O/50

1. (6) N. Holding	...	SPenn	31.34
2. (12) S. Worsley	...	Invern	32.56
3. (17) J. Rainford	...	Prest	33.43

VETERANS O/60

1. (67) J. Collier	...	Wesh	39.12
2. (81) J. Maxfield	...	Newb	40.54
3. (83) A. Appleby	...	Prest	41.16

VETERANS O/70

1. (114) G. Breeze	...	Wharf	46.01
2. (131) P. MDermott	...	Prest	50.34
3. (136) P. Martin	...	Bowl	53.18

LADIES

1. (25) K. Foster	...	Prest	34.55
2. (61) M. Ralphson O/40	...	Trawd	38.54
3. (64) M. Cook O/40	...	Parb	39.02
4. (73) A. Dugdale O/40	...	Clay	39.49
5. (75) S. Sherratt O/40	...	Wesh	40.08
(113) P. Plowman O/50	...	RRose	45.50
(120) J. Rolfe O/50	...	Lytham	46.42
(148) D. Lock O/70	...	Lytham	67.30

GRINDLEFORD FELL RACE**Derbyshire****BS/7.2km/152m 16.06.16**

Due to large numbers for a short race, we tried pre entry only this year to help with the registration and results processes. In spite of the quirky system, we still had 350 entries.

Apologies to the small number who did turn up on the night despite all the pre-advertising about this change.

The evening started dry but soon saw torrential rain for the two hours or so around the race. This seemed have little effect on the competitors but produced a number of cold and wet marshals.

First home in the main race were Steve Franklyn and Hazel Tant (on her birthday).

This year we had fantastic support from our new sponsors, these being Cotswold Outdoors and Peak Ales. Another change this year was holding the presentations up at the Sir William pub, who also donated prizes specifically for those wonderful volunteers from the village of Grindleford who help to make this this race a success each year.

Thanks also goes to the Edale Mountain Rescue team and St. John's again, though this year people seemed to manage not to headbut the trees so they had less to do!

First local this year was Dave Miller with Mat Heason in second and Ed Richardson third. First local woman was Jane Crowson, with Pat Goodall second and Nicola Platts in third.

Dark Peak Fell Runners this year won both the male and female team prizes.

Andy Barnett & Mike Nolan.

1. S. Franklin	...	Totley	32.28
2. R. Little	...	DkPk	32.37
3. Be. Cartwright	...	Mat	33.26
4. Bi. Cartwright	...	Mat	33.37
5. P. Butcher O/50	...	Mansf	33.41
6. J. Lane	...	Unatt	33.59
7. M. Johnson O/40	...	Stockp	34.14
8. D. Lund	...	DkPk	34.16
9. S. Pike O/50	...	DkPk	34.37
10. R. Allison	...	DkPk	35.22
(36) T. Park	...	Unatt	38.41

VETERANS O/60

1. (39) A. Whitehouse	...	Totley	39.02
2. (99) K. Holmes	...	DkPk	43.50

LADIES

1. (36) H. Tant	...	Totley	38.37
2. (45) S. Fawcett	...	DkPk	39.34
3. (55) Z. Proctor	...	Penn	40.31
4. (62) J. Jepson O/40	...	DkPk	41.07
5. (73) N. Parkin O/40	...	DkPk	42.01
(102) J. Bednall O/50	...	Buxt	44.12
(127) J. Crowson O/50	...	DkPk	45.36
(137) P. Goodall O/60	...	Totley	46.27
(181) K. Reece O/60	...	Unatt	49.08

321 finishers

BUCKDEN PIKE**North Yorkshire****AS/6km/486m 18.06.16**

Over the years, some great names in fell running have done battle in this race but this year it felt as though a bit of a sea change was taking place. There are always the stalwarts who like this race and turn up every year but this time, there were none of the former race winners returning as veterans to see if they still had it in them to win this race. Instead there was a group of young runners intent on casting their own mark on it.

This could be best illustrated by the fact

that once the infamous initial steep ascent was out of the way, the race leader was 16 year old Great Britain Junior International, Josh Boyle. Behind him was Jamie Parkinson, Jack Wood and Luke Maude. The oldest of these was Jack who, at 27 cannot really be described as being old, so this was a battle between a new generation of fell runners. Josh demonstrated his tremendous ability and character by leading the race to the summit, by which time he had opened up a reasonable gap on the chasing pack. However, it was his first attempt at this race and coming off the summit, he perhaps did not take the best line allowing the chasers to catch up with him.

On the descent, 23 year old Jamie Parkinson took the lead and gradually opened up a comfortable gap to win the race by over half a minute. Behind him, Jack Wood and Josh Boyle were neck and neck as they came over the car park wall. However, crossing the road, Jack just managed to edge in front and on the finish line they were separated by a fraction of a second.

Behind this battle of the youngsters was the wiley old fox, Ted Mason. Ted was not in the leading group at the summit but he knows the Wharfedale Fells like the back of his hand and in addition, he is one of the best descenders in the sport. It was no surprise, therefore, when he gate crashed this party of youngsters to finish in fourth place, pushing the young Luke Maude down into fifth.

The record for this race has been held by Colin Donnelly since 1988 but given this group of talented youngsters who were at the race this year, it maybe it will not be long before this record is challenged.

In the ladies' race, perhaps some might have thought that the win by Kirsty Hall was a victory for age and experience over the youthful and talented Hannah Russell but they would be wrong as it was more than that. Just over a year ago, Kirsty was hobbling about on crutches following a skiing accident and wondering if she might ever run again. However, following a successful operation, she showed steely determination by sticking to her training plan and this has paid off to the extent that she is probably now running as well as ever. She finished the race in twelfth position overall which is quite remarkable. Second place Hannah Russell also finished in the overall top twenty and normally this would be good enough to win the ladies' race but that would be without coming up against the revitalised Kirsty.

I have alluded to the youngsters at the front of this race, but special mention has to be made at the other end of the scale. Norman Bush has long been running this race and he has now moved into the M75 category. You would think that the time keepers would be waiting at the end of this race for this grand old gentleman of fell running to finish. Not a bit of it. Despite his advancing years, Norman finished just over half way down the field, beating men less than half his age. Norman is an inspiration to us all and it will be good to welcome him back next year.

The date for next year's race has already been set as it coincides with the local gala when, once more, fell runners from all over the country will descend on the tiny village of Buckden to do battle on 'The Pike'.

Graham Wadsworth

1. J. Parkinson	...	P&B	34.17
2. J. Wood	...	Ilk	34.51
3. J. Boyle	...	Barlick	34.51
4. T. Mason	...	Wharf	35.14
5. L. Maude	...	Barlick	36.06
6. N. Crampton	...	P&B	37.12
7. A. Holt O/40	...	Ross	37.58
8. J. Cummings	...	Ilk	38.52
9. P. Carman	...	Ilk	39.05
10. P. Lambert O/50	...	Unatt	39.29

VETERANS O/60

1. N. Pearce	...	Ilk	45.28
--------------	-----	-----	-------

VETERANS O/70

1. N. Bush	...	Ilk	49.31
------------	-----	-----	-------

LADIES

1. K. Hall O/40	...	Wharf	42.07
2. H. Russell	...	HelmH	44.43
3. J. Powell O/40	...	Wharf	48.27
4. M. Gibbons	...	Ilk	49.48
5. R. Lowther	...	Barlick	50.27

LADIES O/50

1. N. Dugdale	...	Clay	62.32
---------------	-----	------	-------

LADIES O/60

1. S. Morley	...	Knares	62.08
--------------	-----	--------	-------

PETER BRINSLEY BOSLEY FETE Cheshire

BS/7.5km/250m 18.06.16

Bosley was blessed with another fine day for the race, although the run up and subsequent weather was not good!!!! Beer sold out again!!!! Giving additional encouragement for runners to get back quick to taste the local Storm brew from Macclesfield, a fine local ale! They were prize sponsors too, together with Running Bear, who encouraged another large contingent from Wilmslow to run, Big thanks again to Tony Hulme and Hugh from Storm brewery for all their support.

Gareth Briggs was a clear winner again in 32:29. After a narrow miss in second last year, Gareth is becoming a regular at the race and always in the prizes.

Winning lady was Alice Swift who was hard pushed by FV60 Anne-Marie Jones finishing five seconds behind, with Eleanor Wainwright in third, hard pushed by Mum? Alison.

Second male was Andrew Whittingham only 14 seconds behind Gareth and he was himself hard pushed by third placed Ed Gamble just a further five seconds behind, so a very tight race indeed.

A special mention to evergreen fastman Tom McGaff first MV60, who was only a little over two minutes down.

Junior men's race was a reverse repeat of last year with this time James Doorbar (Macclesfield) bettering Jack Farrell (Boalloy) but only by a second as both were flat out sprinting for the line in a real nail biting finish. Both bettered their times from 2015 but as reservoir works had meant a slight change of course, the old record set by Jack still stands,

as does the men's and women's as they too had course deviations. First junior lady (and third junior overall) was Harriet Rigby (Boalloy).

Hopefully, next year the courses will return to the original routes and James and Jack can push each other to get the junior men's record down further.

Final mention must go to last man home, Michael Boardman (Stockport), who had reputedly received many chemotherapy treatments since Christmas, so very well done in getting round and hope to see you next year Michael.

Thanks to all runners and supporters for coming to Bosley, no injuries we know of, and all 104 seniors and 14 junior runners finished the race.

Sam Alston

1. G. Briggs O/40	...	DkPk	32.29
2. A. Whittingham O/40	...	Wilms	33.43
3. E. Gamble O/50	...	Chesh	33.48
4. P. Neild O/40	...	Mac	34.00
5. J. Hardman	...	Chesh	34.14
6. J. Goodwin O/40	...	Boalloy	34.38
7. T. McGaff O/60	...	Wilms	34.46
8. J. Hewitt O/50	...	Gloss	34.48
9. M. Hill O/50	...	Wilms	34.52
10. C. Moss O/40	...	Congle	34.57

VETERANS O/60

1. (7) T. McGaff	...	Wilms	34.46
2. (28) J. Haynes	...	BishopS	39.26
3. (30) R. Taylor	...	Penn	39.40

LADIES

1. A. Swift	...	Chorlt	40.43
2. (35) A. Jones O/60	...	Altrinch	40.48
3. (36) E. Wainwright	...	DurhamU	41.05
4. (37) A. Wainwright O/40	...	DkPk	41.15
4. (42) L. Ward	...	JellyD	42.12
5. (45) J. Ellis O/40	...	Wilms	42.44
(61) A. McCarthy O/50	...	Wilms	45.03
(67) N. Mowat O/50	...	Wilms	46.29

104 finishers

DARREN'S DASH Herefordshire

BS/9.6km/457m 18.06.16

Race day dawned with a light covering of cloud and a cooling breeze on the summits. The recent rain had left the track a little sticky in places, but most runners enjoyed the extra 'give' this provided when descending. The event's move to a Saturday continued to be popular - runner numbers were the highest ever at 134. We were very pleased to welcome travelling runners from Leicestershire, Staffordshire, Cardiff, Newport and Northamptonshire. Strong contingents from Forest of Dean Athletics Club (FODAC) and Chepstow Harriers had also arranged an inter-club 'mob match' as part of the event. Nine local runners also took up the challenge and there was tight competition for the three locals' trophies.

The event is very much set up as an introduction to fell running with a marked course and mountain safety cover provided by Longtown Mountain Rescue Team.

After a warm up lap of the event field the Darren's Dash route took runners steeply up

through Cayo Farm and to the Rhiw before entering Wales and being rewarded with magnificent views of Llanthony Abbey, Pen y Gadair Fawr and the Vale of Ewyas. There wasn't much time for enjoying the views however as the 552 metre trig point on Hatterrall Ridge was soon reached and then it was all downhill, reversing the ascent route from the Rhiw.

Dan Sandford came first in the men's event in a time of 46.09 followed by Phil Thomas and David Klotz of the host club, Wye Valley Runners. In the ladies' race Anne Nixon set a new course record of 50.06 holding off the challenge of Nikki Morgan and Nicola Emerson. Allie Gilbert and her dog Figaro won the Cani Cross event in a time of 75.03. Congratulations to Chris Jones of Pontrilas who was awarded the 'first local' trophy in 50:02 (a new local's record). Junior runner Tim Sheen of Rowlestone, who had recently turned 16, picked up second local as well as first Junior in a time of 59.14. Wye Valley Runners were on great form and held off stiff competition from FODAC and Chepstow to win the mixed team prize.

Competitors were only awarded trophies for their highest achievement to spread them round!

The future of off-road running looks bright as 54 children tustled for the places in the Castle Canter children's races. Many children from Longtown were joined by children from Chepstow, the Forest of Dean, Malvern and Cross Ash. Inspired by the Euros there was also a great all-comers football match and the Pirate Galleon bouncy castle proved to be very popular.

Great tea and cakes were provided the by Pre-School and PTFA to all runners and there was a good haul of prizes in the raffle. William Darby of Mynydd Du continued his excellent form and won one of the main prizes.

Grateful thanks to the main event sponsors: Dorinda Watkins of Celtic Vale – who provided the race water and sponsored the event trophies, Arlene and Richard Clare – who sponsored the children's medals, Hopes of Longtown who sponsored the children's finish line treats. A special thank you to Jason Tandy who completed the event as a sponsored challenge.

The event could not go ahead without the permission and good will of the following landowners: Jean Price, Rob and Julie Bevan, Richard and Doris Prosser and the Brecon Beacons National Park. A final but sincere thank you to Longtown Mountain Rescue Team who provide the mountain safety cover for the event and the many people from the local community who willingly gave their time as race marshals.

Many thanks to all who supported the event. We hope to have raised £1750 to be split between Longtown Mountain Rescue, Longtown PTFA and Longtown Pre-School.

Mike Fawcett

1. D. Sandford O/40	FOD	46.09
2. P. Thomas O/40... ..	WyeV	47.30
3. D. Klotz	WyeV	49.09

4. D. Johnson O/50	Unatt	49.12
5. K. Atkins O/40	Cheps	49.13
6. S. Flowers	WyeV	49.20
7. C. Jones	Unatt	50.02
8. A. Nixon O/50	FOD	50.06
9. L. Grice	WyeV	50.31
10. N. Morgan O/40	Cheps	51.03
(12) R. Beves O/50	Cheps	51.39

VETERANS O/60

1. (23) T. Keech	HEnergy	54.37
2. (28) S. Owen	Cheps	55.20
3. (30) C. Moore	FOD	55.46

LADIES

1. (8) A. Nixon O/50	FOD	50.06
2. (10) N. Morgan O/40 ...	Cheps	51.03
3. (16) N. Emerson O/40 ...	WyeV	53.30
4. (35) V. Sivertsen O/50 ...	Unatt	56.48
5. (39) S. Hall O/40	FOD	57.50
(69) J. Dodd O/60... ..	Cheps	64.42
(91) J. Edwards O/60... ..	WyeV	70.31

134 finishers

CASTLE CANTER Lancashire

BM/12km/466m 19.06.16

The first holding of any event is always a bit of an unknown quantity so it was good to see a respectable 54 runners turn up, despite torrential rain and mist on the tops. The location was the mysterious Dobroyd Castle in Todmorden, and it was a good opportunity for local runners to finally see into the grounds of the huge Victorian pile at the upper end of the Calder valley. The castle is owned by Robinwood children's activity centre, the workplace of many of the marshals and a good few runners.

Soon after the start of the race four runners broke free and soon secured a good lead over the rest of the field. Harry Holmes, Ali Burns, Nick Barber and Andy Worster climbed into the cloud together and it was Andy's local knowledge that took the leading four over the complex terrain on the top of the moor. In the end it was Harry Holmes who broke clear with a mile to go to secure victory at the finish and set the first course record just under the hour. Pauline May won the women's race in 1.10.36, tenth place overall. Todmorden Harriers dominated both team prizes and showed what a prolific club they are in the area.

The event raised over £400 for Calder Valley Search and Rescue team, some of this money coming from entries, some coming from a cake stall organised by Robinwood staff.

We learned a great deal during the first event and it is hoped we can make this a regular fixture in the FRA calendar.

Ste Brock

1. H. Holmes	YorkK	59.57
2. A. Burns	VStr	1.00.14
3. A. Worster	Tod	1.00.24
4. N. Barber O/40	Tod	1.00.41
5. i. Gee O/40	Tod	1.08.13
6. M. Flanagan O/40	Tod	1.08.53
7. R. Tyson	Tod	1.09.23
8. T. Andronik	Tod	1.09.46
9. D. Tweed	Tod	1.10.05
10. P. May Lady	Tod	1.10.36

VETERANS O/50

1. (15) A. Davies	CaldV	1.15.21
2. (17) S. Anderton	Tod	1.16.09
3. (18) P. Brannigan	Tod	1.17.23

VETERANS O/60

1. (13) D. Collins	Tod	1.14.49
2. (21) J. Wheldon... ..	Baild	1.17.50
3. (38) D. Leslie	Tod	1.27.19

VETERANS O/70

1. (37) R. Blakeley	Tod	1.26.37
2. (48) P. Ehrhardt... ..	Tod	1.49.23

LADIES

1. (10) P. May	Tod	1.10.36
2. (14) L. Oldfield	CaldV	1.15.11
3. (19) R. Patrick O/40 ...	Tod	1.17.40
4. (28) R. Crossland	CaldV	1.20.33
5. (29) K. Brierly O/50 ...	Tod	1.20.40
(47) A. Rutherford O/50... ..	Unatt	1.45.47
(51) G. Lord O/40	Tod	1.55.13

54 finishers

HELM HILL - BOFRA Cumbria

AS/3.3mile/300m 19.06.16

It was like a scene from Gorillas in the Mist at this year's BOFRA Helm Hill Race. The weather was certainly tropical, being warm and rather wet by the time the senior race got under way. To complete the scene, trees, tall bracken, foxgloves, wild sage and wide variety of calling birds made the course feel more like a rainforest than Cumbria as runners fought their way round this thigh challenging, three climb monster of a race. Starting near the station at Oxenholme, the race has a long, undulating run out to the woods at the other end of The Helm. It then winds its way up, down and around The Helm, visiting the summit trig three times before a long, exhilarating down-hill run to the finish line.

The wet weather was no deterrent as 88 senior runners and over 100 juniors lined up to take on the challenge of The Helm!

In what is becoming a theme for this series of races, Simon Bailey battled with other tough competitors around the course to romp home first in the senior race.

By contrast with the senior race, the rain held off for the junior races. So, their conditions were merely warm and cloudy rather than tropical. The warmth facilitated some impressive and fast running by some determined junior fell runners.

Su Thompson

1. S. Bailey	Mercia	22.02
2. J. Craig	Barlick	22.53
3. J. Hall	Wharf	23.02
4. T. Martyn	HBT	23.32
5. J. Washington	CaldV	23.49
6. M. Ainsworth	HelmH	24.00
7. P. Crabtree O/40	Wharf	24.59
8. I. Willis O/40... ..	Kghly	25.19
9. J. Marchant O/40	HelmH	25.36
10. A. Livingstone	Unatt	25.41

VETERANS O/50

1. (29) P. Rigby	HelmH	29.25
2. (32) K. Holder	Wharf	29.49
3. (33) A. Holden	Wharf	29.56

VETERANS O/60

1. (14) M.Egner	Settle	26.56
2. (30) B. Thompson	HelmH	29.38
3. (39) S. Carr	Unatt	30.38

LADIES

1. (18) K. Hall O/40	Wharf	27.28
2. (20) G. Tindlay	HBT	27.41
3. (28) B. Curtis	HBT	29.23
4. (37) R. Pilling	P&B	30.23
5. (41) A. Donlan O/40	Barlick	30.44
(44) S. Houghton O/50	Ripon	30.58
(48) K. Aubrey O/50	HelmH	31.24

204 finishers

JUNIORS

BOYS U/9

1. A. Graham	Amble	2.47
2. L. Ranner	HelmH	2.50
3. S. Rigby	HelmH	2.57

GIRLS U/9

1. L. Pickles	Barlick	3.33
2. N. Roberts	Kghly	3.51
3. S. Green	Amble	3.53

BOYS U/12

1. J. Bowen	Amble	5.52
2. H. Hunter	HelmH	5.53
3. H. Bowen	Amble	6.03

GIRLS U/12

1. E. Swarbrick	Brought	6.36
2. E. Dorrington	Clay	6.40
3. S. Rylance	Amble	6.47

BOYS U/14

1. A. Thompson	Wharf	8.18
2. T. Marshall	Settle	8.30
3. W. Thompson	Wharf	8.32

GIRLS U/14

1. C. Rylance	Amble	9.16
2. L. Gregg	Ross	9.48
3. A. Taylor	HelmH	10.04

BOYS U/17

1. L. Bowen	Amble	11.13
2. J. Aubrey	HelmH	11.27
3. L. Hargreaves-Madhas	Wharf	11.46

GIRLS U/17

1. E. Bagge	HelmH	16.11
2. E. Carpenter	Settle	19.16
3. A. Willis	Kghly	20.03

RIBER RUN Derbyshire BS/6.8km/305m 21.06.16

The Riber Run is now a well established Carnival Week event in the Derbyshire parish of Dethick, Lea and Holloway. We had a record number of entries maybe thanks to a balmy evening weather, but the preceding days of heavy showers had made the course very slippery in places. The greasy surface, together with some surprisingly 'technical' terrain, unfortunately caught out some of those wearing trail shoes.

The minor cuts and bruises suffered by our three DNFs were very professionally dealt with thanks to St John's Ambulance. We hope this and those who missed the turn won't be put off next year, we'll have a bigger sign or an extra marshal.

Congratulations to all our winners who were presented prizes donated by North Face by our Carnival Queen Grace.

Many thanks to all our helpers and runners

for coming along, we raised £710 for local charities.

Richard Bradbury

1. B. Cartwright	Mat	31.33
2. L. Beresford	Ripley	31.47
3. B. Cartwright	Mat	31.52
4. R. Donald	Shelt	32.10
5. K. Davis	Erew	33.41
6. L. Parker U/16	Penn	33.56
7. K. Malton	Shelt	34.17
8. P. Sorrell O/40	NDerby	34.30
9. J. Lurati	AchRat	34.37
10. A. Frost O/40	DkPk	34.49

VETERANS O/50

1. (21) T. Parr	Unatt	37.22
2. (22) R. Hyde	Erew	37.53
3. (27) A. Barnett	DkPk	39.09

VETERANS O/60

1. (46) S. Wickham	Erew	45.23
2. (101) J. Forrester	Mat	53.37
3. (104) J. Robinson	Erew	54.09

VETERANS O/70

1. (56) B. Warwick	Derw	45.54
2. (93) S. Whitaker	Erew	51.50
3. (103) G. Young	Sinfin	54.03

LADIES

1. (39) R. Keeley	Belper	43.08
2. (47) C. Wilson	Beest	45.24
3. (53) A. Wainwright O/40	DkPk	45.50
4. (70) J. Howett O/40	Ripley	47.00
5. (71) E. Broughton O/40	Ripley	47.03
(101) J. Forrester O/60	Mat	53.37
(107) A. Booth O/50	LitEat	54.32
(124) C. Wickham O/50	Erew	59.40
(126) A. Bent O/60	Buxt	59.42

156 finishers

BRIDESTONE Lancashire AS/7.5km/375m 21.06.16

This race was originally organised by Todmorden Harrier, Dan Taylor, to celebrate his upcoming wedding. This year the race fell on his anniversary. The newest addition to the Taylor family (baby Luis) joined his mother Andrea at the Bridestone to wave the runners past.

The conditions were good with no rain and the sun coming out just as the 74 runners set off up the first climb. There was a slight detour on route due to 10 foot tall vegetation having appeared and the growth also slowed the runners slightly in places.

First home was local policeman and long time Todmorden Harrier, Jon Wright. Jon was clear by the Bridestone but had to shift in the way back to the finish to hold off a fast descending Mark O Connor to win by 13 seconds. In the ladies' race it wasn't as close as Gayle Sugden had a storming run finishing 8th overall and smashing the ladies' record by over four minutes. Last year's winner and record holder, Lyndsay Oldfield, was second and beat her old record too. Fastest V50 was Mark Wharton just ahead of first V60 Graham Schofield. Richard Blakeley retained his V70 crown holding off a challenge from Graham Breeze.

In the ladies Veteran categories, Jackie

Scarf was first V50 and Aileen Baldwin regained the V60 crown.

In a separate competition for competitors who completed all three of Dan's races (Hoofstones, Orchan Rocks and Bridestone), Ben Holmes of Tod Harriers had the quickest total time. Phil Hodgson, Reg Czudek and Mark Checkley also completed all three races.

Dan Taylor

1. J. Wright O/40	Tod	37.18
2. M. O'Connor	CaldV	37.31
3. S. Brock O/40	Wharf	38.30
4. J. Collins	Stain	38.44
5. A. Thorpe O/40	CaldV	38.46
6. T. Sheard O/40	CaldV	39.50
7. G. Simon	CaldV	40.11
8. G. Sugden O/40	CaldV	40.16
9. I. Powell O/40	CaldV	40.17
10. L. Shimwell	CaldV	40.24

VETERANS O/50

1. (15) M. Wharton	CaldV	41.36
2. (21) M. Ellithorn	Chorl	43.13
3. (31) A. Davies	CaldV	45.59

VETERANS O/60

1. (16) G. Schofield	Horw	41.42
2. (35) J. Sharples	Clay	47.46
3. (42) P. Hodgson	Tod	49.45

VETERANS O/70

1. (55) R. Blakeley	Tod	52.36
2. (62) G. Breeze	Wharf	58.20

LADIES

1. (8) G. Sugden O/40	CaldV	40.16
2. (23) L. Oldfield	CaldV	44.25
3. (30) R. Patrick O/40	Tod	45.57
4. (32) E. Fiedler O/40	Tod	47.07
5. (34) M. Heitz O/40	CaldV	47.35
(37) J. Scarf O/50	CaldV	48.04
(44) K. Brierley O/50	Tod	50.27
(53) A. Baldwin O/60	Stain	52.03

73 finishers

HARROCK HILL RACE 2 BS/8.4km/275m 22.06.16

1. L. Betts U/23	Sale	33.39
2. G. Booth O/40	Horw	34.45
3. J. Toohey	Lpool	35.33
4. A. Lloyd O/40	Horw	35.34
5. R. Smith	Endur	36.07
6. P. Muller O/50	Horw	36.23
7. T. Campbell O/40	Ast/Tyld	36.32
8. B. Hobson	Chorlt	36.56
9. T. Harkin O/40	Unatt	37.38
10. A. Ford	Horw	37.46

VETERANS O/50

1. (6) P. Muller	Horw	36.23
2. (13) K. Tuzio	Newb	38.25
3. (20) G. Chadderton	Horw	39.13

VETERANS O/60

1. (40) K. Addison	RRose	41.51
2. (86) T. Hellings	Unatt	46.52
3. (95) J. McGlynn	Unatt	47.22

VETERANS O/70

1. (187) N. Griffiths	Spect	57.33
2. (206) P. Martin	Bowl	63.25
3. (225) J. Francis	Clay	80.13

LADIES

1. (50) I. Storm	Chorlt	42.57
2. (61) S. Budgett O/50	Horw	44.06
3. (62) S. Yeomans	Ross	44.18

4. (66) M. Cook O/40	Parb	44.24
5. (72) E. Booth	Horw	44.57
(81) S. Sherratt O/40	Wesh	46.28
(111) A. Ferguson O/50 ...	Burnd	48.32
(183) S. Stewart O/60 ...	SthportW	57.02

225 finishers

**LANGSTRATH
Cumbria
AS/7.5km/430m 22.06.16**

Both the weather and the turnout were slightly disappointing. The weather was not the sun fest we have come to expect over the last few years and the turnout was a mere 43 compared with our normal 60+. The latter may have been due to Cumbria County Council announcing that the Borrowdale road would be closed all week when, in fact, it was only the Monday and Tuesday.

Despite that we had an excellent race with Martin Mickelsen Baron taking an early lead so that at Watendlath he had about 15 metres over Carl Bell. By Rosthwaite Carl was back to about level and he then took the lead along the 'back of the beck' finish 22 seconds ahead of Martin outside the Langstrath Country Inn.

In the ladies' race a similar scene unfolded with Nina only overtaking Chloe in the second half of the race.

Further down the field it was a good night for Borrowdale FR with Antony Meanwell taking V40 by narrowly defeating Paul Cornthwaite who was first V50. David Loan took first V60 and a novice newcomer from Mid Essex Casuals, David Reaves was first vet 70 – that's not an everyday occurrence! (David clearly enjoyed his night out and says he will be back for more!). Louise Brown was first LV40 with Kim Clark first LV50.

Team prizes for the men went to Borrowdale and for the ladies to Keswick.

It only remains to thank all those who do all the real work - the marshals; Brian Horn, James Archbold and Kerry Cornforth. The finish team; Len I'anson, Jim Davies and Judith Hind. The car parking man, Andrew Schofield.

As always thanks to Guy at The Langstrath Country Inn for use of his premises and Ralf Smids at Borrowdale CE School for the parking field.

Mike Hind

1. C. Bell	Kesw	38.48
2. M. Mickelsen-Barron ...	Borr	39.10
3. W. Veitch	Borr	39.43
4. C. Tinnion	Ellenb	40.57
5. T. Ferguson	Borr	42.24
6. M. Yeomans	CFR	42.37
7. A. Meanwell O/40	Borr	42.43
8. P. Cornthwaite O/50 ...	Borr	43.07
9. C. Lister	Ellenb	45.10
10. J. Nicholl O/40	Kesw	45.18

VETERANS O/50

1. (8) P. Cornforth	Borr	43.07
2. (15) D. Prosser	Kesw	49.42
3. (17) P. Pearson	NFells	50.42

VETERANS O/60

1. (16) D. Loan	Kesw	50.01
2. (39) R. Simpson	Unatt	72.57

VETERANS O/70

1. (43) D. Reaves	MidEss	80.10
--------------------------	--------	-------

LADIES

1. (20) N. Walkinshaw ...	Howg	51.15
2. (22) C. Routledge	Amble	51.23
3. (23) R. Rooke	BlkCmb	51.24
4. (33) R. Prosser	Unatt	56.40
5. (36) R. Mellor	Kesw	59.22
(40) L. Brown O/40	Kesw	73.01
(41) K. Clarke O/50	Lesw	73.11
(42) L. Buck O/50	FR	76.33

43 finishers

**BEAMSLEY BEACON- BOFRA
West Yorkshire
BS/5.5m/300m 23.06.16**

The weather was as near perfect as possible for this year's Beamsley Beacon Fell Race. It was warm and dry with a light breeze to cool runners as they battled their way around this varied and oft times challenging course.

The race starts and finishes outside the Crown Inn in Addingham and has about half a mile of road before crossing the "wobbly bridge" to fields beyond. It then winds its way on a gentle incline across fields and woodland to reach the road at Langbar. Another short road section ensues before runners leave the road and return to the off road terrain, much preferred by fell runners. The incline quickly steepens as runners fight gravity to make their way up the track to the fell base. Once on the fell, runners negotiate undulating ground covered by tall grass, and a stream, before turning right and following a well-worn but rough, rocky track to the summit of Beamsley Beacon and accompanying trig point.

If the challenge of reaching the summit wasn't enough, the descent is even more testing as it is unmarked and runners can choose any route they please, within reason. Public rights of way should be used and runners try to avoid upsetting local land owners by not having navigation fails. Local knowledge is at a premium as the shortest route back to the finish line includes an easily missed sharp right and left turn. Vital places can, and are, gained by runners who know this route. This genuinely is a race where being last to the summit does not automatically equate to arriving last at the finish line. Getting lost is a very real possibility, if local knowledge or navigation by pre-prepared map, fails. Where this route is a mystery, or runners prefer not to be nettled, they can elect to return via the marked outward route.

Despite the possibly un-nerving nature of a choice of unmarked, shorter route home, this year's race had a record turnout of 128 runners.

The eventual winner, Ali Burns, took the "any route back" option to a whole new level as he chose a course that no-one had ever used before. The downside of the decision was that it was much longer and resulted in a sprint to the finish.

Sue Thompson

1. A. Burns	VStr	36.47
2. G. Bellamy	Wlnds	36.49
3. S. Watson	Wharf	36.57

4. C. Loftus O/40	Kghly	37.10
5. L. Athersmith	Wharf	37.17
6. N. Crampton	P&B	37.32
7. M. Cox O/40	Ilk	38.00
8. D. Kirkham O/40	Wharf	38.11
9. A. Osborne	Leeds	38.23
19. J. Cummings	Ilk	38.36

VETERANS O/50

1. (36) P. Calderbank	Ilk	43.01
2. (55) I. Rowbotham ...	Hgate	46.04
3. (59) S. Houghton	Ripon	46.25

VETERANS O/60

1. ??B. Miller	Hgate	45.32
2. (105) W. Overton	PudP	55.07
3. (109) B. Baker	Otley	56.26

VETERANS O/70

1. (116) G. Breeze	Wharf	58.28
---------------------------	-------	-------

LADIES

1. (43) R. Pilling	P&B	44.20
2. (48) J. McCarthy O/40	Ilk	44.59
3. (51) D. Edmondson O/40	Idle	45.33
4. (57) K. Pickles O/40 ...	PudP	46.11
5. (59) S. Houghton O/50	Ripon	46.25
(103) A. Weston O/50 ...	Ilk	54.19

128 finishers

**BLACKA MOOR
South Yorkshire
BS/10km/440m 23.06.16**

The Blacka Moor Chase sets off from Totley AC's club pavilion and is 440 metres of ascent over 10 kilometres up over the hills above Totley, Sheffield. It is a pretty local route over moor and through woodland and is a race local fell runners come back to year after year. They come from Lancashire too and this year Clayton Le Moors club runner, Konrad Manning, was welcomed back to the scene of his long-standing 1992 course record after an absence of 24 years!

Following days of unrelenting rain, no new course records were set this year on a relatively still but very warm and humid June evening. Aidan Smith was first male with 42:30 and an outstanding performance by Sarah Singleton (W50) got her the ladies' top spot with a time of 49:37. Special mentions must go to the MV60 and FV60 categories won by Anthony Whitehouse (51:08) and Pat Goodall (57:22). It is these veteran club runners up and down the country who inspire new club members and set an example for the rest of us.

The Blacka Moor Chase is part of the Totley AC Series, well worth checking out if you have not already run on the hills above south west Sheffield.

Harriet Eisner

1. A. Smith	Hallam	42.30
2. J. Lane	Unatt	42.53
3. D. Mitchell	DkPk	43.30
4. A. Linskill	Totley	44.24
5. A. Lake O/40	EskV	44.33
6. J. Street	Clowne	44.42
7. S. Gregory O/50	HolmeP	45.12
8. K. Mahon O/40	Hands	45.21
9. A. Frost O/40	DkPk	45.39
10. M. Nolan O/40	DkPk	45.59

VETERANS O/50

1. (7) S. Gregory	HolmeP	45.12
--------------------------	--------	-------

2. (24) S. Singleton	...	Lpool	49.37
3. (33) M. Elwiss	...	Unatt	51.05

VETERANS O/60

1. (34) A. Whitehouse	...	Totley	51.08
2. (64) P. Eddison	...	Hands	55.45
3. (72) P. Goodall	...	Totley	57.22

VETERANS O/70

1. (138) C. White	...	Totley	68.55
-------------------	-----	--------	-------

LADIES

1. (24) S. Singleton O/50	Lpool	49.37
2. (40) C. Cooke	UOS	52.12
3. (51) N. Parkin O/40	DkPk	54.04
4. (53) J. Caddick O/40	DkPk	54.10
5. (65) J. Brown	Totley	55.51
(72) P. Goodall O/60	Totley	57.22
(117) F. Milner O/50	DkPk	64.08
(145) C. Hartwright O/60	Totley	70.44

161 finishers

THE DARTMOOR BEER AND BACON FELL RUN
Devon
AS/6m 25.06.16

The Inaugural Beer and Bacon Fell Run took place at the Fox and Hounds, Bridestowe on the north west of Dartmoor.

Dartmoor is not seen as traditional fell running territory. For a start the Vikings failed to create a permanent stronghold in the southwest, despite numerous raids, and our

hills remain the Celtic Tor (or 'Tower') rather than the Norse Fell. The absence of glaciation in Southern England during the last Ice Age give us convex hills rather than the concave valleys that give the steep climbs and dramatic peaks of the Pennines and further north. For those unfamiliar with the area, Dartmoor has a high moorland area of around 200 square miles comprising a granite plateau mostly above 300 metres with numerous granite outcrops, five summits over 600 metres and remote areas up to 10 miles from the closest roads and habitation.

Running on the Dartmoor has a longer history than many think. Widecombe Fair has included The Uncle Tom Cogley Race since the 1930s. The present list includes The Chagford Two Hills, The Burrator Horseshoe, The Cosdon Beacon Race, The Haytor Heller, The Sticklepath Horseshoe, The Oke Croak, The Great West Fell Run, The Sourton Tors Race, The Ivybridge Beacon Race, The Wild Night Run, The Hameldown Hammer, The Volcano Race, The North Bovey Fair Race, The Lustleigh Show Race, The Crossing, Dartmoor in a Day and the list continues to grow.

My favourite running experiences involve taking part in a race that is part of a village fete or country fair because it gives the opportunity to eat, drink and chat to fellow runners and spectators about the joys of this

wonderful sport. It was this that prompted me to organise The Dartmoor Beer and Bacon Fell Run – 'A race with a difference – there's a party at the end of it!'

The Fox and Hounds Hotel, near Bridestowe, was the ideal venue as it has direct access to a dramatic and very runnable part of the moor and the facilities to have food, drink and live music in the campsite after the race. I used social media to publicise the event and created a category AS 6 mile course with far reaching views over the West Devon countryside as far as Cornwall and east into the wild heart of the moor. By marking and marshalling the entire course I hoped to make the race accessible to novice and veteran alike.

The day itself was a great success. We had 36 runners of all varieties including Paul Watts, a blind runner from Hertfordshire, who contacted me in March to enquire about the feasibility of a visually impaired runner accompanied by a guide runner taking part. Given fell running terrain I was doubtful. The FRA assured me it was part of their policy to give equal opportunity to VI runners. Numerous emails later Paul made his way alone to Devon and arrived on the day to meet his local guide runner Gavin Hart, an old friend of mine, to tackle all the Dartmoor had to offer. His completion of the course remains my highlight of the weekend.

The rest of the afternoon and evening was filled with food from local meat experts 'Good Game' beer and cider from Dartmoor producers and live music from local musicians. The event was organised in partnership with cancer sufferer Martin Lynn's very successful 'Long Live the Fez' fundraising campaign for the FORCE Cancer charity. The event will return in July 2017.

My thanks go to the friends and family who helped me make this event a reality.

Rees Jenkins

1. J Wills O/40	...	0.52.36
2. C. Kirk-Potter O/40	...	0.53.50
3. R. Bishop	...	0.55.00
4. F. Dix	...	0.55.23
5. D. Oliver O/50	...	1.06.00
6. K. Littlejohn Lady	...	1.06.08
7. J. Donovan O/50	...	1.06.30
8. E. Napier-Fenning	...	1.06.44
9. J. Houseman O/40	...	1.09.10
10. E. Woods	...	1.09.30
(35) P Watts (blind runner)		2.37.39
(35=) G. Hart (guide runner)		2.37.39

LADIES

1. (6) K. Littlejohn	...	1.06.08
2. (17) L. Beckett	...	1.18.18
3. (18) K. Pond	...	1.19.20

36 finishers

LANGLEY FETE FELL RUN
BS/4.5km/198m 26.06.16

Many thanks and congratulations to all the runners who came and took part in the 8th Langley Fete Fell Run. Given that at this time of year, we are competing with several local races over the weekend, we still had a small but perfectly formed field of strong runners.

PHOTO © CHRIS MASON



Paul Watts and his guide Gavin Hart at the Dartmoor Beer and Bacon Fell Run.

The conditions were good after a week of heavy rain, which allowed for some quick times. The start/finish line had to be moved as the fete was held on the top field due to water logging, so race times are not quite comparable to previous years. However, the overall distance was only shortened by about 50 metres.

The race was won by William Neill in 18.07 who, straight after the race, decided to do the whole route again to get some extra training in for the upcoming British and English Championships in July. We were very impressed!

The first lady was Cathleen O'Donnell in 26.29.

Finally, many thanks to all the people who came and helped – timekeepers, registration, marshals and sweeper. You know who you are and the race would not be possible without you!

We hope you also enjoyed the fete, and see everyone next year!

Sophie Kirk

1. W. Neill	Mercia	18.07
2. B. Greenwood	Macc	19.58
3. N. Walker	Altrinch	20.35
4. J. Cain	Unatt	20.44
5. P. Neil O/40	Macc	20.54
6. R. Stevens O/40	Amble	21.12
7. E. Gamble O/50	Chesh	21.24
8. S. Ward	Unatt	21.39
9. C. Howitt	Congle	22.50
10. G. Brin O/40	Macc	23.59

VETERANS O/50

1. (7) E. Gamble	Chesh	21.24
2. (14) J. Mooney	Macc	24.43
3. (15) M. Toman	Ross	24.44

VETERANS O/60

1. (30) M. Jones	Altrinch	29.09
------------------	-------	----------	-------

VETERANS O/70

1. (29) C. Ardron	Macc	29.05
-------------------	-------	------	-------

LADIES

1. (17) C. O'Donnell	Mac	26.29
2. (18) C. Voyce O/40	Macc	26.38
3. (19) M. Matthews	Congle	27.18
4. (27) D. Masset O/50	Macc	28.48
5. (28) T. Whiskard O/40	Unatt	28.55

36 finishers

CHROME HILL Derbyshire

BS/6.4km/213m 25.06.16

Another year in the life of the Hollinsclough School, now an Academy, passed quickly – last year the Chrome Hill Fell Race took place under what could be best described as weather that verged on almost autumnal to winterish – however, this year the rain held off and the sun was out.

The event attracted 50 runners, compared to 41 last year with everyone completing the course.

The overall winner was Luke Beresford, who completed the course in 32:03 – nearly 4 minutes covered the top ten and the first lady was Steph Curtis in a time of 37:36 14th overall. The next lady to cross the line was Liz Batt in a time of 39:25 17th overall – well done ladies.

A tremendous effort by Dan Soles (Junior) clocked a time of 35:55 coming in tenth overall – well done Dan.

Many thanks to Peter Parker who marked the course. Despite being the race organiser for last four years, this was my first direct involvement in co-ordinating the running the event – I hope it went well for everyone.

Many thanks to Buxton Water (Nestle) for providing the bottled water – I hope it was to everyone's liking at the end of the race.

Each year the Chrome Hill Fell Race forms part of the Hollinsclough School Summer Fete and the fell runners and their families make a welcome contribution to its proceeds. On that note, the Pupils, Staff and Governors would like to thank all of those who took part in the 2016 Fell Race, or just came to watch, for their donations to school funds and for adding to an already bright day in the Staffordshire Peak District.

If you would like to offer any constructive comments please email office@hollinsclough.staffs.sch.uk and I will endeavour to improve what we offer.

Next year the Chrome Hill Fell Race will take place on Saturday 24 June 2017 – 2 00 p.m.

Let's make it a good one!

Stephenj Malbon

1. L. Beresford	Penn	32.03
2. N. Curtis O/40	Belper	32.25
3. E. James	Raid	32.47
4. D. Bethell	Belper	33.02
5. N. Brickman	Buxt	33.14
6. R. White O/40	DkPk	33.34
7. A. Frost O/40	DkPk	33.59
8. J. Pemberton	MowC	34.12
9. M. Bennett	Penn	35.19
10. D. Soles	StaffsM	35.55

VETERANS O/50

1. (12) D. Soles	Congle	37.05
2. (15) J. Batt	Erew	37.54
3. (16) N. Weightman	Unatt	38.14

VETERANS O/60

1. (40) N. Hindle	DkPk	47.44
2. (46) M. Brooke	Unatt	52.31
3. (50) P. Tapping	Penn	58.13

LADIES

1. (14) S. Curtis O/40	DkPk	37.36
2. (17) L. Batt O/50	Belper	39.25
3. (24) D. Hope O/40	Unatt	42.08
4. (29) Y. Peake	Macc	43.28
5. (32) L. Bloor O/50	Belper	45.16

50 finishers

CLIF BAR 10 PEAKS – THE LAKES LONG Cumbria

AL/73km/5600m 25.06.16

The original 10 Peaks takes in the ten highest peaks in the Lake District in this self navigational 73 kilometre ultra. First up Helvellyn, in the early hours of Saturday morning, was Jason Millward in 38:07, swiftly followed 30 seconds later by Jacob Snochowski, who overtook Jason on the descent to CP1 to take the lead. Meanwhile Ian Symington also passed Jason to take second place. Sadly, it wasn't Jacob's day and illness

meant early retirement after four hours. Ian maintained a strong position throughout the remainder of the race after pressing strongly to High Raise in 2:07:35, where he led the race from thereon out. Ian ran a great race to win in a time of 12:47:23. It was Tiaan Erwee's first visit to The Lakes who was over from South Africa via Guernsey where he won the Guernsey Ultra at the end of May. His GPS tracker showed he clocked up an additional four miles than Ian but finished less than 28 minutes behind in 13:15:47. Robert Henderson was third a couple of minutes back in 13:18:27.

In the ladies' race, Carol Morgan lead from the start to win in 14:05:15 placing seventh overall and winning the Vets' category outright. Carol was more than two hours ahead of second place, AlžBeta Železníková, 16:08:36, with Alison Read taking third in 19:43:14.

Paul Smith

1. I. Symington	CaldV	12.47.23
2. T. Erwee	Unatt	13.15.47
3. R. Henderson	Unatt	13.18.27
4. J. Millward	Hgate	13.20.17
5. O. Frost	WellsC	13.46.51
6. G. Reynolds	Unatt	13.55.46
7. C. Morgan O/40	NiddV	14.05.15
8. S. Vis O/40	OCAN	14.05.54
9. J. Southworth	Unatt	15.15.57
10. A. Kijek	HZG	15.17.05

VETERANS O/50

1. (18) S. Wrathall	Retford	16.21.11
2. (28) D. Little	Unatt	18.00.15
3. (29) T. Martland	Lymm	18.00.49

VETERANS O/60

1. (67) J. Penniford	LDWA	23.53.36
----------------------	-------	------	----------

LADIES

1. (7) C. Morgan O/40	NiddV	14.05.15
2. (16) A. Zeleznikova	Oravaman	16.08.36
3. (37) A. Read O/40	Unatt	19.43.14
4. (40) N. Phillips	Swind	20.27.59
5. (44) S. Sullivan O/40	Unatt	21.33.33

67 finishers

CLIF BAR 10 PEAKS – THE LAKES SHORT Cumbria

AL/48km/3200m 26.06.16

Despite a mixed bag weather forecast, the conditions were great for the Short Course competitors. Starting an hour earlier than last year, 121 competitors set off from Swirls Car Park on their way to the Helvellyn trig. Andy Gibbons peaked first in 40:46, followed a few minutes later by Tristan Favre. Bill Williamson took a great line off the summit pulling back over five minutes en route to Steel End Car Park, moving from seventh to second place. Andy reached the second peak, High Raise, 93 seconds ahead, but Bill chose a more direct route to Bowfell taking the lead by just over a minute. The lead two remained seconds apart over Esk Pike, Great End, Ill Crag, Broad Crag and Scafell Pike but Bill lost over 15 minutes on the way to Great Gable dropping back into second once again. However, Andy descended Great Gable towards Green Gable

costing him seven minutes off his lead by the time he reach Beck Head. Bill wasn't ready to make it easy for Andy and he gradually clawed back time as they approached Keswick. Even with a strong final stretch, Bill finished in 8:15:58, seventy seconds behind Andy in 8:14:48. Jonathan Russell came home in third in 8:42:45.

In the ladies' race, Kate Farley started as she meant to go on with a consistent race. As a previous competitor, she was aiming to improve on last year's third place and managed to knock a whopping 1.45.00 off last year's time to finish in 10:27:34 - two hours ahead of second place Sara Keogh, 12:29:40 and Anne Dobson 12:42:17, who placed third. Kate's win made it a double for Bingley Harriers.

Paul Smith

1. A. Gibbons	...	Bing	8.14.48
2. B. Williamson O/50	...	CFR	8.15.58
3. J. Russell	...	Unatt	8.42.45
4. S. Winton O/40	...	Unatt	9.43.39
5. T. Favre	...	Unatt	9.49.47
6. J. Braby O/40	...	Unatt	9.59.01
7. D. Potts	...	Unatt	10.21.13
8. R. Wood	...	Unatt	10.26.20
9. K. Farley	...	Bing	10.27.34
10. J. Green O/50	...	Unatt	10.30.44
(12) D. Boothroyd O/50	...	Buckley	11.06.57

VETERANS O/60

1. (53) R. Holdsworth	...	LDWA	16.54.45
2. (61) M. O'Dwyer	...	Unatt	18.23.18
3. (61) E. Bramley	...	Unatt	18.23.18

LADIES

1. (9) K. Farley	...	Bing	10.27.34
2. (22) S. Keogh O/40	...	Unatt	12.29.40
3. (25) A. Dobson	...	Unatt	12.42.17
4. (38) E. Krug O/40	...	OAN	14.41.20
5. (42) M. Tsvetanova	...	Unatt	15.26.42

86 finishers

DARREN HOLLOWAY MEMORIAL RACE (BUTTERMERE HORSESHOE) Cumbria

AL/35.5km/2515m 25.06.16

Brutal course, fantastic food, friendly marshals, good weather and a Simon Booth win – yes, things are settling into a standard pattern now we are in our fourth year. Back up to an entry of 79 runners on the long course and 15 on the short, we now have a healthy number of runners for the race, some of it no doubt due to the inclusion in the Lakeland Classics Trophy.

This year Simon was challenged by team mates Ted Ferguson and Andrew Schofield, who were on his heels most of the way round. It was only on the leg to High Stile that Simon started to pull away from them to win his third title out of the four races – a one, two, three for Borrowdale meant that the team prize was sorted before any other club came in.

Jasmin Paris was the clear winner of the ladies' race despite having the ultra-fast Ramsey Round still in her legs from the previous weekend. Other notable runs came from Leslie Malarkey in the LV65 category,

not just completing this race, but doing so after the Ennerdale and Great Lakes race the previous two weekends (time for a rest Leslie?). Also Fiona Fullwood who must get the 'most improved player' award by knocking a stonking 38 minutes off of her Personal Best.

On the short race, Simon Pymm was up near the sharp end with the main long course runners until the split at Whiteless Pike which left him all on his own, clearly in front. A doubtful line up Mellbreak through the bracken may have slowed him down a little but he smashed the course record by 45 minutes setting a very respectable target of 2:33:42 for future years.

The ladies' winner, Kathleen Aubrey, also took nearly 30 minutes off the ladies' record to set a target of 3:22:36.

Finally, I'd like to thank all of the marshals – it takes over 25 volunteers to put this race on and without them it wouldn't go ahead. As always great support from Pennine Fell Runners and Cumberland Fell Runners, with extra support from Jackie Winn from Ellenborough this year which was really appreciated. Thanks guys, see you all again next year – I can promise the brutal course, expect fantastic food and friendly marshals – not sure about the rest.

Paul Jennings

1. S. Booth O/40	...	Borr	4.18.06
2. T. Ferguson	...	Borr	4.23.50
3. A. Schofield O/40	...	Borr	4.24.16
4. N. Wood O/40	...	HelmH	4.41.08
5. S. Pyke O/50	...	DkPk	4.43.18
6. J. Williams	...	DkPk	4.43.19
7. J. Deegan O/40	...	Amble	4.50.33
8. J. Paris	...	Carneth	4.51.02
9. S. Ohly	...	HelmH	4.55.45
10. D. Lund	...	DkPk	4.58.31

VETERANS O/50

1. (5) S. Pyke	...	DkPk	4.43.18
2. (33) T. Holland	...	Conist	5.38.11
3. (34) B. Johnson	...	CaldV	5.43.53

VETERANS O/60

1. (43) K. Holmes	...	DkPk	5.57.43
2. (60) W. Dodds	...	Clay	6.54.12
3. (66) D. Bowen	...	Penn	7.04.46

LADIES

1. (8) J. Paris	...	Carneth	4.51.02
2. (25) J. Jepson O/40	...	DkPk	5.22.27
3. (31) S. Jones	...	Amble	5.29.41
4. (40) S. Richmond	...	Penn	5.54.24
5. (50) C. Aspinall	...	Penn	6.20.34
(54) R. Hill O/40	...	Settle	6.37.49
(60) W. Dodds O/60	...	Clay	6.54.12
(70) L. Malarkey O/60	...	Kesw	7.08.12

76 finishers

ELDWICK GALA FELL RACE West Yorkshire

BS/4.8km/168m 25.06.16

This year's race was marked by an apocalyptic thunderstorm which caused a mass exit from the Gala ten minutes before the start. The race was started in heavy rain, thunder and lightning. Despite this, judging by the photos on the Woodentops website, the runners

seemed to really enjoy the race.

The race was won by Graham Askew V40 in 19:40 closely followed by his U16 team-mate, Jonathan Sutcliffe. The ladies' race was won by the U18 Sarah Pickering in 22:54.

The Junior race was cancelled due to the heavy rain and unfit conditions.

Dave Stephenson

1. G. Askew O/40	...	Bing	19.40
2. J. Sutcliffe U/16	...	Bing	20.02
3. B. Harding	...	Unatt	20.26
4. R. Mantle U/16	...	Bing	20.30
5. A. Walsh	...	Wharf	20.37
6. T. Pomfrett	...	Otley	20.41
7. A. Britton O/40	...	Idle	20.51
8. J. Carnelley U/14	...	Bing	20.58
9. P. Mitchell O/50	...	Bing	21.19
10. W. Duggan O/40	...	Bing	21.32

VETERANS O/50

1. P. Mitchell	...	Bing	19.12
2. M. Newby	...	Ross	22.25
3. P. Mason	...	Hgate	23.17

VETERANS O/60

1. M. Pickering	...	Ilk	25.16
2. P. Ellerton	...	Bing	25.27
3. P. Hawkeswell	...	Bing	28.54

LADIES

1. S. Pickering U/18	...	Ilk	22.54
2. E. Findlay U/16	...	Bing	23.09
3. E. Field U/16	...	Unatt	23.56
4. V. Merrick U/18	...	Bing	24.31
5. K. Smith U/16	...	Bing	24.38
J. Thornton O/40	...	Bing	25.02
A. Roper O/40	...	Bing	28.33

BOYS U/18

1. M. Nadim	...	Unatt	23.44
2. R. Bradley	...	Bing	24.38

BOYS U/16

1. J. Sutcliffe	...	Bing	20.02
2. R. Mantle	...	Bing	20.30
3. W. Thackray	...	Unatt	22.06

BOYS U/14

1. J. Carnelley	...	Bing	20.58
2. M. Metcalfe	...	Roth	24.14
3. J. Bradley	...	Bing	27.07

CRONKLEY County Durham BM/16.9km/535m 26.06.16

A fine day and good running conditions. We saw a field of 35 runners tackle this route in the upper Pennines, and first home was Connor Carson who had travelled all the way from Kenilworth to take part. Also notable was third man home, Karl

Edwards, who was also the first V60 runner!

Due to the generosity of our sponsors, Hangar 18, with the place prizes and spot prizes it meant that few runners returned home empty handed. However, I did overlook the possibility of team prizes and it turned out that both NFR and Teesdale clubs fielded at least three male runners. Based on their finishing positions they both scored identical points, therefore taking joint first place.

There was a good turn out of DFR members to help with marshalling and race organising, and all the competitors safely completed the course. We are very grateful to the Strathmore

Arms at Holwick who allowed us the use their car park for registration and prize giving, and for opening their facilities for general use. They also supplied excellent snacks and meals for runners and supporters!

Cronkley Fell Race has been the only FRA registered fell race in County Durham, and is always held on the last Sunday in June. It is held in the highest part of Teesdale near the top of the Pennines and at the halfway point requires you to dip your toes into the mighty Tees River, where reports of near drownings and crocodile attacks are greatly exaggerated!

You will be very welcome if you want to test yourself on this route on the 25 June 2017.

Andrew Charles

1. C. Carson O/40	Kenilw	79.54
2. G. Cooper	Unatt	88.20
3. K. Edwards O/60	H'pool	92.05
4. S. Robinson	Howg	92.20
5. T. Grimwood	Swale	93.36
6. M. Lawton	ZetRich	94.01
7. N. Pearson	TyneB	94.07
8. A. Minister O/40	Hpool	94.12
9. T. Reeves O/50	Elvet	98.00
10. C. Curtis O/50	NFR	101.34
(13) J. Clapp O/50	DFR	103.36

VETERANS O/60

1. (3) K. Edwards	Hpool	92.05
2. (22) N. Cassidy	Tyne	111.36
3. (35) G. Schofield	Chorl	135.17

LADIES

1. (12) P. Browell O/40 ...	Elvet	103.24
2. (23) C. Murray	Darling	111.58
3. (28) S. Mitchell O/50 ...	NFR	115.08
4. (31) S. Davis O/50	NFR	122.10
5. (34) S. Piper	Elvet	129.45

35 finishers

GREAT BAKEWELL PUDDING RACE Derbyshire

CM/10.4km/200m 26.06.16

This year's Bakewell Pudding Race had a good turn-out despite the mixed weather forecast. After some heavy overnight and early morning rain, the weather for the run itself was ideal for running with some sunshine and cloud. The conditions underfoot were wet and slippery in places with some very muddy stretches in the woods.

The turnout was good, with around 210 in total for the two runs. There were 135 participants in the senior event, many of them experienced club runners. This race follows paths up through the woods above Bakewell back down to the River Wye with runners crossing the river, giving a refreshing "dip" just before the finish – the river was higher than usual because of the heavy rain before the run.

The race was won by Aiden Smith in a good time of 39.59, about a minute and a half behind course record, which was very good given the conditions. Billy Cartwright came in second in a time of 40.18, but was first to the "top of the hill". Luke Beresford came in third in a time of 40.35.

The first woman (13th overall) was Katie Walshaw in a time of 44.35, just under three minutes behind her very impressive course

record set in 2015, which Katie put down to the conditions on the day. She beat Polly Keen and Kerry Marchant, with times of 48.08 and 49:44 respectively.

The Junior/Fun Run had over 70 entrants with a wide range in ages. Jade Bidgood from Australia won the Boy's Intermediate run in a time of 15:50, just outside the new record which was set last year. Elliott Meylan came in second, with Joe Currie (first Junior boy) just behind in third place overall. The first girl home was Junior Clarissa Rigby (21.07), followed by the first Intermediate girl Lily Phillips (21.20). There was very good turn-out of juniors from Matlock AC, as there was in the Fell Run.

All finishers received an excellent Bakewell Pudding from the Original Bakewell Pudding Shop.

John Scott

1. A. Smith	Hallam	39.59
2. B. Cartwright	Mat	40.18
3. L. Beresford	Ripley	40.35
4. A. Lake O/40	EskV	41.49
5. G. Briggs O/40	DkPk	41.54
6. P. Skelton	SteelC	42.40
7. M. James	PorterV	43.06
8. A. Frost O/40	DkPk	43.16
9. J. Mason O/50	Dewsb	43.25
10. E. James	Belper	43.39

VETERANS O/50

1. (9) J. Mason	Dewsb	43.25
2. (17) M. Elwis	Unatt	46.35
3. (21) M. Archer	DkPk	47.55

VETERANS O/60

1. (52) P. Eddison	Hands	52.20
2. (61) R. Cooper	Unatt	53.52
3. (66) J. Gorman	NDerby	55.10

VETERANS O/70

1. (121) T. Verity	Unatt	72.05
---------------------------	-------	-------

LADIES

1. (13) K. Walshaw	Holmf	44.35
2. (25) P. Keen	Nuneat	48.08
3. (29) K. Marchant	StaffsM	49.44
4. (33) I. Storm	Chorlt	50.21
5. (39) R. Walwyn	SmileyP	51.00
(54) J. Crowson O/40 ...	DkPk	52.39
(64) S. Broadhurst O/40...	DkPk	54.41
(110) A. Bent O/50	Buxt	67.05
(122) S. Duffy O/50	Unatt	72.07

134 finishers

FUN RUN

4.2km/25m

1. J. Bidgood	15.50
2. E. Meylan	16.38
3. J. Currie	16.54
4. T. Phillips	19.06
5. C. Unsworth	21.01
6. H. Turner	21.03
7. C. Rigby	21.07
8. C. Finney	21.17
9. L. Phillips	21.20
10. E. Unsworth	21.23

LADIES

1. (7) C. Rigby	21.07
2. (9) L. Phillips	21.20
3. (12) M. Maciejewski ...	21.35
4. (16) O. Allen	22.52
5. (18) C. Latham	23.05

74 finishers

ARNISON DASH Cumbria

AS/2.4km/300m 26.06.16

A BIG thank you to Vanessa Scheppers, Ally Hodgson, Rachael Moseley (and her friend) who helped with registration, the finish line and results; to Phil Brown who was our man at the top of Arnison Crag; to Lindsay Buck's partner who opened the gates; to Dave and Shirley Hodgson who just can't resist a marshal's bib and kept the spectators under control; and to Catstycam Outdoor Shop for sponsoring the prizes. Also to everyone who took part and to Arnison Crag for being such a big little fell.

Christine Kenyon

1. D. Cope	Howg	15.12
2. P. Bray	Norw	15.13
3. S. Smith	Camb	15.38
4. T. Cowin O/40	Helm	15.49
5. D. Hurton O/40	Eden	15.55
6. D. Birtwhistle	Telf	16.33
7. J. Hodgson	Felland	17.28
8. N. Hurton	Eden	17.35
9. J. Marsh	Unatt	18.08
10. H. Russell	HelmH	18.25

VETERANS O/50

1. (12) C. Hodgson	Felland	19.33
2. (14) G. Bastow	Ripon	19.43
3. (22) A. Russell	HelmH	22.38

VETERANS O/60

1. (19) L. Sands	Unatt	21.54
2. (25) J. Varley	Felland	24.16
3. (31) K. Fazey	Unatt	27.38

LADIES

1. (10) H. Russell	Helm	18.25
2. (11) C. Hurton	Eden	19.24
3. (17) E. Cooper	Eden	21.12
4. (18) R. Poynter	Eden	21.13
5. (27) N. Sproson	NicsN	24.35
(28) L. Buck O/50	CFR	24.43
(29) A. Harbourne O/40 ...	Unatt	25.48
(32) C. Cameron O/40 ...	Unatt	28.27
(33) J. Motram O/60	CFR	29.20

34 finishers

CALTON CRAWL Staffordshire

BS/8.5km/244m 28.06.16

The run of seven years' fine weather for the race was finally broken this year with overcast skies and light showers during the race.

Despite the change of name to the Calton Crawl the race remained extremely fast, suiting the style of Jack Ross who won it yet again, beating his own record. Second place was closely fought between Chris Patterson and Gareth Briggs V40.

There was a ladies' team prize for the first time which was won by the large contingent from Congleton. Amy Durrant set a new ladies' record. The men's team prize was also won by Congleton.

Turnout was little down on previous years, perhaps due to the fact that we held it a couple of weeks later than usual. Cows with calves on parts of the course presented a potential problem which was dealt with by extra marshals armed with sticks but in the

event they were not needed!

Thanks are due to the landowners for their co-operation, to the village which turns out in force every year to help and to local clubs, Cheadle RC and Staffordshire Moorlands, who also helped with sweepers and marshals.

Rod Campbell

1. J. Ross	StaffsM	30.44
2. C. Patterson	Ashb	32.24
3. G. Briggs O/40	DkPk	32.57
4. D. Bethell	TRaid	33.49
5. B. Sellars	Unatt	34.51
6. B. Lomas O/40	Congle	36.03
7. R. Lightfoot O/40	Unatt	37.08
8. C. Brown	Unatt	37.09
9. C. Hewitt	Congle	37.32
10. T. Stoddart	Unatt	37.35

VETERANS O/50

1. J. Brown	Macc	39.45
2. N. Weaver	Clay	40.47
3. C. Green	Cheadle	40.55

VETERANS O/60

1. I. Ankers	StaffsM	43.27
2. J. Tomkinson	StaffsM	46.06
3. D. Edge	StaffsM	46.16

VETERANS O/70

1. B. Allsop	Buxt	57.49
--------------	------	-------

LADIES

1. (15) A. Durrant	Chesh	39.04
2. (20) A. Wainwright O/40	DkPk	41.10
3. (26) J. Moss O/40	Congle	42.52
4. (28) J. Gardner O/50	Macc	43.19
5. (35) P. Kineally O/40	Congle	45.04
(42) J. Miles O/50	Macc	46.48

67 finishers

TEBAY FELL RACE

**Cumbria
AM/13km/914m 29.06.16**

1. C. Bell	Kesw	1.14.42
2. R. Jebb O/40	Bing	1.15.02
3. M. Addison	HelmH	1.15.16
4. C. Arthur	Bowl	1.16.23
5. G. Greenhow	Amble	1.18.13
6. M. McTGoldrick	Wharf	1.19.02
7. J. Davies O/50	Borr	1.19.41
8. T. Cowin O/40	HelmH	1.20.27
9. J. Jardine	Unatt	1.20.38
10. P. Winskill	Kesw	1.21.37

VETERANS O/50

1. (57) J. Davies	Borr	1.19.41
2. (22) Q. Harding	Bowl	1.27.40
3. (26) D. Prosser	Kesw	1.29.59

VETERANS O/60

1. (39) D. Loan	Kesw	1.35.33
2. (47) K. Edwards	Hpool	1.38.41
3. (54) J. Holt	Clay	1.39.56

LADIES

1. (37) B. Jenkinson	Eryri	1.34.25
2. (49) N. Walkinshaw	Howg	1.39.00
3. (56) S. Jones	Amble	1.41.40
4. (63) R. Mellor	Kesw	1.46.45
5. (68) R. Findlay-Robinson	Kesw	1.51.09
(70) S. Ayers O/40	Kesw	1.51.27
(76) W. Dodds O/60	Clay	1.57.06
(81) A. Barton O/40	CFR	1.58.55
(85) D. Tunstall O/50	DFR	2.03.25
(95) N. Butler O/50	Kesw	2.11.46

97 finishers

**CRAGG VALE
West Yorkshire
BS/6.4km/244m 29.06.16**

Another Cragg Vale success: £800 raised for church funds, lots of locals marshalling and plenty of delicious refreshments for after the race.

Many thanks to Little Valley Brewery for donating all the prizes and two polypins of beer for the runners to quench their thirst. We had fantastic weather for the race but a few hours earlier, when Nick Murphy flagged the course, the rain was torrential, hence the boggy conditions underfoot.

There was a big turnout with 104 runners and a new race winner this year, 19 year old Callum Davidson in 28.30. He finished with a lead of 1.14 over second placed Andrew Worster. Youngster Watson Peel came in eighth with a brilliant run.

First lady was 23-year-old Nichola Jackson in a storming 32.45, which was over four minutes in front of second placed Lindsey Oldfield. Team prizes went to Todmorden men and Calder Valley ladies.

Guest Calder Valley junior, 12 year old Ruby McFie, started the race, which heads anticlockwise down beside Cragg Brook. I'm considering running the 15th Cragg Vale fell race anticlockwise next year to avoid the lineout round past the pub. Any thoughts?

Hope to see you again in 2017: let's see if we can smash the course record!

Jackie Scarf

1. C. Davidson	Ross	28.30
2. A. Worster	Tod	29.44
3. J. Fradgley	Stain	30.50
4. M. Preedy U/18	Ross	30.51
5. N. Barber O/40	Tod	30.54
6. M. O'Connor	CaldV	31.23
7. G. Brown O/40	Tod	31.35
8. W. Peel U/16	Hfax	31.44
9. P. Hobbs	Tod	32.13
10. J. Collins	Stain	32.15

VETERANS O/50

1. (19) M. Wharton	CaldV	33.57
--------------------	-------	-------

VETERANS O/60

1. (53) B. Horsley	CaldV	40.31
--------------------	-------	-------

VETERANS O/70

1. (49) D. Spendlove	CaldV	39.55
----------------------	-------	-------

LADIES

1. (14) N. Jackson	Prest	32.45
2. (32) L. Oldfield	CaldV	36.49
3. (37) M. Heitz O/40	CaldV	37.57
4. (39) R. Patrick O/40	Tod	38.19
5. (50) J. Battersley O/40	Wharf	40.00
(54) K. Brierley O/50	Tod	40.34

104 finishers

**HOPE WAKES
Derbyshire
BS/9.5km/451m 29.06.16**

This was the 70th anniversary of the race and our Facebook page and website featured some photographs from the 1948 race.

What a contrast to last year, with 2015 being a very hot and humid evening. This year was looking at being a very wet affair but the clouds

cleared and the sun came out. Our sports field was very muddy but this did not seem to distract the infants who turned up to have a run involving a lap of the sports field and down to the finish funnel to receive their 70th anniversary medal. There was a good showing of youngsters from the local school getting in some practice before school sports day.

Next up were the Juniors who set off on their 3 kilometre route. All arrived back behind Eve Crownshaw, followed by Ethan Robert Cutt and first Hope Valley local, Sam Tierney. Looking at the state of the juniors we knew the seniors were in for wet and muddy run.

Following the lap around the field to provide the spectators a good look at the prospective hopefuls and a run through the village, the race climbs with increasing steepness to the top of Hope Brinks. A sharp descent and forest track brings the runners to the second climb, up Win Hill from the North, across the moor to come out directly on the summit. No time to admire the view as it is now a fast descent back down to the village and across the fields into the sports club. There were new winners this year and records (due to a course change) for Matt Elkington and Anna Hoogkamer. William Neill and Aiden Smith followed on after Matt. Sally Fawcett, who is a regular at Hope, was pleased with her second place as she has been concentrating on Ultra events recently, and Angela Markley in thrd.

Many thanks to all the marshals who thought they were in for a long wet night and the local land owners who allow access across their land that allows the race to run a bit smoother. Thanks also to Montrail and Beta Running for prizes and Accelerate UK for support and numbers. All entries from the race are donated to local groups and we very much appreciate the support from local businesses. We hope to see some of the 70th T-shirts appear on our Facebook page over the next few months.

Colin Papworth

1. M. Elkington U/23	DkPk	42.05
2. W. Neill	Mercia	43.57
3. A. Smith U/23	Hallam	45.00
4. J. Williams	DkPk	45.13
5. T. Brunt O/40	DkPk	45.31
6. B. Cartwright	Mat	46.58
7. M. Johnson O/40	Stockp	47.57
8. K. Davies	ErewV	48.15
9. N. Curtis O/40	Penn	48.24
10. S. Knowles O/40	Penn	48.33

VETERANS O/50

1. (34) M. Archer	DkPk	52.55
2. (35) D. Hawkins	Penn	53.01
3. (44) J. Webber	DkPk	53.41

VETERANS O/60

1. (63) A. Fox	Gloss	55.46
2. (86) K. Holmes	DkPk	58.01
3. (100) P. Hands	LeicC	59.43

VETERANS O/70

1. (226) T. Faulkner	Wilms	84.39
----------------------	-------	-------

LADIES

1. (33) A. Hoogkamer U/23	DkPk	52.47
2. (37) S. Fawcett	DkPk	53.02
3. (72) Z. Proctor	Penn	56.41

4. (82) A. Markle	Mac	57.46
5. (98) E. Crownshaw U/23	DkPk	59.35
(99) J. Beadnall O/50... ..	Buxt	59.38
(109) P. Gould O/40	DkPk	60.57
(117) P. Goodall O/60 ...	Totley	61.19

235 finishers

**WARSLOW BEER FESTIVAL
Derbyshire
AS/10km/533m 02.07.16**

It was a day of inclement and later foul weather for the debut of the inaugural Warslow Beer Festival Fell Race. 41 runners turned out to tackle the event.

Billy Cartwright had a superb run to claim first place in 57:35, closely followed by another great performance from Noel Curtis, which meant we had two runners to make it home in under the hour. David Bethell came in shortly after in 01:01:08 to claim third place.

First female was Ruth Keeley in 01.16.17. Well done to Ruth and all the other runners who endured the rain to come out and take part.

It was great to hear lots of enthusiastic comments about the course (despite the weather). Thank you to all who helped out on the day and to all who came out to run.

Here's to a continued Fell Race at the Warslow Beer Fest – hope to see you next year. The Beer Festival organisers have confirmed that the Festival (and Fell Race) will be on

again in 2017 – first Saturday in July – so see you there.

We'll order some better weather for next year – so why not bring a tent and make an evening of it! Cheers!!

Will Meredith

1. B. Cartwright	Mat	57.35
2. N. Curtis O/40	Penn	58.52
3. D. Bethell	TRaid	1.01.08
4. M. Hulley O/40	Penn	1.03.53
5. T. Parr O/50	Unatt	1.06.28
6. A. Kenyon O/40	LVRC	1.07.52
7. N. Jefferson O/40	FRA	1.10.47
8. N. Bassett O/50... ..	StaffsM	1.10.48
9. M. Thompson O/40 ...	Buxt	1.12.04
10. R. Bouglas	Buxt	1.13.34

VETERANS O/50

1. (5) T. Parr	Unatt	1.06.28
2. (8) N. Bassett	StaffsM	1.10.48
3. (13) P. Bailey... ..	Buxt	1.15.28

VETERANS O/60

1. (15) M. Moorhouse ...	Mat	1.16.20
2. (22) G. Stanton	Unatt	1.22.56
3. (24) I. Ankers	StaffsM	1.26.19

LADIES

1. (14) R. Keeley	Belper	1.16.17
2. (19) A. Thickitt	Unatt	1.18.45
3. (32) H. Fryer-Winder O/50	Buxt	1.38.03
4. (35) G. Granger O/40 ...	HolmeP	1.48.47
5. (36) L. Fletcher	Unatt	1.48.58
(38) J. Aitken O/40	Belper	2.05.55
(39) R. Bartlett O/50	Unatt	2.09.04

40 finishers

**KIRKBY STEPHEN SPORTS
Cumbria**

AS/5km/250m 01.07.16

1. C. Bell	Kesw	17.00
2. N. Hurton	Eden	18.11
3. H. Lord	BICmb	18.21
4. P. Hanna	Howg	18.32
5. S. Mounsey O/40	Howg	18.46
6. M. Egner O/60	Settle	19.05
7. D. Hurton O/40... ..	Eden	19.25
8. B. Pennington O/40 ...	Howg	19.27
9. S. Robinson	Howg	20.10
10. R. Wells O/40	Howg	21.08

VETERANS O/50

1. (15) D. Tunstall	DFR	25.45
----------------------------	-----	-------

VETERANS O/60

1. (200) H. Parsons	Howg	35.51
----------------------------	------	-------

LADIES

1. (11) C. Hurton	Eden	21.21
2. (15) D. Tunstall O/50 ...	DFR	25.45
3. (16) A. Dixon O/40... ..	Howg	26.29
4. (17) Z. Ringer	Howg	27.25
5. (19) R. Scott	Howg	31.09

23 finishers

**STRETTON JUNIOR CHAMPIONSHIPS
& INTERCOUNTIES
Shropshire
02.07.16**

MALES

1. N. Smith U/16	CityYork	27.49
-------------------------	----------	-------



The inaugural Warslow Beer Festival Fell Race

PHOTO © MARTIN DEARDEN

2. J. Dugdale U/16	CFR	28.02
3. C. Law U/18	Holmf	28.55
4. C. Richards U/18	HelmH	28.59
5. J. Hudson U/16	Kghly	29.05
6. J. Edmondson U/16	Amble	29.33
7. E. Matler U/18	Eden	29.36
8. T. Barrett U/16	Kghly	29.48
9. J. Lund U/18	Kghly	30.03
10. M. MacKay	Ross	30.07

FEMALES

(31) E. Crownshaw U/16	DkPk	35.44
(33) L. Byram U/18	Holmf	36.06
(39) B. Morley U/16	Ilk	37.04
(40) S. Whittaker U/18	Bury	37.20
(42) S. Pickering U/18	Ilk	38.06
(43) P. Cooke	Leeds	38.30
(44) E. Byram U/18	Holmf	38.32
(45) A. McQueen U/16	NthWales	38.47
(46) L. Higgins U/16	Halesowen	39.05
(47) H. Thornhill U/18	Bux	39.33

72 finishers

MOEL SIABOD Conwy, North Wales AS/8.7km/700m 02.07.16

With an uncertain forecast, it was great to get word from Georg from the summit a few minutes before the off that it was breezy but dry and clear, kit still required but conditions as good as we could dare to hope after the downpours the day before. Sixty two runners were soon off and running with Buckley's Jez Brown leading from Mercia's Gareth Hughes with Eryri's Richard Roberts and Martin Cliffe tucked in close behind. For the women Sarah Ridgeway and Eryri's Andrea Rowlands were running side by side as they made their way into the forest towards Moel Siabod's steeper slopes.

By the time the leading runners reached the summit, Gareth had opened up a clear lead over Richard Roberts, himself closely followed by Jez and Martin, the pattern was set as these placings would be unchanged by the time they reach the finish line on the Capel Curig Show ground. Gareth's winning time was an excellent 48:32 a clear winner by almost three minutes over Richard. The gap back to Jez (first V40) was a further one minute 15 seconds with Martin, despite some classic tumbles (second V40) 20 seconds further back. He in turn was followed by Brendon Taylor from Durham Fell Runners (third V40) less than a minute later and well ahead of the pursuing pack of Andrew Perry (Durham) Simon Edwards (Buckley) and Adrian Williams (Eryri). Next came Sarah Ridgeway in a superb time of 56:51, first lady and ninth overall, some 5 minutes clear of her nearest rival, Andrea Rowlands.

I was delighted to see Phil Roberts (he of our 2015 Siabod Summit Challenge) come home in 58:34, eleventh overall to pick up the Mike Cousins' shield for first 'local'.

Other performances of note were Rob Downs (Wilmslow RC) first V50 in 60:55, Geoff Davis (Northumberland Fell Runners) first V60 in 68:38 and Geoffrey Fielding first V70 in 80:38. For the women the strongest category

was the FV40s so we need some younger runners next year to pick up the gauntlet that's been thrown down. That said, Gemma Moore came home first FU40 (NWRRC, third overall) in 67:31, closely followed by Sarah Barnwell (Eryri) first FV50 in an excellent 69:29.

Runners were seen taking their post-race dip in the cooling waters of the Afon Llugwy before taking on the local farmers in the traditional Tug of War finale. Sadly, a combination of tired legs and local pride saw them slump smilingly to a whitewash defeat.

As ever, thanks to all involved including the runners and spectators but most of all to the marshals whose support to me was vital in helping to ensure the race was both safe and successful.

Paul Hodges

DOLLAR Clackannanshire AM/15km/960m 02.07.16

1. K. Jones	DkPk	1.13.45
2. K. Richmond O/40	Shettle	1.20.15
3. S. Feltbower	Ochil	1.24.10
4. J. Hammond	Carneth	1.24.11
5. D. Fulton	HBT	1.27.07
6. E. Sedman	Unatt	1.30.35
7. J. Knox O/50	Anster	1.31.12
8. C. Morgan	Carneth	1.31.49
9. J. Hardie	Carneth	1.33.33
10. G. Baxter O/40	Ochil	1.33.43

VETERANS O/50

1. (7) J. Knox	Anster	1.31.12
2. (11) P. Simpson	Carneg	1.34.23
3. (13) N. Gilmore	Carneth	1.35.25

VETERANS O/60

1. (26) D. Scott	Ochil	1.44.44
2. (52) A. Gall	Central	2.00.00
3. (60) M. Martin	Fife	2.06.22

LADIES

1. (8) C. Morgan	Carneth	1.31.49
2. (22) A. Darlington	Dund	1.39.00
3. (29) G. Godfree O/40	Ochil	1.46.25
4. (33) S. Legge O/40	Fife	1.50.01
5. (34) H. Ritche O/50	Fife	1.50.27
(51) A. Buchanan O/50	Unatt	1.59.20

BAMPTON VILLAGE SPORTS SENIORS FELL RACE Cumbria

BS/8.8km/244m 03.07.16

1. J. Eyre	Eden	40.33
2. M. Donnelly O/40	Borr	42.00
3. S. Stoddart O/40	Eden	43.04
4. J. Hosker	Howg	43.59
5. P. Dugdale O/50	Helm	44.02
6. J. Barom O/40	Unatt	44.12
7. R. Crawford O/40	Unatt	44.36
8. P. Toaig O/40	Borr	44.52
9. S. Robinson	Howg	45.05
10. R. Moffat	Howg	45.17

VETERANS O/50

1. (5) P. Dugdale	Helm	44.02
2. (12) J. Bagge	Helm	46.10
3. (13) A. Life	Clay	46.53

VETERANS O/60

1. (18) S. Carr	Unatt	47.57
-----------------	-------	-------

2. (31) J. Robson	Annan	53.26
3. (35) W. Dodds	Clay	54.37

LADIES

1. (19) N. Walkingshaw	Howg	48.08
2. (28) T. Coates	Unatt	51.14
3. (30) E. Dugdale O/50	Unatt	52.53
4. (35) W. Dodds O/60	Clay	54.37

36 finishers

SKIDDAW Cumbria

AM/14.5km/823m 03.07.16

Norwegian fell running novice, Jonathan Albon of Væreg, Norway won, having led the field most of the way, and managing the rare feat of beating Ricky Lightfoot. Together with Gary Priestly, they achieved impressive finishing times.

We were pleased to welcome David Chandler from the USA. David's patch is the Catskill Mountains in New York State and he visited Keswick just to take part in the Skiddaw. He was presented with a Keswick AC vest as a souvenir of his visit.

On this occasion, the Skiddaw race incorporated the England Mountain Team Senior Home International Trials-an "uphill only" event. My thanks are due to Anne Buckley and her team for their contribution to race organisation.

Regrettably, this arrangement caused some confusion on the finish line. Fortunately, we were able to account for all the runners and key race times were accurately recorded. However, some times had to be estimated. My apologies for anyone who was affected.

Before the prize giving, I handed over to the new Race Organiser, Katy Moore. It has been a pleasure and a privilege to organise this great event on behalf of a great Club, Keswick AC, for the past sixteen years and my thanks are due to the many people who have taken part, or helped, over those years. I have valued your friendship and support.

Special thanks to: Members of Keswick A C, particularly Steve Harwood and Pat Richards; Jim Davies of Cumberland Fell Runners; Keswick Cricket Club; Keswick Football Club; Pete Bland Sports, particularly Jon Broxap; and finally to Janet, my wife, who has been the brains of the results system of the Skiddaw, and other races I have organised, and has lived with my fell running "habit" for longer than either of us care to remember.

Allan Buckley

1. J. Albon	Norway	1.05.18
2. R. Lightfoot	Ellenb	1.06.22
3. G. Priestly	Salf	1.08.23
4. C. Arthur	Bowl	1.10.11
5. P. Winskill	Kesw	1.10.14
6. J. Bowie	Mercia	1.10.21
7. G. Greenhow	Amble	1.10.42
8. A. Osborne	Leeds	1.11.21
9. H. Holmes	YorkK	1.15.05
10. B. Corkhill	Manx	1.15.19

VETERANS O/40

1. (11) M. Johnston	Carneth	1.16.17
2. (13) J. Melia	Ross	1.18.41
3. (14) R. White	Buxt	1.18.45



H. Jarvis of Dorking and Mole Valley at Skiddaw

VETERANS O/50

1. (22) C. Roberts	...	Kend	1.21.26
2. (34) P. Lambert	...	Wharf	1.24.48
3. (45) K. Short	...	Border	1.27.51

VETERANS O/60

1. (99) D. Kershaw	...	Chorl	1.41.31
2. (100) A. Hearle	...	Mercia	1.43.14
3. (101) A. Jones	...	Altrin	1.43.27

LADIES

1. (35) N. Jackson	...	Prest	1.24.56
2. (41) H. Jarvis	...	DorkMole	1.26.16
3. (43) S. Horrocks	...	Ross	1.26.37
4. (44) J. Briscoe O/40	...	Wkfld	1.27.09
5. (47) V. Wilkinson	...	Bing	1.28.05
(61) L. Roberts O/40	...	Amble	1.30.00

135 finishers

**LANGDALE GALA
Cumbria**

AS/1.9km/178m 03.07.16

The Langdale Gala fell races at Chapel Stile attracted 128 entrants this year. In spite of

a tight schedule to fit in with the other gala events, we adapted the race programme to incorporate five starts. This allowed us to run the U14/U17s on the full route by themselves rather than combining their race with the senior race. We think this made the latter races more enjoyable for all concerned.

This fell race must be one of the shortest in the calendar but with most of its climb of 178 metres happening in the space of a third of a kilometre, it is also one of the steepest. It was all the more remarkable that Jack Wright appeared to run the entire ascent. Jack reached the skyline first with a good gap between himself and Tim Cowin in second with more clear water between Tim and Andrew Rigley in third.

This order was maintained across the skyline and down the equally steep descent. Jack crossed the line in 10:55, just six seconds off Mark Addison's course record set last year. Tim and Andrew maintained their positions to the finish with Sharon Taylor being the first senior

lady home in 13:27 and seventh overall.

The junior races saw a strong turnout with many of the U14 and U17 runners achieving times on the senior route that would have placed them in the top half dozen. Seniors, take note.

A big thankyou from the organiser to all who volunteered and entered.

Tod Coates.

1. J. Wright	...	Amble	10.55
2. T. Cowin O/40	...	HelmH	11.43
3. A. Wrigley O/40	...	CFR	12.49
4. P. Kemp	...	Ellenb	13.03
5. J. Capstick	...	Unatt	13.17
6. P. Craker O/40	...	Amble	13.17
7. S. Taylor	...	HelmH	13.27
8. J. Reedy O/40	...	Amble	14.15
9. P. Clayton	...	BlkCmb	14.17
10. C. Russell	...	CFR	14.54

VETERANS O/50

1. (9) P. Clayton	...	BlkCmb	14.17
2. (12) R. Lecky-Thompson	...	Amble	15.00
3. (15) A. Russell	...	HelmH	16.13

VETERANS O/60

1. (17) B. Scholes	...	Settle	16.51
2. (21) J. Kelly	...	Unatt	17.20
3. (24) P. Kirby	...	Conist	20.02

LADIES

1. (7) S. Taylor	...	HelmH	13.27
2. (8) J. Reedy O/40	...	Amble	14.15
3. (10) C. Russell O/40	...	CFR	14.54
4. (19) C. Guest	...	NFells	16.59
5. (22) R. Lewis	...	Unatt	17.53

JUNIORS

Boys U/8

1. J. Sanderson	...	Settle	5.17
2. J. Graham	...	Amble	5.35
3. S. Osborne	...	Unatt	5.36

Girls U/8

1. E. Dickson	...	Amble	5.38
2. R. Duxbury	...	Amble	5.52
3. A. Coates	...	Amble	6.12

Boys U/10

1. C. McVey	...	Amble	7.00
2. A. Graham	...	Amble	7.08
3. J. Benson	...	Amble	7.15

Girls U/10

1. J. Edmonson	...	Amble	7.31
2. O. Swarbrick	...	CFR	7.54
3. J. Evans	...	Amble	8.13

Boys U/12

1. J. Bowen	...	Amble	7.04
2. H. Hunter	...	HelmH	7.11
3. H. Bowen	...	Amble	7.13

Girls U/12

1. E. Swarbrick	...	CFR	8.20
2. S. Rylance	...	Amble	8.21
3. C. Capstick	...	Brought	9.28

Boys U/14

1. T. Marshall	...	Settle	11.50
2. B. Edmonson	...	Amble	12.27
3. D. Sanderson	...	Amble	13.04

Girls U/14

1. C. Rylance	...	Amble	13.56
2. L. Beardwood	...	HelmH	14.18
3. E. Beardwood	...	HelmH	15.34

Boys U/17

1. J. Edmonson	...	Amble	11.12
2. L. Bowen	...	Amble	11.34
3. H. Greenbank	...	CFR	11.39

STOODLEY PIKE
West Yorkshire
BS/5km/213m 05.07.16

In contrast to the heavy showers that had been coating West Yorkshire for preceding weeks, a glorious early evening sunshine cast its warm glow over the majestic Stoodley Pike monument in readiness for the annual running of the eponymous fell race.

This year was the 40th year of the race, although not the 40th race. The race featured in the Grand Prix of some local clubs, bringing 187 runners representing local clubs and those from further afield to the start line near the Top Brink Inn near Todmorden. The fast and furious course took the runners for just over 3 miles; the route begins with a gradual climb up to the ridge, continues with a short stretch across the ridge and past the Pike and finishes with a rapid descent down the steeper side of the valley to the finish field. A landslip led to some additional mud on the London Road footpath, but this is a fell race after all. The runners were clearly visible for the majority of the race to the spectators gathered to welcome the runners home in the finish field.

The event was won by Callum Davidson in 19.36. First lady was Rebecca Patrick in 26.34. Second lady was Emma Fielder in 27.22. Andrew Worster finished 2nd overall in a time of 20.15.

Many thanks to the marshals and race organising team and to the staff of the Top Brink pub for their continued support for the event. All proceeds from the race were donated to Forget Me Not Trust children's hospice, supporting children and their families in the Kirklees area.

Jonathan Daniels

1. C.Davidson U/23	Ross	19.36
2. A. Worster	Tod	20.15
3. A. Whittem	CaldV	20.44
4. M. Preedy U/23... ..	Ross	20.50
5. G. Pemberton	Wharf	20.52
6. B. Forrest U/18	Bury	20.53
7. D. Kirkham O/40	Wharf	20.54
8. R. Stirzaker	Roch	20.55
9. M. Malyon	Baild	21.16
10. I. Gee O/40... ..	Tod	21.26

VETERANS O/50

1. (20) G. Chadderton ...	Horw	23.18
2. (21) A. Bodell	Royt	23.21
3. (33) S. Booth	Unatt	24.19

VETERANS O/60

1. (57) D. Collins	Tod	26.06
2. (73) K. Taylor	Ross	26.48
3. (87) J. Maxfield	Newb	27.41

VETERANS O/70

1. (80) D. Spendlove ...	CaldV	27.17
2. (171) T. Greene	Sadd	36.30
3. (181) D. Dickson	Ross	39.55

LADIES

1. (67) R. Patrick O/40 ...	Tod	26.34
2. (81) E. Fielder O/40 ...	Tod	27.22
3. (84) M. Heitz O/40 ...	CaldV	27.30
4. (89) J. Scarf O/50 ...	CaldV	27.49
5. (95) O. O'Mahony ...	Clay	28.08
(123) C. Mercer O/50... ..	Kghly	30.10
(124) A. Baldwin O/60 ...	Stain	30.52

187 finishers

DANEFIELD RELAY
West Yorkshire
3x4.8km/140m 05.07.16

1. Pudsey & Bramley A ...	0.55.46
2. Harrogate Harriers ...	0.56.25
3. York Knavesmire Harriers	0.57.06
4. Leeds City AC	0.58.07
5. Graham Kermick FC ...	1.00.18
6. Otley AC	1.00.41
7. Ripon Rampage	1.01.14
8. Wetherby Runners ...	1.02.23
9. Horsforth Harriers O/40	1.02.42
10. Wharfedale Lads	1.02.56

MALE VETERANS

1. (9) Hortforth Harriers...	1.02.42
2. (21) York Knavesmire ...	1.04.53
3. (41) Harrogate Harriers	1.12.29

LADIES

1. (34) Horsforth Harriers A	1.09.48
2. (38) Leeds City	1.11.39
3. (47) Kirkstall Trudgers	1.14.18

LADY VETERANS

1. (73) Horsforth Harriers E	1.19.58
2. (82) Ripon Rockets ...	1.22.56
3. (88) Otley Gruffalos ...	1.24.38

JUNIORS

1. (10) Wharfedale Lads...	1.02.56
----------------------------	---------

113 finishing teams

PUSH UP THE PINCYN
Denbighshire
BS/10km/396m 06.07.16

There was a surreal start to the 8th Push up the Pincyn race with a live violin and cello recital as a backdrop for the 32 runners assembled for the Clawddnewydd village show near Ruthin. With dry but cool weather the throng was led from the field by Cumbrian visitor, Ben Procter. Following hot on his heels was an interesting duel between Rhian Pierce and local lad, Neil Dalleywater.

Everyone negotiated this year's particularly large bale christened Gareth (Gareth Bale..... get it?) with the usual mix of bizarre leaping techniques. But the result was a foregone conclusion when Ben sauntered into the show ground eight minutes ahead of the next runner and nearly beating the 2011 course record in 45.19.

Neil D won out against Rhian who was a fantastic third overall in 54.50. Ellie Robinson ran a belter to gain first FV40, only to be presented with a large tub of Fat Balls for her efforts!

John Benton was only 30+ seconds behind Ellie to collect MV50 honours and Neil Hindle behind him taking MV60. Once again Peter 'Pan' Roberts, ran away with MV70 finishing half-way up the field in fifteenth!

It was fantastic to see seven runners local to Clawddnewydd take part with Olie Bean and Moyna Richey winning prizes. Furthest travelled to the race though were two runners from Hungary so Karla Otoupaukuua won first International!

Neil Coppack		
1. B. Procter O/40	Helm	45.19
2. N. Dalleywater O/50 ...	Clwyd	53.41

3. R. Pierce	Denb	54.50
4. K. Williams O/40	Buckley	55.18
5. R. Mahoney	Buckley	56.14
6. N. Coppack O/40	Clwyd	56.39
7. R. Bourne O/40... ..	Myster	56.48
8. C. Donaghue	Buckley	58.21
9. G. Houghton O/40 ...	Buckley	58.38
10. T. Hargreaves O/40 ...	Buckley	58.44

VETERANS O/50

1. (2) N.Dalleywater	Clwyd	53.41
2. (12) J. Benton	Denb	61.43
3. (14) J. Humphries	Myster	63.33

VETERANS O/60

1. (13) N. Hindle	Unatt	62.32
2. (18) A. French	Wrex	67.10

VETERANS O/70

1. (15) P. Roberts	Buckley	63.39
---------------------------	---------	-------

LADIES

1. (3) R. Pierce	Denb	54.50
2. (11) E. Robinson O/40	WChesh	61.19
3. (17) H. Turner	Eryri	65.06
4. (19) A. Fletcher	Eryri	68.12
5. (22) D. Urquhart O/40	Buckley	70.29

31 finishers

WORMSTONES
Derbyshire
AS/6.4km/411m 06.07.16

1. M. Ollerenshaw	Gloss	32.09
2. S. Knowles O/40	Penn	32.59
3. W. Griffiths	Penn	33.14
4. L. Forshaw Perring U/23	Buxt	33.37
5. T. Bush	Penn	33.56
6. K. Walshaw	Holmf	34.13
7. R. Hunt O/40	DkPk	34.42
8.A. Bunyan U/23	Macc	35.01
9. T. Jackson	GoytV	35.21
10. J. Hobson	GoytV	35.32

VETERANS O/50

1. (11) J. Hewitt	Gloss	36.11
2. (20) B. Macfadyen	Macc	38.55
3. (21) J. Mooney	Macc	39.19

VETERANS O/60

1. (22) A. Bocking	Chesh	39.26
2. (31) B. Blythe	Macc	41.06
3. (35) F. Fielding	Penn	41.28

VETERANS O/70

1. (75) N. Shuttleworth ...	Gloss	58.45
-----------------------------	-------	-------

LADIES

1. (6) K.Walshaw	Holmf	34.13
2. (12) O. Walwyn	Macc	36.22
3. (25) A. Markley	Macc	40.07
4. (28) R. Lawrence	Macc	40.43
5. (34) J. Bednall O/50 ...	Buxt	41.24
(53) J. Rundall O/40	GoytV	44.12
(54) C. Voyce O/40	Macc	44.19
(69) H. Fryer-Winder O/50	Buxt	51.09

75 finishers

OSSY OIKS
North Yorkshire
AS/8.5km/525m 06.07.16

Ossy Oiks took place on a warm and muggy night with 81 runners taking position on the start line after the customary grumble over starting 100 feet lower down the path than the runners would like!

The race was around two months later this

year meaning the shorter route up/down was not easy to find, and passing through it was harder still!

There were some interesting cuts and scrapes on legs at the end of the night with Harry Holmes coming home first in 44.59.

Bryan Miller

1. H. Holmes	YorkK	44.59
2. S. Hardy O/40	LoftW	45.34
3. P. Williams O/40	EskV	46.29
4. A. Potter	Unatt	49.35
5. S. Pugh O/40	EskV	49.42
6. M. Wade	Aycliffe	50.09
7. I. McGrath O/40	DFR	50.10
8. I. Marr O/40	Unatt	50.11
9. J. Blackett O/50	DkPk	50.12
10. B. Saysell O/50	Nymac	50.17
(17) D. Parrington	Swale	51.50

VETERANS O/60

1. (26) S. Smith	EskV	53.25
2. (37) K. Edwards	Hpool	56.18
3. (53) J. Burnside	Aycliffe	64.31

LADIES

1. (12) S. Gordon	NMske	51.04
2. (39) T. Surtees	Aycliffe	57.09
3. (44) J. Clapp	Quakers	61.03
4. (46) H. Ashworth O/50	Th/Sow	61.11
5. (49) K. Struthers O/50	Nymac	62.54
(61) M. Zamir O/40	Aycliffe	68.08
(63) J. Maddern O/40	Billing	68.27

80 finishers

RANGERS ALDERMAN'S ASCENT Greater Manchester AS/8.5km/402m 07.07.16

7 July 2017 saw the first ever Rangers Aldermans Ascent race over parts of Saddleworth Moor. This race was a fundraiser for the youth teams of Saddleworth Rangers Rugby League Club and hopefully it will grow in reputation over the years to come.

A little over 8 kilometres and with over 400 metres of climbing, this is a tough little race. The route starts at Churchill playing fields and once an initial lap is done to spread out the runners, the biggest climb of the route starts up towards the 'Pots and Pans' monument which overlooks the valley. From the monument, runners head steadily toward the highest point of Shaw Head. Steadily were they then turn southwards along the flat moor towards Aldermans Hill. Here runners who dare to stop and admire the view are greeted with a spectacular view of Dovestones Reservoir and the Chew Valley. But never mind that, the tricky descent of the hill to towards the A635 road has to be done. Here the terrain is rough, technical and steep.....all that makes fell running great! At the bottom, the cruel, unrelentless course turns around and heads back up Aldermans Hill, showing no mercy for the runner. At the top, the route is all downhill back to the start with great fast running on offer.

This year 52 runners turned up in weather conditions that could have been better. Rain and low cloud had persisted during the day but bright tried to break out but it didn't last. Low cloud and rain was the order of the day

but everyone survived. Unfortunately, a few of the front runners went wrong due to an over eager junior marshal gathering up both junior and senior race flags. Luckily, this was quickly dealt with and only a handful went wrong.

As this was a fundraiser for the junior teams, junior races were on offer to all age groups. These were held over towards Binn Green Car Park, along the A635 Holmfirth Rd so that the races had a true 'fell race' feel to it. The routes varied for each age group with the younger ones doing a lap or two of the steep hillside along the road, to the U16s' route going out as far as Pots and Pans Monument and back. We invited all the local running clubs as well as the local rugby clubs, as our youth teams were running for sponsorship. The atmosphere was great and although the rain started soon after start, both kids and parents enjoyed it. Although there was a mix up with the age categories used by ourselves and Calder Valley, lessons will be learned for next year.

Many thanks to all the helpers and parents who marshalled the routes in the weather we had. They all enjoyed it and back at the club house, both runners and marshals were treated to free soup and bread. The bar was open and the atmosphere was great for both junior and senior prize givings.

Next year's race is Thursday 6 July and we will have a nice shiny new club house to show off as well. See you all then!

Darren Graham

1. S. Pymm	Horw	48.12
2. I. Illstone	Unatt	48.50
3. P. Hudson O/40	Unatt	52.04
4. T. Bardwell	ManchF	52.44
5. S. Hutchinson	Sadd	55.03
6. N. Cuff	Royton	55.23
7. A. Parkin O/50	Greenfld	55.56
8. R. Bolton O/50	Unatt	56.35
9. K. Jones O/50	Sadd	56.45
10. M. Collins	Unatt	56.53

UNDER 8

Boys

1. O. Pickens	CaldV	07.56
2. W. Standish	CaldV	08.09
3. M. Godling	Sadd	08.10

Girls

1. E. Mills	Sadd	13.10
-------------	------	-------

UNDER 10

Boys

1. C. Pickens	CaldV	11.32
2. G. McFie	CaldV	11.39
3. L. Jagger	Sadd	12.13
4. L. Illstone	CaldV	15.12

Girls

1. F. Hanson	CaldV	14.26
2. E. Illstone	Unatt	16.48

UNDER 12

Boys

1. W. Hall	CaldV	13.03
2. J. Duffy	CaldV	13.36
3. P. Casey	CaldV	14.00
4. B. Blacker	CaldV	14.35

Girls

1. B. Blacker	CaldV	16.00
---------------	-------	-------

UNDER 14

Boys

1. E. Beesley	CaldV	19.13
---------------	-------	-------

2. C. Martindale	OldSA	21.07
3. S. Parnaby	OldSA	21.09
4. J. Taylor	OldSA	24.01

Girls

1. L. Jones	Sadd	32.18
-------------	------	-------

UNDER 16

Boys

1. L. Greenwood	CaldV	24.54
2. S. Matthews	Sadd	27.54
3. J. Butterworth	Sadd	28.12
4. J. Simmonds	Sadd	28.27

TOCKHOLES EVENING

Lancashire

BS/9.3km/335m 07.07.16

The 2016 running of Tockholes Evening represents the start of a new era for Darwen Dashers following Nigel Barnes's decision to retire as the race organizer. To keep the race on the calendar, I happily volunteered to take up the reins, so to speak. Being new to race organization, my biggest challenge was to organize a slight route change to bring the runners back down past the ruins of Old Aggies due to the footpath down Step Back being closed for repairs. With extra marshals posted, the course was now hunky dory once again.

Fortunately the weather improved and a dry night witnessed 62 runners complete the course with just two retirements. The varied route included the crossing of the reservoir, running up through some of Bold Venture Park, steep moorland climb and a fair bit of tarmac on the return.

The race was won by Nick Leigh who established a healthy 1.40 lead over second place Jack Hindle. Fifty five seconds behind Jack followed Joe Mercer in third place.

The women's race was won by Nicola McConville who had a two and a half minute lead over second placed (FV40) Elma Ikin and (FV60) Katy Thomson coming in third.

First men's team was Preston Harriers with Andrew Newton, John Green and Alex Waddelove.

First' team was Rossendale Harriers Elma Ikin and Hilary Farren.

Finally a special thank you to all the marshals who volunteered, many for their first time, to keep the race on the Darwen Dashers race calendar.

Chris Cash

1. N. Leigh	Horw	35.15
2. J. Hindle	Bburn	36.55
3. J. Mercer	Horw	37.50
4. A. Newton	Prest	38.31
5. A. Valentine O/40	Bolt	38.51

VETERANS O/50

1. N. Holding	WPenn	39.30
---------------	-------	-------

VETERANS O/60

1. M. McGloughlan	Prest	50.50
-------------------	-------	-------

VETERANS O/70

1. P. McDermot	Prest	60.10
----------------	-------	-------

LADIES

1. N. McConville	Unatt	51.16
2. E. Ikin O/40	Ross	53.59
3. K. Thompson O/60	Clay	57.39
4. H. Farren O/50	Ross	60.37

5. H. McCandless Lytham 66.47
62 finishers

**TAL Y FAN
 Conwy N. Wales
 AM/12.8km/786m 09.07.16**

The weather forecast was grim to say the least with two rain drops predicted at 2 00 p.m., the race start time, and one drop for the rest of the day. We were pleasantly surprised to get the gazebo erected on the Rowen Carnival field in only light drizzle. It seemed that lots of people had either headed off to the British Championships in Sedburgh or, given the rain forecast, had decided to stay in to watch Serena win another Wimbledon title, as with a field of 30, we had the smallest entry for about 10 years. As is common, the forecast was wrong - maybe half a rain drop but humid and overcast, waterproofs certainly not needed on the start line.

After a quick head count (yes we still had 30), James sounded the hooter and we were off with Ellie accompanied by Elsie, her medical assistance dog, at the back alongside Helen (race organiser and sweeper in fluorescent pink). Turning right in the village, and facing the first hill, Ellie pulled ahead of Naomi from Steel City Striders and the leaders streaked off towards the youth hostel. By Cae Coch, Naomi had come to the conclusion that for the first time in her life, she may actually be last but undeterred, we headed over the stile and towards the summit of Tal y Fan. At the summit, the stone circle check point at the other side of the moorland bog was pointed out and we headed off towards the sheep pens as our mid-way marker. Half way across, however, we found two more Steel City lost runners - maybe Naomi would not be last - who at least had the sense to wait for the pink person when they had lost touch with Ellie and realised they did not really know where they were heading. We reached the stone circle as a group of four to find that two runners were unaccounted for but, at least, the rain was holding off, and the visibility was still good. We had not seen them coming across the bog, and left the radio operators/marshals communicating with base to see if they had been located, or whether they had just gone to Penmaenmawr for ice-cream.

Our little group of tail enders carried on, now on the grass of the North Wales coastal path with much easier navigation. Through all the gates with the marshals still two short, until we reached the Dougie's gin and tonic (sorry all gone only water left) check point, where it was reported all 30 had been seen. Panic over, we headed up the last hill, down through the bracken and back on to the road. Resisting the G&T in the Ty Gwyn, the final gang reached the finish line safely, if a bit late for the presentation.

Thanks as always to our marshal team and Ann and Sharon on the start and finish line.

Helen Blair

1. M. Davies O/40... .. NWRRRC 1.13.56
 2. A. Raho GOG 1.18.16

3. S. Ridgway O/40 Unatt 1.19.39
 4. A. Davies O/40 Steel 1.20.23
 5. J. Hartley Unatt 1.21.21
 6. C. Jones O/40 Eryri 1.22.25
 7. R. Owen O/50 Eryri 1.23.26
 8. G. Porter Jones O/40 Eryri 1.26.00
 9. J. McQueen O/40 Eryri 1.26.35
 10. L. Davies O/40 NWRRRC 1.27.15

VETERANS O/50

1. (7) R. Owen Eryri 1.23.26
 2. (11) I. Edgar Eryri 1.29.08
 3. (16) T. Coleman... .. Unatt 1.39.10

VETERANS O/60

1. (17) J. Adams Pensby 1.39.12

LADIES

1. (3) S. Ridgway O/40 Unatt 1.19.39
 2. (13) R. Partridge Unatt 1.31.49
 3. (15) G. Moore NWRRRC 1.34.04
 4. (19) R. Dance Unatt 1.40.43
 5. (23) L. Emery O/40 Eryri 1.49.36
 (25) E. Salisbury O/50 Eryri 2.01.08

28 finishers

**BAILDON CANTER
 West Yorkshire
 BS/5km/152m 09.07.16**

The morning started off very wet but by the time we had the course laid out, the entries tent up and all the dozens of other things that go along with organizing a race, the weather picked up along with our spirits. All it takes is to see a stream of runners and children queuing to take part.

This year we had races for the U6s on the field with lots of prizes and certificates and for safety reasons we started the fun run before the senior race, I am pleased to say it worked really well.

Thank you to everyone who turned out to make the senior race successful and to Saltaire Striders for putting our race into their summer championships. Our own Michael Malyon and Quentin Lewis battled it out on the hills for first place, Q later said he had it on the climb



Andy Robinson coming home at Baildon Canter

PHOTO © WWW.COLINMORLEY.PHOTOGRAPHY

but there was no stopping Mal on the descent and Mal took first place in 19.20. Q came in second position taking first MV in 20.00. First lady home was Holly Page in 21.36. First FV was Sophie Cullen in 29.45. First FU23 was Lidia Farley in 24.12 and Jonathan Sutcliffe was first U18 in 22.07.

With a good carnival atmosphere, friendly marshals and great prizes for both the senior race and the fun run, I really think this was our best year yet. Baildon Runners look forward to seeing you all next year.

Sue Coates

1. M. Malyon	...	Baild	19.20
2. Q. Lewis O/40	...	Baild	20.00
3. E. Davies	...	Otley	20.42
4. M. Richardson	...	Salt	20.56
5. H. Page	...	CaldV	21.36
6. L. Kaznowski	...	Baild	21.44
7. S. Watson	...	HydeP	21.49
8. R. Nicholson	...	Ilk	22.00
9. A. Robinson	...	Baild	22.02
10. J. Sutcliffe U/18	...	Bing	22.07

VETERANS O/50

1. S. Dunbar	...	Salts	22.33
2. S. Wolstenholme	...	BfdA	22.40
3. C. Stubbs	...	Unatt	22.45

VETERANS O/60

1. J. Wheldon	...	Baild	25.58
2. R. Myers	...	Baild	28.17
3. P. Hawkswell	...	Bing	29.09

LADIES

1. (5) H. Page	...	CaldV	21.36
2. (24) L. Farley	...	BfdA	24.12
3. (32) R. Villiers	...	Barlick	25.57
4. (35) R. Mistry	...	Eccles	26.21
5. (45) E. Bowman	...	RunDem	28.22
(48) S. Cullen O/40	...	StTher	29.45
(58) S. Haigh O/50	...	Salts	35.30
(60) A. Lincoln O/60	...	Idle	60.21

FUN RUN

Boys U/14

1. J. Villiers	...	Barlick	6.52
2. J. Bradley	...	Bing	6.55
3. D. Thornton	...	Bing	7.05

Girls U/14

1. P. Anderson	...	Ilk	6.44
2. N. Conroy	...	Kghly	7.34

Boys U/12

1. S. Conroy	...	Kghly	6.36
2. O. Peace	...	Bing	7.06
3. J. Oddy	...	Unatt	7.28

Girls U/12

1. M. Whelan	...	Unatt	9.35
2. L. Riddiough	...	Unatt	10.38

Boys U/10

1. A. Budding	...	Ilk	7.19
2. L. McRedie	...	Barlick	7.58
3. M. Peace	...	Bing	8.03

Girls U/10

1. H. Bishop	...	Ilk	7.52
2. K. Buck	...	Kghly	8.19
3. C. Scott	...	Kghly	8.38

weather conditions on the summits, collected the runners' tallies and wrote down their numbers and sustained the radio network. The meticulous standard of their care for the runners ensured that no-one went astray without our knowledge.

A sincere thank you to Luigi Salzano, Eddie Lesniak (and my apologies for trying to award him the first prize for V60!) and Paul Hindley for discarding their opportunities for reaching Pillar inside the cut-off time, instead assisting down Fiona Lynch who had fallen and sustained head injuries during the approach. She was then attended to by our paramedic.

That was a wonderful display of selflessness and something to treasure as part of the unique spirit among mountain runners.

Another runner ended up at Honister but managed to get a lift back.

Lyndon Ashley suffered hypothermia during a long descent from Scafell Pike but was assisted down by walkers and after being checked by North West Ambulance, was finally allowed to drive home. We were indebted to our paramedic who stayed on until nearly 9pm.

Congratulations to all runners who got round in severe weather conditions. 133 started, 39 retired or were timed out.

Thank you to those of you who were timed out for obeying the cut-off times and for checking in at the registration.

The application of cut-off times confirmed their usefulness in protecting runners and marshals alike from undue exposure time in such conditions. The design of the Gable cut-off is to limit the overall finish time to a maximum of about 7.5 hours.

Because of the effects of the weather on our finish timing, some of the later times were rounded to the nearest 15 or 30seconds, although it does not affect the finish order.

Thanks also to the catering team who did wonderful work providing food and hot drinks until their tent was blown down near the end.

I shall be preparing Wasdale fell race certificates for all finishers which will be signed by Joss Naylor and will be posted out as soon as possible, along with any prizes which could not be awarded at the time of presentation as some runners had already departed.

Thank you all very much for coming along and running the Wasdale in such good spirit.

Next year 2017 will be a championship event.

Richard Eastman/Will Spain

1. N. Talbott	...	Amble	4.11.35
2. S. Booth O/40	...	Borr	4.22.22
3. G. Foster	...	Amble	4.34.19
4. A. Schofield O/40	...	Borr	4.34.29
5. P. Tierney	...	Amble	4.36.20
6. R. McGrath	...	Ellenb	4.37.36
7. B. Abdelnoor	...	Amble	4.38.30



Nicky Spinks smiling through the severe weather conditions at the 2016 Wasdale

PHOTO © PETER TRAINOR

**WASDALE
Cumbria**

AL/34km/2750m 09.07.16

Mine and Will's heartfelt thanks goes out to all of our marshals who stuck it out in challenging

8. J. Mann	DFR	4.40.38
9. P. Vale O/40	Mercia	4.43.18
10. J. Harris	KOM	4.45.25

VETERANS O/50

1. (15) J. Hunt	DkPk	4.57.34
2. (30) J. Coleman	Lonsd	5.33.31
3. (32) T. Holland	Conist	5.35.04

LADIES

1. (13) J. Paris	Carneth	4.50.40
2. (26) N. Spinks O/40	DkPk	5.10.44
3. (33) N. Walkingshaw	Howg	5.36.50
4. (47) L. Barker	Ellenb	5.51.01
5. (58) J. Brown O/40	Clay	6.05.01

94 finishers

BORDER RAID RECCE (MIDDLETON SHOW HILL RACE)

Powys

AS/2.4km/390m 09.07.16

What a race! England vs Wales Border Raid, it beat expectations. This is a free event at only 2.4 kilometres with just 390 metres of climbing. Despite other races and events nationally and locally there was still a good quality field. Starting at 3 00 p.m. straight onto the first climb of the afternoon, up Middletown Hill and passing the Red Dragon flying on the top.

The early leaders were Tim Davies (Wales) and Billy Starling (England) which is how it was as they followed the border and climbed past the Red Dragon again for the final descent to the finish, Tim Davies leading Billy Starling by just 10 seconds.

Though Wales took the individual honour, with the first four on each team to count, the English raiders took the team honours.

1. T. Davies	Wales
2. B. Straling	England
3. M. Thomas	England

LADIES

1. M. Thomas	England
--------------	---------

BOLLINGTON NOSTALGIA

Cheshire

BM/11.4km/372m 10.07.16

1. D. Nicholls	Wilms	44.24
2. L. Eccles	PennyL	44.29
3. M. Johnson O/40	Unatt	45.40
4. B. Archbold	Wilms	46.32
5. J. Noakes	Macc	46.52
6. A. Whittingham	Wilms	47.56
7. P. Nield	Macc	48.17
8. T. Lovatt	Unatt	48.28
9. N. Walker	Altrinch	49.06
10. M. Hill O/50	Wilms	49.31

VETERANS O/50

1. (10) M. Hill	Wilms	49.31
2. (13) V. Booth	Wilms	51.02
3. (22) T. Hargreaves	Stockp	53.15

VETERANS O/60

1. (12) T. McGaff	Wilms	50.24
2. (23) A. Bocking	Chesh	53.31
3. (32) R. Taylor	Penn	54.45

VETERANS O/70

1. (30) I. Ashcroft	Wilms	72.05
2. (107) S. Fenton	Wilms	73.14

LADIES

1. (29) A. Markley	Macc	54.20
--------------------	------	-------

2. (37) D. Bygrave O/40	Wilms	55.09
3. (40) A. Birtwistle U/23	Macc	56.30
4. (44) L. Harrison O/40	Wilms	57.33
5. (45) J. Ellis O/40	Wilms	57.47
(71) S. Kemp O/50	Unatt	62.52
(78) A. McCarthy O/50	Wilms	64.05

120 finishers

PEAK FOREST Derbyshire

CS.9.7km/198m 10.07.16

The Peak Forest Fell Race is run in the limestone area of the glorious Peak District countryside. The weather had been wet over night but we were extremely fortunate as it was dry for the race. However, the weather was rather humid so we were pleased that we had, for the first time, put a water point half way round the course.

There were 76 entrants in the race, which was a decrease from last year. One lady retired from the race.

The first runner home was Gareth Briggs in a time of 41.50. Gareth was the runner up in 2015 and the winner in 2014. Well done Gareth. The first lady home was Caitlin Rice in 47:19. Caitlin was in 8th position overall.

We would like to say well done to David Trickett, aged 71 years, our most senior runner, who achieved a time of 55:18. David came in 32nd position overall.

All the runners appeared to enjoy the course. We had four runners from Peak Forest this year and hope to encourage more villagers to take part next year.

The runners and those who helped on the day all appreciated the drinks and homemade cakes provided by Peak Forest Primary School.

We would like to thank everyone who took part in the race and hope to see you again next year. We would also like to thank the marshals, the catering team and all the volunteers, who helped to make the race a success.

The money raised on the day is again for the benefit of a local charity.

Chris Hopley

1. G. Briggs O/40	DkPk	41.50
2. C. Jackson	Gloss	43.50
3. D. Fishwick O/40	Chorl	44.53
4. J. Siddall	NDerby	45.18
5. J. Helmer	Gloss	45.20
6. B. Lomas O/40	Congle	45.23
7. P. Morris	Hands	47.00
8. C. Rice	Gloss	47.19
9. A. Parkin O/40	Heanor	47.29
10. J. Lacey O/50	Unatt	47.52

VETERANS O/50

1. (10) J. Lacey	Unatt	47.52
2. (16) D. Answell	Steel	50.43
3. (17) A. Buck	Steel	50.53

VETERANS O/60

1. (14) D. O'Brien	Buxt	49.40
2. (25) G. Barnes	Unatt	53.28
3. (33) C. Horsfall	Hands	56.41

VETERANS O/70

1. (32) D. Trickett	Hallam	55.18
2. (52) S. Whittaker	EreV	62.54
3. (54) N. McGraw	Gloss	63.23

LADIES

1. (8) C. Rice	Gloss	47.19
2. (19) R. Walwyn	SmileyP	51.01
3. (20) J. Wilson O/40	Hallam	51.36
4. (26) J. Moss O/40	Congle	54.05
5. (34) A. Norris U/23	NDerby	56.47
(37) S. Bradley O/50	Buxt	57.17
(42) L. Palmer O/50	Gloss	58.43

75 finishers

TOM'S BRANSDALE RACE

North Yorkshire

BM/12km/400m 12.07.16

Runners from York Knavesmire Harriers dominated this year's Tom's Bransdale Fell Race. Chris Roberts was first home and knocked over a minute off the course record. Sarah Attwood took the honours in the ladies' race.

Gareth Wilson

1. C. Roberts	YorkK	53.13
2. J. Smith	Unatt	55.41
3. S. Allin	YorkK	56.32
4. S. Hardy O/40	LoftW	59.35
5. B. Atkinson O/50	YorkK	60.57
6. G. Hawking O/40	York K	61.52
7. P. Walker	York	61.57
8. J. Blackett O/50	DkPk	62.35
9. B. Sellsell O/50	NYMAC	63.55
10. P. Lowe	Darling	63.58

VETERANS O/60

1. (48) M. Medlar O/60	YorkK	96.11
2. (51) E. Bryans O/60	Unatt	102.13

LADIES

1. (26) S. Attwood	YorkK	73.15
2. (28) C. Wilton O/40	ThSow	74.35
3. (29) C. Warrington	YorkK	74.37
4. (33) L. Humpleby	Picker	82.11
5. (34) S. Gayter O/50	NYMAC	82.25
(41) P. Gibbs O/40	YorkK	85.31
(43) S. Slack O/50	Picker	89.41
(48) M. Medlar O/60	YorkK	96.11
(51) E. Bryans O/60	Unatt	102.13

54 finishers

BAMFORD CARNIVAL FELL RACE Derbyshire

BS/7.25km/305m 13.07.16

After a long period of wet weather we were delighted to have a dry and almost sunny evening for Bamford Carnival Fell Race. No doubt the good weather helped attract the relatively large field of 235 runners. However, the course was much muddier than is usual for July and many runners returned with impressively splattered legs. The only competitor to retire during the race did so because he lost a shoe in a particularly sticky bog!

This year the new organising team introduced a few innovations: instead of trophies we offered a selection of prizes including bottled beer from our local Intrepid Brewery, home-made cakes and Outside vouchers. These seemed to go down well and we hope to continue with these in future years.

Nick Baynes

Moody skies don't dampen the carnival atmosphere - Steve Franklin of Totley at the Bamford Carnival Race.



1. M. Elkington	DkPk	29.33
2. A. Smith	Hallam	29.38
3. S. Franklin	Totley	29.57
4. W. Boothman	DkPk	30.53
5. A. Swift	Pstone	31.04
6. D. Lund	DkPk	31.26
7. R. Skirmshire	DkPk	32.08
8. P. Davies	DkPk	32.13
9. P. Johnson	Barns	32.19
10. D. Page	Clowne	32.23

VETERANS O/40

1. (13) A. Frost	DkPk	33.03
2. (15) J. Bennett	Buxt	33.26
3. (17) A. Wainwright	Unatt	33.54

VETERANS O/50

1. (35) D. Riley	HopeV	35.51
2. (37) M. Jacobs	Totley	35.54
3. (44) M. Elwis	Unatt	36.29

VETERANS O/60

1. (49) S. Storey	Pstone	37.19
2. (56) K. Holmes	DkPk	37.51
3. (87) N. Opsley	Unatt	40.22

VETERANS O/70

1. (219) B. Allsop	Buxt	54.45
--------------------	------	-------

LADIES

1. (45) H. Thornhill	Buxt	36.37
2. (59) C. Ocliffe	DkPk	38.04
3. (63) S. Shaw	Pstone	38.28
4. (73) J. Lunn O/40	Unatt	39.32
5. (74) J. Craddick O/40	DkPk	39.35
(159) I. Pound O/50	SmileyP	45.59
(173) K. Scott O/50	SmileyP	47.06
(198) B. Haigh O/60	P'stone	50.44

233 finishers

BULL HILL

Lancashire

BS/8.8km/335m 14.07.16

Radcliffe AC had a great turnout of 201 finishers and great weather conditions for the midweek Bull Hill Fell Race.

A popular event on the moorland above

Holcombe, Danny Hope was first home in 35.34 with Phil Marsden a close second over the 5.2 mile course in 35.59. On local turf, Matt Driver was third in 36.53 and Ashley Holt (V40), the winner last year, finished fourth in 37.44.

Among the women Sophie Horrocks was first in 41.48; Ali Keats (FV55) was second in 45.47 and Deborah Gowans (FV50) was third in 46.44.

The event takes on 1,100 feet of climbing starting from Hawkshaw and registration and the presentation were held at local Red Lion where finishers could enjoy a pint and a chip butty.

Fiona Lynch

1. D. Hope	Horw	35.34
2. P. Marsden	Bolt	35.59
3. M. Driver	Holc	36.53
4. A. Holt O/40	Ross	37.44
5. G. Pemperton	Wharf	38.00
6. T. Campbell O/40	AstTyld	38.19
7. R. Green	AchhRat	38.44
8. D. Fishwick O/40	Chorl	38.49
9. M. Dunn O/40	Holc	38.54
10. D. Haygarth O/40	Ross	39.30

VETERANS O/50

1. (18) A. Staveley	Burnd	41.50
2. (22) K. Thomas	Burnd	42.58
3. (28) L. Smalley	Bury	44.51

VETERANS O/60

1. (46) A. Corbishley	Ross	46.38
2. (57) B. Greaves	Royt	47.23
3. (62) T. Hesketh	Horw	47.51

VETERANS O/70

1. (163) N. Griffiths	Spect	62.07
2. (182) P. Glassbrook	Burnd	66.54

LADIES

1. (17) S. Horrocks	Ross	41.48
2. (37) A. Keates O/50	FRA	45.47
3. (48) D. Gowans O/50	Acc	46.44
4. (72) L. Parker	Acc	48.59
5. (79) P. Pilling O/40	Burnd	49.44
(87) M. Entwistle O/40	Dees	50.42

(195) R. Hare O/60 Middle 77.49
201 finishers

ESHTON MOOR

North Yorkshire

CS/5mile/250m 14.07.16

It was a record turnout for both juniors and seniors at this year's Eshton Moor race. Formerly known as Gargrave Cross Country, this race is misleading when going by that title. While it might not be as technical or gnarly as many true fell races, there is a surprising amount of climb as competitors make their way from the start line, beside Mark Plantation, over Farrow's Hill and Eshton Moor itself, to the turn at Newfield Bridge and back the same way. The very fact that the course follows the Pennine Way for much of route suggests a deceptively challenging race.

However, on the day, the weather was warm and dry and did not deter 60 hardy seniors and 74 juniors aged from 6 to 16.

The men's race saw a battle between youth and experience as club mates James Hall and Ted Mason locked friendly horns and ran for their lives over this grassy, cattle strewn, undulating course. On this occasion, youth won the day and a new course record as James Hall was victor in 31.45.

Su Thompson

1. J. Hall	Wharf	31.45
2. T. Mason	Wharf	33.16
3. J. Hood	Barlick	34.15
4. M. Cardus	Unatt	35.29
5. G. Smith	Skipt	37.19
6. L. Edwards	Barlick	37.27
7. S. Hunn	Wharf	37.46
8. S. Shorrocks	Unatt	39.40
9. G. Bird O/50	Wharf	40.07
10. M. Barnes O/40	Unatt	40.34

VETERANS O/50

1. (9) G. Bird	Wharf	40.07
----------------	-------	-------

2. (11) I. Rowbotham ... Hgate	40.41
3. (13) B. Kennedy ... Settle	41.27

VETERANS O/60

1. (30) B. Scholes ... Settle	45.57
2. (48) R. Hall ... Wharf	54.56
3. ? A. Cardinale ... Otley	69.09

VETERANS O/70

1. (43) G. Breeze ... Wharf	50.55
-----------------------------	-------

LADIES

1. (20) R. Villiers ... Barlick	44.22
2. (23) J. Battersby O/40 ... Wharf	44.35
3. (27) K. Kirkham ... Wharf	45.11
4. (28) L. Whittaker O/50 ... Wharf	45.51
5. (29) H. Watson ... Barlick	45.53
(45) S. Wills O/40 ... Unatt	52.35
(47) A. Handley O/50 ... Wharf	53.50

60 finishers

WORMSTONES FELL RACE

Derbyshire

AS/6.4km/1348ft 15.07.16

1. M. Ollerenshaw ... Gloss	32.09
2. S. Knowles O/40 ... Penn	32.59
3. W. Griffiths ... Penn	33.14
4. L. Forshaw Perring U/23 ... Buxt	33.37
5. T. Bush ... Penn	33.56
6. K. Walshaw ... Holmf	34.13
7. R. Hunt O/40 ... DkPk	34.42
8. A. Bunyan U/23 ... Macc	35.01
9. T. Jackson ... GoytV	35.21
10. J. Hobson ... GoytV	35.32

VETERANS O/50

1. (11) J. Hewitt ... Gloss	36.11
1. (20) B. Macfadyen ... Macc	38.55
2. (21) J. Mooney ... Macc	39.19

VETERANS O/60

1. (22) A. Bocking ... Chesh	39.26
2. (31) B. Blythe ... Macc	41.06
3. (35) F. Fielding ... Penn	41.28

VETERANS O/70

1. (75) N. Shuttleworth ... Gloss	58.45
-----------------------------------	-------

LADIES

1. (6) K. Walshaw ... Holmf	34.13
2. (12) O. Walwyn ... Macc	36.22
3. (25) A. Markley ... Macc	40.07
4. (28) R. Lawrence ... Macc	40.43
5. (34) J. Bednall O/50 ... Buxt	41.24
(53) J. Rundall O/40 ... GoytV	44.12
(54) C. Joyce O/40 ... Macc	44.19
(69) H. Fryer-Winder O/50 ... Buxt	51.09

75 finishers

PENDLE FAMILY FESTIVAL JUNIORS

Lancashire

16.07.16

46 children took part in the junior races at the 2016 Pendle Running Festival. The rain had stopped and although a little wet and muddy underfoot all children raced hard and came back unscathed! Trawden AC juniors formed the majority of competitors but it was nice to see a few other clubs taking part too.

The Outdoor Centre had its outdoor pursuits open to try and a bouncy castle kept the children occupied pre and post race.

Thank you to all who took part and well done to everyone!

Molly Ralphson

U/6

1. A. Tate ...	1.29
2. O. Stanworth ... Trawd	1.33
3. C. Hawthornthwaite ... Trawd	1.48
4. H. Rostron ...	1.53
5. M. Jordan ... Trawd	2.01

U/8

1. E. Fenton-Clough ... Trawd	2.41
2. H. Jordan ... Trawd	2.42
3. C. Singleton ... Trawd	2.45
4. G. Stanley ... Trawd	2.47
5. L. Harvey ... Trawd	2.53

U/10

1. W. Rowlands-Whiteoak ... Trawd	7.53
2. H. White ... Clay	7.58
3. C. Osborne ... Trawd	8.17
4. J. Lamb ... Chorl	8.29
5. B. Stratton ... Trawd	8.50

U/12

1. C. Rowlands-Whiteoak ... Trawd	7.44
2. J. Hopkinson ... Trawd	7.54
3. H. Crook ... Trawd	7.55
4. A. Stratton ... Trawd	7.58
5. J. Simms ... Trawd	9.01

U/14

1. S. Stanworth ... Trawd	12.38
2. I. Hartley ... Pendle	13.22

INGLEBOROUGH

North Yorkshire

AM/11km/600m 16.07.16

After heavy rain most of Friday the going was slow but fortunately the summit was clear, though very windy and cold (some runners even admitted to putting on some of their body cover to keep warm).

128 runners participated and completed in the popular race. Next year's event will again be on the third Saturday in July.

David McGonnigal

1. N. Leigh ... Horw	48.53
2. M. Lockyer ... P&B	49.31
3. S. Watson ... Wharf	51.20
4. J. Chettle ... ThamesHH	52.37
5. N. Martin ... Wharf	52.37
6. D. Wilkinson O/40 ... Ilk	53.12
7. D. Mills ... Barlick	53.34
8. A. Lake O/40 ... EskV	54.06
9. D. Kirkham O/40 ... Wharf	54.10
10. J. Warburton ... Knares	54.30

VETERANS O/50

1. (11) N. Holding ... WPenn	54.39
2. (23) M. Holroyd ... Borr	58.46
3. (25) N. Crossley ... Horsf	59.11

VETERANS O/60

1. (42) N. Pearce ... Ilk	63.15
2. (51) M. Walsh ... Kend	64.52
3. (84) G. Barnes ... Unatt	69.41

VETERANS O/70

1. (12) P. Martin ... Bowl	97.18
----------------------------	-------

LADIES

1. (21) L. Collins ... CaldV	58.11
2. (33) S. Martin ... Wharf	61.06
3. (39) P. Keen ... Nuneat	61.47
4. (40) R. Hill O/40 ... Settle	62.03
5. (43) C. Evans O/50 ... Settle	63.32
(47) J. McCarthy O/40 ... Ilk	64.20
(55) A. Keates O/50 ... FRA	65.21

128 finishers

RAB EVENING MINI MM JULY

Peak District

MM/O 16.07.16

The second evening RAB mini mountain marathon was another two hour score event which started in the Manifold Valley in Derbyshire and had checkpoints reaching across into the Dove Valley. In between the hill climbing, competitors had added challenges of avoiding cattle, nettles, crags and disused mines.

The organisers would like to thank Rebecca at the Tea Junction at Hulme End for hosting the event and the National Trust and local farmers for their support. Thanks also to RAB for the prizes they donated.

Alison Wainwright

1. A. Llewellyn ... Notfast	315pts
2. R. Hunt O/40 ... DkPk	285pts
3. M. James ... PorterV	275pts

VETERANS O/50

1. A. Barnett ... DkPk	233pts
------------------------	--------

VETERANS O/60

1. P. Gorvett ... DkPk	209pts
------------------------	--------

LADIES

1. P. Collier O/40 ... DkPk	216pts
2. K. Wray ... Shelt	185pts
3. D. Medne ... Retford	173pts
L. Pasteur/N. Parsons O/50 ...	140pts
W. Lynas O/60 ...	50pts

KERRIDGE CLIMB

Cheshire

AS/1.6km/95m 16.07.16

1. J. Ross ... StaffsM	8.47
2. N. Crompton ... P&B	9.25
3. A. Thornton ... MDOC	9.26
4. A. Bunyan ... Macc	9.33
5. N. Curtis O/40 ... Penn	9.44
6. J. Roberts ... Macc	9.56
7. J. Cain ... Unatt	10.51
8. N. Pettie O/40 ... Unatt	11.02
9. S. Curtis O/40 ... Penn	11.11
10. J. Doorbar U/16 ... Macc	11.16

LADIES

1. (9) S. Curtis O/40 ... Penn	11.11
2. (16) C. Griffin O/40 ... Macc	12.14
3. (19) K. Daniel ... Unatt	12.28
4. (22) J. Sloane ... Unatt	12.38
5. (28) V. Thornton O/40 ... MDOC	14.05

Boys U/16

1. (10) J. Doorbar ... Macc	11.16
2. (13) C. Roberts ... Unatt	11.34
3. (21) J. Walton ... Unatt	12.33

Girls U/16

1. (44) L. Glover-Jones ... Sadd	15.55
2. (51) A. Mellings ... Macc	16.54
3. (52) I. Wolstenhome ... Unatt	17.04

Boys U/11

1. (24) T. Hall ... Unatt	12.57
2. (27) F. Pettie ... Macc	13.40
3. (29) F. Riordan ... Unatt	14.06

Girls U/11

1. (23) R. Dilworth ... Macc	12.40
2. (61) L. Moore ... Unatt	22.02

64 finishers

ELIM PEUGEOT INTERNATIONAL SNOWDON RACE

Gwynedd, North Wales
AM/16.1km/1006m 16.07.16

Despite some of the worst weather conditions on the highest mountain peak in England and Wales for a number of years, the 2016 41st Elim Peugeot International Snowdon Race/Ras Rynglwadol yr Wyddfa produced a race filled with drama, seeing a familiar face holding the women's trophy and new name on the men's.

With many international teams and athletes making the trip to Wales, the continental flavour was in abundance as ever as runners from Italy, Ireland and much of Europe, lined-up with the home country athletes andnd as the race culminated some 80 minutes later, it was Italy's Chris Smith and Ireland's Sarah Mulligan who emerged victorious in the men's and women's races.

Once again the Llanberis community came out in style as hundreds lined the streets to see off the 650 runners as they headed out in light rain at the traditional 2 00 p.m. start time. As the race unfolded and the runners made their way past the iconic milestones of Hebron, Allt Moses, Clogwyn and Bwlch Glas it was the brilliance and dominance of Smith and the grit and determination of Mulligan that was the most impressive.

The day had started with the now traditional Snowdon Super Cup/Cwpan yr Wyddfa – this its fourth year. Starting at 10.30 a.m. and featuring some of UK's top mountain running talent in both the men's and women's races, the Super Cup is a simple format - from the race field to the summit and the Hafod Eryri cafe, as fast as possible. The event was once again kindly sponsored by the Snowdonia National Park.

Amongst the runners lining up were 2015 winner, Max Nicholls, Irish international Brian MacMahon and Scottish international Louise Mercer.

It was evident that Salomon athlete Nicholls was in no mood to hang about as he pushed on from the outset. The 20-year old started to pull clear around 2 miles into the 5-mile event and didn't really look back from here, passing the halfway house point with a 45-second lead on MacMahon in a very swift 18:06. Behind recent Twighlight race winner Dave Archer was in third. The women's race was also proving to be a race dominated by a youngster as Edinburgh University Hare and Hound runner Mercer passed halfway in 22:40, over 45 seconds clear of Hannah Jarvis.

This is how it stayed through Allt Moses and Allt Goch to the summit, with Nicholls and Mercer maintaining their dominance to the finish line in thick mist and rain. Nicholls' time of 42:40 was almost a minute quicker than his winning time of 2015.

MacMahon (43:01) finished a strong second, with Hallamshire runner Archer making up the podium in 44:53. In the women's race Mercer was a clear winner, in 52:25, over 90-seconds clear of Jarvis (54:00), with French athlete Julia

Combe (54:41) in third.

The Super Cup was, however, a mere hors d'oeuvre for the main course that is the Snowdon International, as 60 international and elite runners led the masses up this mountain which has been graced by the footsteps of some of the world's greatest mountain runners since its inception in 1976. It was perhaps apt therefore that the person behind that first race, Harvey Lloyd, was joined on the start line as the official co-starter along with Sylvia Disley, the wife of the former race president, the late John Disley CBE.

Internationals from across Europe, including 2004 runner-up Julien Rancon from France, packed onto the start line and headed out of Llanberis at a furious pace and it was clear that the rain wasn't going to deter the runners' traditional lung-busting gallop over the opening flat 800 metres.

As the runners wound their way out of the village and onto the early slopes the men's and women's contenders showed well to the fore, none more so than England and GB international, Chris Smith. Living in London 39-year old Smith spends much of his week training on the flatlands of the South-East, however most of his racing miles are in the hills and mountains and only recently he was part of the bronze medal winning GB team at the European Mountain Running Championships in Arco, Italy.

Chasing Smith were Italians Luca Cagnati and Nicola Pedergana, Frenchman Rancon and England's Chris Farrell, Rob Hope and 2015 third-placer Ben Mounsey. As the race passed halfway Smith was piling on the agony for the chasers, passing almost minute clear of Rancon. It was going to take a mammoth effort to haul back Thames Valley Harrier Smith as the race took in the steep, unrelenting slopes of Allt Moses and Allt Goch on their way to the summit.

Ireland's Sarah Mulligan had been only the first Irish woman to win the race in 2013 and as she headed onto the mountain path it was apparent that she was also intent on continuing the legacy of Irish winners in the women's event over the last four years, establishing a good early lead. Behind it was young Cumbrian Heidi Dent in the English vest chasing, along with Lou Roberts and Katie Walshaw. Mulligan, with her trade-mark short steps passed the Half Way house station with a lead of a minute on Dent as the rain and visibility became steadily worse.

As the men neared the summit, Smith emerged from the mist to hit the peak and halfway turn around point in a superb 41:28, some 90 seconds clear of the chasing group of Pedergana, Rancon and Farrell. All minds were focussed on the bottom of the mountain now, and Smith looked ever more comfortable as he danced his way around the wet rocks and walkers. If his descending ability was anything like his formidable climbing ability he would simply need to keep focused now to claim the Snowdon crown.

Following a terrific ascent of the mountain Sarah Mulligan was also safe in the

knowledge that a steady descent into Llanberis would also secure her another race win. Her summit time of 50:39 was super-fast, and her lead of 1.36 was surely too much for England's Dent to overhaul. However, admitting after the race that she was nervous coming down the mountain, it was clear the race was not over as Mulligan turned for home. With every step of the 5 miles leading back down the mountain, fell running specialist Dent was gaining on the Irishwoman.

Back in the men's race Smith was not to be denied, as he stormed back past the halfway and Hedron stations and onto the quad-sapping tarmac plummet to the finish line with a clear lead, rounding the corner into the finish line with a big grin and fist-pump as he claimed his first win of this classic race in a fast 1:05:48. Behind a fast-finishing Farrell (1:07:14) made it a 1-2 for the England team, as Italian Cagnati claimed a close third in 1:07:17.

Speaking immediately after crossing the line a delighted Smith said, "I have been wanting to run this race for years. It's every bit as exciting and tough as it looks on the TV and I am really pleased to win it!"

In the team race England packed well with Smith and Farrell being backed up by Rob Hope in sixth and Mounsey seventh, to easily win the prize.

Meanwhile, as the men gathered their thoughts the battle was still on in the women's race as Mulligan was being chased by Dent and her lead had been slashed to less than 30 seconds as they entered the last 2 miles of the race. However, the line came too quickly for the Englishwoman as Mulligan held her nerve to claim yet another Snowdon win in 1:20:52 as she added the title to her win of three years previous. A relieved Mulligan said afterwards:

"I was really nervous coming down and it was very tricky on the rocks with all of the rain and mud. I took a couple of tumbles and I knew that they would be catching me behind. My legs had gone as we came onto the tarmac too, but I am delighted to hang on for the win."

Dent (1:22:11) closed to within 19 seconds by the finish line, showing that she has the class to be a future winner of the race. Scot Stephanie Proven (1:23:54) also produced a demon descent to claim a brilliant third place.

In the team race Dent led the English women to the win along with Lou Roberts in 4th place with Julie Briscoe finishing 10th.

Speaking after the event race organizer, Stephen Edwards, was once again delighted by the day's events:

"Another great race I have to say. The weather was against us, but this is Llanberis and we have come to expect anything on race day. The runners all coped with it very well I have to admit, and Chris Smith and Sarah Mulligan were very worthy champions.

"I'd like to thank all of the sponsors, especially Ian and the team at Elim Peugeot for their generous support, Salomon for their kind sponsorship of the runner T-shirts

and the prizes for all of our winners, the Snowdonia National Park Authority, Cyngor Gwynedd Council and finally, as ever, I would like to express our heartfelt thanks to all for the volunteers, supporters and of course the Llanberis community for once again making this a day to remember."

1. C. Smith	England	1:05:48
2. C. Farrell	England	1:07:14
3. L. Cagnati	Italy	1:07:17

LADIES

1. S. Mulligan	Ireland	1:20:52
2. H. Dent	England	1:21:11
3. S. Provan	Scotland	1:23:54

SNOWDON SUPER CUP

1. M. Nicholls	SalomUK	0:42:40
2. B. MacMahon	Ireland	0:43:01
3. D. Archer	Hallam	0:44:53

LADIES

1. L. Mercer	Edinbuni	0:52:25
2. H. Jarvis	DorkMV	0:54:00
3. J. Combe	France	0:54:41

COSDON

Dartmoor

AS/5.2km/315m 17.07.16

31 runners lined up at the start of the 2016 Cosdon Hill race and were greeted with a bright warm summer afternoon (well when I say warm it was in fact hot with temperatures in excess of 28 deg C). Cosdon Hill is one of the three big granite intrusions that makes up the northern flank of Dartmoor but unlike its famous cousins the Tors, it's a featureless round hill covered in bog grass with very few paths and a lot of gorse on the lower slopes. This gorse proved to be a prickly subject to a number of runners, but more of that later in the report.

From the start it looked as though it was going to be a two horse race between the two veterans of the course, local Andy Vallance and last year's winner, Tim Lenton, as they led the field through the village fair out up onto the hill. It soon became apparent that this was not going to be the case as the new boy to the party, Rob Hicks, quickly moved into the lead. By the time this trio had reached the top with only 40 seconds separating them a clear gap had emerged back to the chasing group of six runners including the first lady, Vikki Tompson.

The descent proved to be its normal fast and furious affair with a number of runners taking the customary comical tumble. Rob held onto his advantage and crossed the finish line 40 seconds ahead of Tim with Andy a further 18 seconds back. As the battle for fourth entered the lower slopes, there were only 30 seconds separating the next five runners. Unfortunately, a misjudgement in navigation saw these five runners up to their waist in gorse with no obvious exit. After a very slow prickly retreat they rejoined the path only to see a number of runners already finishing. Two runners from opposite ends of the country took advantage of this navigation mishap to bag fourth and fifth - Kristian Purchase and Dave Cudby.

The ladies' race was a little easier to sort

with Vikki Tompson taking the win and Becky Morgan second and a fine run from Chloe Taylor to take third.

A special thanks to all the marshals, especially Stuart May, Deborah Cunningham and Jackie Dawes, as well as the Belstone Fair committee.

Paul Crease

1. R. Hicks	Okeham	30.00
2. T. Lenton O/40	AxeV	30.40
3. A. Vallance	Okeham	30.58
4. K. Purchase	NFR	38.05
5. D. Cudby	Truro	38.26
6. C. Hill	Unatt	39.08
7. P. Belcher O/40	RMarines	39.36
8. J. Tandy O/40	Okeham	39.36
9. T. Barrett	Unatt	40.08
10. V. Tompson	Haldon	40.13

VETERANS O/50

1. (24) R. Cunningham	Unatt	52.29
-----------------------	-------	-------

VETERANS O/60

1. (11) R. Turnbridge	TownC	40.21
-----------------------	-------	-------

LADIES

1. (10) V. Tompson	Haldon	40.13
2. (19) B. Morgan	Truro	44.51
3. (26) C. Taylor	Unatt	53.33
4. (30) C. Collier O/40	Okeham	72.58

31 finishers

CRACOE BOFRA

North Yorkshire

AS/2.6mile/300m 17.07.16

There was an element of Deja vue at this year's Cracoe Fell Race. Unusual for Yorkshire – the weather was very similar to last year, being cloudy with sunny intervals. The course, which starts on grazed pasture, bounds over fields, a strategically placed trailer and walls, became a familiar bog-fest as soon as the fell base was met. To add to the delights of peat bogs, the fell is crisscrossed with marram grass coated ditches and rabbit holes. However, the deceptive nature of the race becomes apparent as the serious ascent to Watt Crag begins. The terrain is now rockier and bilberry coated but the rabbit holes are still omnipresent, making the near vertical approach to the summit a lot more interesting. The steep nature of the final ascent is not apparent from the pasture below and catches out those who are not prepared.

The summit is marked by the obelisk war memorial; and wind! The race now descends the way it came, unless you are one of the minority who know a different route back to the fields below.

The final element of the Deja vue came in the finish funnel of the senior race. As in 2015, Simon Bailey won with Ted Mason coming SECOND.

1. S. Bailey	Mercia	20.05
2. T. Mason	Wharf	21.20
3. J. Hall	Wharf	21.32
4. S. Watson	Wharf	21.48
5. J. Bradshaw	Wharf	23.07
6. M. Preedy	Ross	23.32
7. C. Loftus O/40	Kghly	23.35
8. R. Carr O/40	Wharf	24.01
9. P. Crabtree O/40	Wharf	24.09

10. J. Turland	Unatt	24.36
----------------	-------	-------

VETERANS O/50

1. (27) G. Bird	Wharf	28.26
2. (29) K. Holder	Wharf	28.33
3. (30) R. Aubrey	HelmH	28.34

VETERANS O/60

1. (12) M. Egner	Settle	25.18
2. (23) G. Schofield	Horw	27.15
3. (25) S. Carr	Unatt	28.14

LADIES

1. (18) K. Hall O/40	Wharf	26.16
2. (34) R. Pilling	P&B	28.44
3. (36) P. Barrett	Unatt	28.57
4. (37) K. Bailey O/40	Mercia	29.04
5. (38) S. Houghton O/50	Ripon	29.07
(59) L. Whittaker O/50	Wharf	32.33

217 finishers

JUNIORS

BOYS U/9

1. 1. J. Reeday	Barlick	3.05
2. T. Hooper	Wharf	3.09
3. J. Sanderson	Settle	3.11

GIRLS U/9

1. M. Bellwood	Kghly	3.09
2. P. Midgley	Kgly	3.15
3. E. Anderson	Wharf	3.17

BOYS U/12

1. H. Hunter	Helm	8.00
2. D. Thompson	Clay	8.16
3. S. Headley	Kghly	8.29

GIRLS U/12

1. O. Winder	Leven	8.47
2. E. Swarbrick	Brought	9.00
3. B. Roberts	Kghly	9.07

BOYS U/14

1. T. Marshall	Settle	11.12
2. L. Hudson	Kghly	11.25
3. W. Thompson	Wharf	11.26

GIRLS U/14

1. F. Mitchell	Wharf	13.08
2. A. Taylor	HelmH	13.34
3. L. Beardwood	HelmH	13.44

BOYS U/17

1. M. Mackay	Ross	21.47
2. J. Hudson	Kghly	22.04
3. J. Edmondson	Amble	22.38

GIRLS U/17

1. B. Holt	Clay	27.56
2. K. Atkinson	Kghly	30.30
3. C. Howorth	Ross	31.31

217 finishers

CHAPELFELL TOP

19.07.16

1. J. Mann	DFR	36.36
2. A. Berry	DFR	37.18
3. C. Edis	Kesw	37.40
4. A. Blackett	DFR	38.34
5. S. Topalian	WestInds	39.23
6. W. Robson	NShieldPoly	40.14
7. C. Bird	DFR	42.29
8. S. Gibson O/40	NFR	42.49
9. F. Shillitoe O/40	NFR	44.25
10. L. Turnbull O/60	Norham	44.33

VETERANS O/50

1. (11) J. Tollitt	NFR	44.48
2. (12) S. Watson	Elvet	44.53
3. (25) B. Kivlehan	NFR	49.57

VETERANS O/60

1. (10) L. Turnbull	Norham	44.33
2. (43) J. Murphy	Unatt	57.58
3. (44) N. Burden	NEVets	66.33

LADIES

1. (13) C. Spurden	Kesw	45.00
2. (31) K. Roberts O/40 ...	NFR	52.15
3. (36) S. Scott O/40	NFR	55.25
4. (37) D. Tunstall O/50 ...	DFR	55.28

45 finishers

BLISCO DASH

Cumbria

AS/8km/650m 20.07.16

This year's race was the 40th anniversary of my first ever fell race, here

at Blisco back in 1976. So a misspent lifetime for which I'm very grateful! What a sport we have - I love it now every bit as much as all those years ago. I thank you all for sharing it with me.

It's also the 25th anniversary of taking on the organisation of the race and I'm so happy (and proud) to have had the family around on the night and Jack and Katie running so well! Elaine was taking the numbers while I was out 'sweeping' and enjoying myself. The sweeping didn't go so well as Gary decided to investigate Blisco's answer to the Bermuda Triangle! I missed him in the mist on the top. I took a hip flask up for the marshals which had a wee dram to share!

Many thanks to the two Pauls, Jim and Sarah, and also to Phil and Richard, who helped with Registration and Results.

This year's winners took away a bottle of champers apiece and the last man got a case of crap Spanish lager. This year the fat man competition returned to the event and the very worthy winner took away a case so that he can be even more worthy next year.

Thanks for coming - See you next time!

Selwyn

1. C. Bell	Kesw	40.11
2. J. Wright	Amble	42.01
3. T. Ferguson U/23	Borr	42.44
4. P. Aitkin	HelmH	44.16
5. T. Oates	Amble	44.49
6. A. Perry	HelmH	45.12
7. P. Winkskill	Kesw	46.04
8. J. Nicholls O/40	Kesw	47.16
9. P. Reilly	Conist	47.44
10. A. Hinchliffe U/23 ...	HelmH	47.55

VETERANS O/50

1. (14) D. Prosser	Kesw	50.17
2. (21) S. Worsley	Invern	52.11
3. (28) R. Gibson	Kend	56.53

VETERANS O/60

1. (53) N. Harris	Ross	64.02
2. (54) A. Black	Camb	65.06
3. (55) M. Hind	Borr	65.54

LADIES

1. (25) K. Wright U/23 ...	Amble	56.44
2. (27) H. Thornhill U/18	Buxt	56.51
3. (33) J. Gillian O/40 ...	Kesw	58.21
4. (40) T. Beetham O/40 ...	Kesw	59.19
5. (44) L. Munro-Bennett U/23	Helm	60.52
(60) N. Butler O50	Kesw	67.52
(64) L. Malarkey O/60 ...	Kesw	72.05

(66) H. Brownlee O/50 ...	Kesw	72.52
---------------------------	------	-------

69 finishers

**SHELDON SHOW
Derbyshire**

BS/6.4km/162m 21.07.16

We had a brilliant turnout for Sheldon 2016, in fact it was a record for our 21st year with over 200 runners coming along to enjoy a little athletic competition in the beautiful early evening Peak District sunshine. Race conditions were ideal for some fast times.

First home was Jack Ross in a very impressive 23.56. No doubt he was pleased to take home the Sheldon Garage Shield for the second time, this being his first return to Sheldon since his debut win in 2011, but he was a half a minute quicker this year. Only five seconds behind Jack, Aidan Smith took the runner up prize. The first five finishers all came in under 25 minutes, including Alex Ediker, who was in fifth place overall but also our first junior home and winner of the Phillip Gregory Shield.

The ladies' race was also a close fought affair and turning last year's result on its head. Steph Curtis was first home (and first FV40) ahead of last year's winner, Anna Hoogkamer. Hopefully, the competition will continue with a 'best out of three' in 2017.

For the other category winners, Noel Curtis was our first V40 finisher, closely followed by club colleague Richard Houghton. Donald O'Brien took home the male V60 prize and not for the first time. Congratulations go to Bill Allsop (V70). Other ladies' category winners were Jo Bednall (FV50) and Pat Goodhall (FV60).

Only to finish now with a big thank you to all the runners who came and took part and of course to the race marshals, registration and finish team. A great effort all round. Hope to see you all next year.

Phil Gregory

1. J. Ross	StaffsM	23.54
2. A. Smith	Hallam	24.01
3. A. Campbell	Buxt	24.17
4. S. Franklin	Totley	24.46
5. A. Ediker	Totley	24.53
6. L. Beresford	Ripley	25.09
7. B. Cartwright	Mat	25.26
8. J. Lane	Unatt	26.07
9. N. Curtis O/40	Penn	26.11
10. J. Street	Clowne	26.15

VETERANS O/50

1. (12) R. Houghton	Penn	26.33
2. (34) D. Hawkins	Penn	29.17
3. (42) R. Hyde	EreV	29.51

VETERANS O/60

1. (53) D. O'Brien	Buxt	31.00
2. (62) R. Taylor	Penn	31.35
3. (70) K. Holmes	DkPk	32.08

VETERANS O/70

1. (192) B. Allsop	Buxt	44.49
2. (202) R. Ashby	Penn	46.48

LADIES

1. (47) S. Curtis O/40	Penn	30.13
2. (50) A. Hoogkamer ...	DkPk	30.35
3. (55) L. Kent O/40	Perth	31.06

4. (57) R. Keeley	Belper	31.11
5. (65) C. Wilson	Beest	31.44
(69) J. Bednall O/50	Buxt	32.04
(103) P. Goodhall O/60 ...	Unatt	34.17
(117) T. Wilson O/50	Buxt	35.28

216 finishers

**HARROCK HILL – RACE 3
Lancashire**

BS/8.4km/275m 21.07.16

1. K. Steinegger	Amble	34.00
2. L. Eccles	PennyL	34.48
3. D. Anderson	RedR	35.32
4. T. Campbell O/40	Astley&T	35.40
5. W. Lloyd	Vegan	35.53
6. J. Smith	Lymm	36.05
7. W. Rawson U/23	Unatt	36.56
8. D. Fishwick O/40	Chorley	37.00
9. T. Harkin O/40	Unatt	37.06
10. S. Bolland O/40	Bowland	37.18

VETERANS O/50

1. (18) A. Staveley	Burnden	38.25
2. (24) K. Tuzio	NewNom	39.21
3. (25) J. Shepherd	RedR	39.35

VETERANS O/60

1. (41) K. Addison	RedR	41.45
2. (100) G. Hand	Spectrum	48.14
3. (105) D. Miller	Chorley	48.39

VETERANS O/70

1. (171) N. Griffiths	Spectrum	57.36
2. (180) C. Grime	Spectrum	59.06
3. (200) P. Walsh	Bowland	63.25

LADIES

1. (27) F. Hughes	Unatt	39.42
2. (68) M. Ronan	Lpool	45.01
3. (70) L. Whitfield	Spectrum	45.03
4. (76) A. Swift	Chorlt	45.32
5. (83) L. Morley	Shrews	46.30
6. (85) S. Budgett O/50 ...	Horw	46.39
(88) F. Johnston O/40 ...	Parbold	46.53
(170) S. Stewart O/60 ...	SthptWloo	57.20

216 finishers

**BINGLEY SHOW
West Yorkshire**

BM/10.6km/304m 23.07.16

A glorious sunny day was rewarded with a record number of runners (146) and a new course record from Tom Adams (38:17) - 27 seconds off his winning time from last year. Tom was probably spurred on by the threat from James Hall but the close finish never materialised as James injured himself and had to retire early on in the race. Instead it was left to Matthew John second and Julian Hood third to mount the challenge but Tom came home with a comfortable two minute lead.

It was a similar tale with the ladies: Myra Jones was first home, two minutes ahead of local ladies, Shona Stone and Lorna Hubbard.

We had visitors from as far afield as Ipswich, Somerset, Peterborough, Blackpool, Hull and Carlisle, so a huge thank you to them and all the local runners and marshals/timekeepers who made this such a huge success. We have had some excellent feedback from the runners and we hope you all enjoyed not only the race but the rest of the day at the Bingley Show.

Hope to see you all and more at next year's event.

Phil Hawkswell

1. T. Adams	Ilk	38.17
2. M. John	NLF	40.32
3. J. Hood	Barlick	43.06
4. M. Malyon	Baild	43.34
5. S. Clegg	Idle	43.57
6. G. Askew O/40	Bing	44.26
7. J. Mason O/50	Unatt	44.54
8. N. Armitage O/40	P&B	45.39
9. D. Fishwick O/40	Chorl	45.56
10. K. Armstrong	Salts	46.29

VETERANS O/50

1. (7) J. Mason	Unatt	44.54
2. (13) D. Clark	Abbey	48.56
3. 916) P. Mitchell	Bing	49.45

VETERANS O/60

1. (41) J. Wheldon	Baild	57.01
2. (47) J. Ward	Abbey	57.32
3. (67) P. Ellerton	Bing	61.15

VETERANS O/70

1. (91) G. Breeze	Wharf	68.39
2. (114) F. Wright	Unatt	76.37

LADIES

1. (28) M. Jones	VStr	52.49
2. (33) S. Stone O/40	Bing	55.11
3. (38) L. Hubbard	Kghly	55.34
4. (49) S. Beconsall O/50	Bing	57.43
5. (53) J. Thornton O/40	Bing	58.21
(75) S. Fulton O/50	Bing	63.38
(95) S. Morley O/60	Knares	69.34
(145) A. Lincoln O/60	Idle	134.08

145 finishers

**CONISTON COUNTRY FAIR
Cumbria**

AS/9.7km/732m 24.07.16

1. A. Stuart	Beest	1.02.08
2. P. Reilly	Conist	1.02.12
3. A. Parry	HelmH	1.06.36
4. M. Preedy U/23	Ross	1.06.01
5. S. Robinson	Howg	1.07.23
6. S. Titmuss O/40	Carneth	1.10.30
7. C. MacLennan O/40	Abing	1.10.31
8. S. Nicholls	Wigan	1.12.51
9. Y. Bennison O/40	Chorl	1.12.54
10. N. Beadle U/23	OxfUni	1.13.05

VETERANS O/50

1. (17) A. Russell	HelmH	1.26.48
2. (19) C. Schofield	HelmH	1.28.40
3. (21) D. Oliver	Dees	1.30.13

VETERANS O/60

1. (13) W. Dodds	Clay	1.22.34
------------------	------	---------

LADIES

1. (10) N. Beadle U/23	OxfUni	1.13.05
2. (11) H. Russell U/23	HelmH	1.18.07
3. (13) W. Dodds O/60	Clay	1.22.34
4. (25) M. Frith O/40	Helm	1.53.46
5. (26) J. Oliver O/50	Dees	1.57.33
(27) L. Hargreave O/50	Wharf	2.00.10

29 finishers

**THE GREEN GREEN GRASS OF HOME
Denbighshire**

AS/8km/457m 27.07.16

A fine summer evening saw 89 runners set off on this five mile fell race which takes in

some beautiful views back over the Vale of Clwyd. Not that the runners had much time to dwell on the sights as they wound their way firstly up, then down, then back up the Clwydian Hills. A sheep track on the second climb took the field up through some well grown bracken and over a fallen tree before emerging back onto open hill and eventually onto the ridge line. A final short climb followed by a steep descent and the runners were in sight of the finish.

The good conditions saw new course records being set for both the men and the women. Karl Steinegger came home in a swift 38.39 with Derek Hurton not far behind in 39.34 and Noah Hurton completing the leading trio in 40.21.

Connie Hurton brought the women home as first lady in 48.21 closely pursued by Mary Gillie in 48.53 and Susan Fourie in 51.07

Many thanks to the race marshals who ensured the runners found their way around the course, to Colin and Helen at the Golden Lion for accommodating the race HQ and to all the runners who took part in this very enjoyable summer race.

Tony Benton

1. L. Steinegger	Amble	38.39
2. D. Hurton O/40	Eden	39.34
3. N. Hurton U/23	Eden	40.21
4. L. Eccles	PennyL	41.10
5. R. McGeachie U/23	Halton	41.28
6. G. Moffatt O/40	DkPk	41.50
7. J. O'Hara	Helsby	42.06
8. S. Skates	Prestat	42.35
9. A. Davies O/40	Mercia	42.41
10. A. Gordon O/40	Helsby	42.56

VETERANS O/50

1. (12) E. Gamble	Chesh	44.19
2. (16) V. Belshaw	Denb	46.37
3. (19) J. Monty	Clwyd	48.00

VETERANS O/60

1. (38) J. Adams	Pensby	51.57
2. (48) M. Cortvriend	Denb	54.00
3. (51) A. French	Wrex	55.00

VETERANS O/70

1. (63) J. Morris	Buckley	57.27
-------------------	---------	-------

LADIES

1. (23) C. Hurton U/23	Eden	48.21
2. (25) M. Gillie	Clwyd	48.53
3. (32) S. Fourie O/40	Chest	51.07
4. (35) L. Hughes	Helsby	51.24
5. (40) B. Sutcliffe O/40	Ches	52.56
(59) J. Robertson O/50	Helsby	56.07
(60) T. James O/50	Unatt	56.15

89 finishers

**WORLD MOUNTAIN RUNNING
TRIALS, BRITISH CHAMPIONSHIPS
AND SENIOR HOME COUNTRIES
INTERNATIONAL
Skiddaw, Keswick
Cumbria 30.07.16**

PLENTY of honours were up for grabs here, not the least selection for the world championships to be held in Sapareva Banya, Bulgaria on 11th September, as most of the country's top runners came to battle it out.

With both senior races also being

home country internationals and British championships there was even more at stake in these events and both were won with outstanding performances. Hatti Archer made up for the disappointment of having to pull out of last year's world championship team in the last week because of injury by leading from the off to win by just over a minute from seasoned international, Victoria Wilkinson. Victoria had been in a close battle with Annie Conway and Rebecca Hilland throughout, with the positions changing as the race progressed but in the end her strength held. Hillard, winner of the European trial race in May, had to settle for fourth behind Conway.

Andrew Douglas, fourth at the European championships after winning the trial race, also lived up to the mantle of pre-race favourite with another front running performance to take the men's British championship. Behind him there was a close battle for the minor places with newcomer to this type of mountain racing, Jonathan Albon, overtaking Chris Smith in the latter stages of the race to clinch second place. England B runner Chris Farrell finished a close fourth.

England won both men's and women's team events ahead of Scotland.

The junior women's trial, finishing part way up Skiddaw, saw seasoned international Heidi Davies justify her pre-race favourite status with a clear gun to tape victory while Bronwen Jenkinson and Emily Nicholson filled the final podium slots. Scottish international cross country runner Euan Gillham, gave a similar dominant performance in the junior men's race, reaching the finish at the top of Skiddaw ahead of Josh Boyle and Nathan Smith.

Sarah Rowell

**RACE 3 SENIOR/U23 MEN'S RACE
11.3km/1080m/230m**

1. A. Douglas	Inverc	54.09
2. J. Albon	Varegy	56.12
3. C. Smith	ThamesV	56.15
4. C. Farrell	Horw	56.24
5. M. Nicholls U/23	Tonb	57.07
6. G. Gristwood	Ochils	57.19
7. T. Adams	Ilk	57.40
8. G. Hughes	Serp	57.58
9. O. Edwards	Shafts	58.11
10. B. Mounsey	CaldV	58.27

**RACE 2a SENIOR/U23 WOMENS
7.7km/846m**

1. H. Archer	Hallam	46.48
2. V. Wilkinson	Bing	47.44
3. A. Conway	Amble	48.07
4. R. Hilland	TBath	48.15
5. H. Dent	Howg	49.22
6. A. Lupton	BICmb	49.46
7. K. Walshaw	Holmf	49.50
8. L. Roberts	Amble	50.11
9. S. Adkin	Moorf	50.30
10. J. Briscoe	Wfld	51.10

**RACE 2b JUNIOR MEN
7.7km/846m**

1. E. Gilham	Kilbar	41.58
2. J. Boyle	Ronhill	43.26
3. N. Smith	York	43.52
4. C. Lewis	Cardiff	44.12

5. J. Dugdale	CFR	44.38
6. C. Richards	HelmH	45.25
7. T. Rees	Fife	46.14
8. C. Davidson	Ross	46.42
9. L. Rees	Fife	46.55
10. E. Matier	Eden	48.06

**BEN RINNES 5 TOPS
Grampian**

AL/22.6km/1500m 30.07.16

1. E. Tresidder	Lochab	2.04.08
2. S. Whitlie O/50	Carneth	2.04.48
3. A. Barrington	Lochab	2.04.50
4. D. Naylor O/40	HBT	2.11.27
5. R. Brookes	Cosmic	2.12.11
6. A. Macrae O/40	Invern	2.19.29
7. A. Smith O/50	Dees	2.21.06
8. B. Marshall O/40	HELP	2.21.59
9. P. Cymbalista	Lochab	2.24.06
10. G. Simpson O/50	HBT	2.25.09

VETERANS O/60

1. (32) P. Kammer	Cosmic	2.43.30
2. (38) G. McCaffrey	Wester	2.50.16
3. (44) R. Pugh	Kilmarn	2.56.43

LADIES

1. (15) H. Gertig	Unatt	2.27.19
2. (18) M. Davie	Forres	2.29.48
3. (21) J. Stephen	HBT	2.30.54
4. (39) G. Irvine O/50	H'land	2.51.03
5. (46) G. Cairns O/40	Penic	2.57.21
(53) L. Clark O/40	Cosmic	3.09.15
(73) M. Angus O/50	Abderd	3.48.50

73 finishers

**BEETHAM SPORTS
Cumbria**

BS/9.3km/283m 30.07.16

1. T. Addison	HelmH	38.01
2. R. Stirzaker	Roh	39.03
3. S. Ohly	HelmH	40.32
4. J. Marchant O/40	HelmH	41.01
5. C. Stansfield O/40	Ross	41.21
6. J. Addison	HelmH	41.32
7. C. Jackson	Gloss	41.58
8. S. Moon O/40	HelmH	42.16
9. J. Millen O/40	BlkCmb	42.28
10. J. Tinman O/50	Ross	42.59

VETERANS O/50

1. (10) J. Tinman	Ross	42.59
2. (11) G. Chadderton	Horw	43.14
3. (15) T. Taylor	Ross	44.00

VETERANS O/60

1. (23) K. Taylor	Ross	46.31
2. (41) C. Maj	Unatt	51.44
3. (45) P. Collinge	Midd'ton	52.44

VETERANS O/70

1. (80) B. Roberts	Sadd	77.17
--------------------	------	-------

LADIES

1. (28) K. White O/40	Royt	47.37
2. (36) E. Dugdale O/50	HelmH	50.34
3. (37) N. Russell O/40	Unatt	50.43
4. (38) N. Murphy O/40	Ross	51.27
5. (32) A. White O/40	CFR	52.40
(47) W. Dodds O/60	Clay	52.57
(58) K. Hoyler O/50	FRA	56.32
(70) E. Hindle O/60	Dallam	62.47
(80) B. Roberts O/70	Sadd	77.17

82 finishers

**JAMES HERRIOT RUN
North Yorkshire**

CM/14km/305m 31.07.16

There was an excellent turnout for this year's James Herriot Country Trail Run with 296 entered and 257 actually running.

James Wight (James Herriot's son) who usually starts the race, was unavailable this year so Tom Orde-Powlett, eldest son of Lord Bolton, kindly agreed to do so. Tom runs Bolton Castle and owns the field we use for car parking. He has been meaning to take part in the race himself one year. So, after starting it, he joined the race himself and finished in the top half of the field! He later presented the prizes.

The weather was near perfect except for quite a strong wind from the North-West. This was particularly noticeable on the top ridge and may have been a factor in preventing the winner, Carl Bell, from breaking the record. Despite this, he finished in the fast time of 53.10.

A big thank you to Tom Orde-Powlett for his involvement, and to the team from Swaledale Road Runners, especially Liz Sowter, Helen Inglis and Geoff, who managed the finish and time-keeping in a very professional way, as usual- something we Rotarians could not have done ourselves.

Thank you to all the clubs and individuals who took part. We hope you enjoyed it and want to return! We will have raised around £2,900 for charities and local deserving causes

Next year the race will again be run on the last Sunday of July, 30 July 2017.

Finally, thank you to our sponsors, **The Walking Shop** in Leyburn and, through them, **CamelBak** and **Lowe Alpine** for providing the prizes for the first three men overall and first three ladies overall.

Barrie Whitfield

1. C. Bell O/40	Kesw	53.10
2. A. Grant O/50	Hgte	54.49
3. M. Jeffries O/50	RichZ	55.08
4. M. Joyeaux	Quakers	55.41
5. G. Dunn O/50	ThirskS	58.12
6. J. Young	Hgte	59.26
7. R. Patterson	Unatt	59.29
8. T. Patterson	Unatt	59.30
9. M. Fanning O/40	Borr	60.10
10. L. Davies O/40	RichZ	60.18

VETERANS O/60

1. (31) M. McKenna	Dallam	65.41
2. (44) N. Scruton	Scarb	69.08
3. (57) H. Jeffrey	Otley	71.02

VETERANS O/70

1. (151) P. Robinson	Otley	85.20
2. (174) D. Gordon	Quakers	88.34
3. (245) A. Prest	Quakers	110.59

LADIES

1. (16) N. Nolan O/40	RichZ	62.12
2. (21) V. Whitehead O/40	VStr	64.04
3. (27) H. Phillips O/40	Unatt	64.53
4. (29) J. Mattinson	Kesw	65.05
5. (33) M. Beever O/40	Stainl	66.20
(38) P. Browell O/50	ElvetStr	68.16
(56) O. Bathgate	Swaled	70.52#

257 finishers

**ARENIG FAWR
Gwynedd**

AM/13km/1000m 31.07.16

A small field of 39 runners from a number of Welsh and English clubs turned up and enjoyed almost perfect weather conditions. Race attendance has never been particularly high but this year's number was surprisingly low since the race was included in the North Wales championship series.

Race winner by a clear margin was Karl Steinegger, who on the previous Wednesday set a new course record in the Green Grass of Home race in North Wales. Second man was Jez Brown. First female runner and seventh overall was Miranda Grant, who finished five minutes ahead of second place, Mary Gillie.

Although a change in the position of the last checkpoint has added around half a minute to the time, no records were broken but Miranda Grant came close to taking Jacky Lee's female record.

The course is not marked apart from short sections after the start and before the finish. Runners can choose the best line between checkpoints. Route choice is particularly important between checkpoints 1 and 2 and the descent from 5 to 6. It is interesting to see that some runners have difficulty finding the 'obvious' route to CP1, some even missing out the checkpoint altogether and heading to CP2.

The low attendance of the race, although not uncommon in Welsh races, is probably partly due to the severity of the course with 77 metres climb per kilometre and mostly pathless terrain, features that attract comments such as 'real hard running country' and 'a beltin race ... proper fell race'.

Next year's race will be held on Sunday 6 August. Refreshments and cakes will be provided as usual. The entry fee will be reduced from £4 to £3.

My thanks to the runners, the marshals and all the friends who helped organize the event and to the WFRA and Geoff Clegg, our time keeper.

Yiannis Tridimas

1. K. Steinegger	Amble	1.33.07
2. J. Brown	Buckley	1.38.06
3. M. Davies	NNRRC	1.40.00
4. T. Page O/40	DkPk	1.40.14
5. S. Bellamy O/40	Mercia	1.40.21
6. C. Barnes O/40	Mersey	1.41.05
7. M. Grant	Eryri	1.41.07
8. C. Jones O/40	Eryri	1.42.19
9. D. Fishwick O/40	Chorl	1.42.50
10. A. Livsey	Unatt	1.51.27

VETERANS O/50

1. (12) V. Belshaw	Denb	1.51.48
2. (15) I. Edgar	Eryri	1.54.34
3. (20) K. Rolands	Eryri	2.07.26

VETERANS O/60

1. (18) G. Davies	Mercia	1.57.35
2. (26) E. Lesniak	AchRat	2.13.39
3. (29) N. Bradley	Meirion	2.17.57

VETERANS O/70

1. (33) G. Gunner	CroftA	2.34.09
2. (34) G. Fielding	Eryri	2.34.15

LADIES

1. (7) M. Grant	Eryri	1.41.07
2. (16) M. Gillie... ..	Clwyd	1.55.59
3. (25) W. Dodds O/60 ...	Clay	2.13.34
4. (28) H. Evans	Buckley	2.15.27
5. (32) N. Barnes	Unatt	2.25.24
(38) E. Salisbury O/50 ...	Eryri	2.51.00

39 finishers

**FARLETON KNOTT - BOFRA
Cumbria
AS/4.5mile/500m 31.07.16**

On a calm Cumbrian July day, 72 hardy senior runners and 80 equally tough juniors gathered in a field at the base of Farleton Fell to compete in the beast of a race that is Farleton Knotts. From the approach via the A65, the fell looks like a gracious whale, emerging from a green sea. However, appearances are most definitely deceptive. The copious amounts of weather that the region has been subjected to added to the illusion as the fell looked almost appetising being lush and green.

All races start in the well-trimmed flat field before a short road section and the start of a seemingly endless climb. A stile is crossed and runners are now at the fell base. Seniors follow a bracken lined track around and relentlessly up the fell to reach the Knotts. The height of the bracken stills the breeze and appears to concentrate the sun's heat, making this a stiflingly hot climb around the fell. Having emerged, breathless and hot at the summit, there is now the delight of a double scree descent. This year the screes were dry so scree riding was an adrenaline thrill without feeling "dangerous." The fun, however, is short lived as a hairpin bend at the bottom leads senior runners to the start of the second ascent. Here, it is not running that is required as the primary skill but hand over fist, lung-busting climbing to reach the summit for a second time.

Just as the thighs are turned to useless jelly, runners must now traverse the undulating skyline of the Knotts, tracing a path via various cairns, to reach the route that initially brought them to the summit. Runners can now relax as the long descent commences and the relief of reaching the finish funnel is near.

From the start, Simon Bailey dominated the senior race, winning it in 33.59.

Su Thompson

1. S. Bailey	Mercia	33.59
2. T. Mason	Wharf	34.51
3. J. Craig	Barlick	37.50
4. J. Bradshaw	Wharf	38.06
5. P. Crabtree O/40	Wharf	38.28
6. I. Willis O/40... ..	Kghly	40.04
7. M. Cordus	Unatt	40.26
8. J. Hartley	Unatt	41.18
9. R. Carr O/40	Wharf	41.30
10. M. Egner O/60	Settle	42.18

VETERANS O/50

1. (16) D. O'Duffy	Bowl	44.50
2. (18) G. Bird	Wharf	44.59
3. (19) D. Soles	Penn	45.11

VETERANS O/60

1. (10) M. Egner	Settle	42.18
2. (44) M. McLoughlin ...	Prest	51.56
3. (47) L. I'Anson	Borr	53.09

LADIES

1. (12) K. Hall O/40	Wharf	43.18
2. (23) R. Pilling	P&B	46.35
3. (26) K. Lawson	HelmH	47.15
4. (29) S. Houghton O/50	Ripon	47.44
5. (31) C. Evans O/50... ..	Settle	47.56
(34) K. Bailey O/40	Mercia	49.09

Boys U/9

1. O. Bailey	Mercia	3.21
2. J. Sanderson	Settle	3.26
3. T. Hooper	Wharf	3.28

Girls U/9

1. M. Timbers	Kghly	3.49
2. M. Patrington	Unatt	4.12
3. M. Walker	P&B	4.17

Boys U/12

1. D. Thompson	Clay	5.30
2. L. Carr	Ilk	5.34
3. A. Willis	Kghly	5.43

Girls U/12

1. O. Winder	LevenV	5.51
2. E. Swarbrick	Brought	6.07
3. E. Dorrington	Clay	6.14

Boys U/14

1. L. Hudson	Kghly	9.42
2. B. Edmondson	Amble	9.46
3. S. Smith	Wharf	9.50

Girls U/14

1. A. Jones	Wharf	10.57
2. L. Gregg	Ross	11.26
3. C. Hutchinson	Amble	12.58

Boys U/17

1. J. Hudson	Kghly	18.57
2. J. Edmondson	Amble	19.16
3. L. Hargreaves-Madhas	Wharf	20.17

Girls U/17

1. B. Holt	Clay	24.05
2. E. Jones	Wharf	27.45
3. H. Durkin... ..	Amble	29.09

CROW HILL REVERSE

**West Yorkshire
BS/8km/350m 02.08.16**

This Race was inaugurated by local physiotherapist Ali Mills. She was determined to raise money for a "cancer" charity, which she has with a steely charm and infectious smile. Ali decided not to run this year's race; we all understand life, not necessarily at straight line, the universe, and stuff.....so.....a rump of Todmorden Harriers and various hangers on volunteered to "mind the gap" for a small, but loyal, cohort of runners who simply love the race to bits.

The race starts in Redacre Wood with its mature sessile oak trees, just beyond Redacre House, a legacy of the valley's yeoman clothiers from the early textile industry, then climbs to disgorge runners onto a trail through a waist-high weedy field, past House Hill Farm to a tiny hamlet at Owls Clough.

There is now respite from the demanding climb, a "contour" along Raw Lane until Great Raw Farm. Sharp right, steep uphill through farmer Jane Jackson's field (she does move the bull and cows out for the race), tip-toe through the golf course, and the runners are on Midgley Moor, the valley spread out below like an OS map.

A lovely path past Milk Churn Joan

standing stone (Joan the young milk maid who perished in a violent winter storm) to the summit of the small knoll that gives the race its name. Runners drop and circle round the wee hill, returning to the "lovely" path for the helter skelter down hill "esrever" of the route, but detouring down the stoop steps into Stephenson House Woods, hugging a path above a steep drop into a typical Calder valley clough. Lastly a fabulous wide path in the woods for your sprint finish if you have any puff left.

One heroine, Crow Hiller, was on her second fell race, so she got a well deserved prize, and so did some guy who held up his hand (it could only happen at this race!)

The prize giving was held at Race HQ, the Dusty Miller Pub in Mytholmroyd. Carol, the pub's landlord, at very short notice, agreed to host the event without a moment's hesitation, rostered extra staff, stocked up with extra beer and put on delicious piping hot curry and chili even though her kitchen is still bust (the flood). So a big, big thank you to her.

Thanks also goes to Ali.....she provided all the prizes. And of course it was a joy that Ali was there on race night doin' the prize givin'.....in a humorous and charming style that is all her own.....the pub was by now bubbling with a childish sense of fun and enjoyment. Great race?then we all went home.

Reg Czudek

1. B. Mounsey	CaldV	29.10
2. R. James	Royton	30.52
3. M. Malyon	Baild	32.03
4. A. Burns	VStr	32.17
5. C. Holmes O/40	Wharf	32.33
6. E. Hyland... ..	Stain	32.55
7. M. Preedy	Ross	33.18
8. J. Crossfield	Hfax	34.02
9. J. Collins O/40	Stain	34.03
10. C. Pawson O/40	Barlick	34.58

VETERANS O/50

1. (15) A. Bodell	Royton	36.30
2. (18) S. Booth	Unatt	36.53
3. (21) P. Kerridge	Tod	37.17

VETERANS O/60

1. (40) R. Myers	Baild	48.22
2. (41) A. Biddle	Unatt	49.50
3. (42) R. Sutcliffe	CaldV	50.55

VETERANS O/70

1. (31) D. Spendlove	CaldV	42.23
-----------------------------	-------	-------

LADIES

1. (16) K. Hall O/40	Wharf	36.32
2. (20) L. Collins	CaldV	37.15
3. (29) G. Ford	Tod	40.32
4. (37) R. Johnston O/50	CaldV	44.54
5. (44) L. Hayley O/60 ...	CaldV	52.08
(48) H. Farren O/50	Ross	54.36

55 finishers

**PARWICH PANORAMIC FIVE
Derbyshire
CS/8.5km/200m 02.08.16**

The Parwich Panoramic 5 was very well supported with over 100 runners coming from far and wide. Conditions were a little bit challenging as light rain during the day made the course slippery in some areas. Whilst the

rain stopped for the race itself it became very humid. Whilst no course records were broken the race was hard fought with a number of close battles fought all the way to the finishing line. We eagerly look forward to next year.

Nia Linnell

1. L. Beresford	Ripley	34.11
2. R. Donald	Shelt	35.03
3. K. Malton	Shelt	35.53
4. N. Brickman	Belper	36.19
5. P. Sorrell	NDerby	36.59
6. T. Clayton O/50	Ripley	37.06
7. D. Kilpin	Pstone	37.20
8. M. Jones	Ripley	37.23
9. D. Fishwick	Chorl	37.36
10. R. Coates	Ripley	38.13

VETERANS O/50

1. (6) T. Clayton	Ripley	37.06
2. (17) R. Hyde	ErewV	39.49
3. (22) N. Wightman	ErewV	40.31

LADIES

1. (27) R. Keeley	Belper	42.20
2. (42) J. Stones	Mable	45.36
3. (44) P. Goodall O/50	Totley	46.09
4. (51) L. Lee	Ashb	50.39
5. (56) E. Sanders O/50	Ashb	51.03
5. (60) J. Cresswell	Ripley	51.18
5. (64) J. Welburn	Beest	51.29

119 finishers

**FELLSIDE
Cumbria**

AM/11.3km/580m 03.08.16

44 hardy runners braved heavy rain and high winds to complete the Fellside Fell race, with two competitors having travelled from Australia to take part. This popular race, organised successfully over a long period by Stella Lewsley, has dropped off the FRA calendar in recent years. Organisation has now been taken on by the Northern Fells Running Club with the intention of staging it during the last week of July each year.

The runners appeared to relish the challenging conditions for the race with Carl Bell taking first place and Heidi Dent running through an injury to finish first female and ninth overall, the two winners each taking home a prize of dinner for two kindly provided by the Old Crown Inn in Heskett-New-Market.

Neil Orr had a good run to finish first U23 in a creditable fourth place with Hannah Bradley first female U23.

In the veteran categories, Andy Crome, Paul Dobson and Alan Jackson took the first MV40, MV50 and MV60 positions with Australian competitor, Basil Baldwin, being first MV70.

Jenny Russell and Helen Horne were first FV40 and first FV50.

All the above category winners will receive free entry into the race next year to defend their title

Philip Pearson.

1. C. Bell	Kesw	58.27
2. P. Harrison	Unatt	59.28
3. T. Oates	Amble	1.00.39
4. N. Orr U/23	Border	1.00.57
5. S. Ohly	HelmH	1.03.10
6. J. Eyre	Eden	1.03.37

7. C. Holiday	Carlisle	1.05.06
8. J. Kent	Eden	1.07.09
9. H. Dent	Howg	1.08.09
10. A. Crome O/40	Unatt	1.09.12

VETERANS O/50

1. (21) P. Dobson	Kesw	1.17.10
2. (23) H. Horne Lady	NthnF	1.18.04
3. (36) S. Hartley	Eden	1.26.32

VETERANS O/60

1. (32) A. Jackson	Howg	1.21.33
2. (44) C. Gosden	NthnF	1.43.46

VETERANS O/70

1. (42) B. Baldwin	Golds	1.41.28
LADIES		
1. (9) H. Dent	Howg	1.08.09
2. (16) J. Mattinson	Kesw	1.14.24
3. (23) H. Horne O/50	NthnF	1.18.04
4. (24) H. Bradley U/23	CFR	1.18.47
5. (25) A. Johnson	Eden	1.19.07
(40) J. Russell O/40	NthnF	1.31.25

44 finishers

**BLUEBELL 2
Derbyshire**

BS/6.34km/190m 04.08.16

Unfortunately, the course had to be shortened as a result of cattle problems and the distance was 3.94 miles/6.34km with a long uphill finish to test the resolve of those taking part.

David Denton

1. O. Partridge	MynDu	24.49
2. Patterson	Ashb	25.03
3. B. Rhodes	Heanor	25.27
4. E. Barr	Derby	26.13
5. D. Love	Bowl	26.14
6. J. Dakin	Belper	27.22
7. A. Billington O/40	Belper	27.41
8. G. Baird O/40	Sutton	27.55
9. J. Gluyas	Derwent	28.06
10. N. Goddard	Unatt	28.11

VETERANS O/50

1. (18) T. Raynor	Mansf	30.03
2. (24) R. Cooper	Unatt	31.19
3. (26) K. Jeffery	Unatt	31.50

VETERANS O/60

1. (19) P. Hands	LeicestC	30.17
2. (41) T. Stevens	Belper	34.02
3. (66) T. Evans	TDerby	38.56

LADIES

1. (23) R. Keeley	Belper	31.13
2. (27) J. Stones O/40	Mable	31.55
3. (31) P. Cullingworth	Derw	32.21
4. (34) R. Lineker	Ripley	32.22
5. (43) S. Sutton	TDerby	34.12
(46) S. Calvert O/40	Unatt	34.40
(65) R. Johnson O/50	Derw	38.51
(68) J. Wade O/50	Hatton	39.47
(69) A. Bent O/60	Buxt	40.18

75 finishers

**SALT CELLAR
Derbyshire**

BM/10.9km/486m 05.08.16

162 souls braved a beautiful evening in the Peak District with the only unwelcome visitors being the midges, but they were ultimately rewarded with the magnificent views along this technically demanding route and now

famous cakes and buns on completion of the race.

The course starts at the bottom of Derwent Reservoir overlooking the impressive dam wall then a steep climb upwards to the top of Derwent Edge which, in turn, gives way to the breath taking scenery which overlooks the metropolis of the Derwent Reservoir. As the run speeds up along the path, part rock and part slab to the now famous Salt Cellar, where all runners lay a hand on the sacred stone before the steep bog and bracken infused descent to the nature reserve which has proven to be a very technical descent and popular topic of post-race conversation! The participants are cheered on throughout the race by the ever present grouse and sheep. The climb then starts back up to Hunter's Hill and then towards the final descent of Hallelujah Hill (apparently this descent name changes depending on the runner!).

The race is now in its fifth year and has grown from strength to strength with numbers increasing year on year. The organisers would like to think this is due to the breath-taking scenery and challenging course and not the free cakes and buns upon completion for all participants.

This year's race was won with a time of 50.31 by Matt Elkington, followed closely behind by Stuart Bond, who led up until the Salt Cellar, making it a very exciting race.

Anna Hoogkamer made it a male/female Dark Peak double by taking home the ladies' first prize in a time of 1:06:03.

The race forms part of the season long Accelerate Gritstone series and once again was gratefully supported by Accelerate, Inov-8 and Just Natural at Crookes.

A mention must also go to Edale Mountain Rescue who are always present if we need them. As always, proceeds from the race will be donated to Edale Mountain Rescue and also Mossie Net.

Final word of thanks has to go to all the Steel City Striders' members who volunteered for marshalling duties. The committee and race organisers can't thank you enough as without you, there would be no race.

Dean Young

1. M. Elkington	DkPk	50.31
2. S. Bond	DkPk	51.56
3. L. Beresford	Ripley	52.53
4. A. Taylor	DkPk	53.12
5. N. Winfield	Penn	54.28
6. I. Mills	Penn	55.21
7. J. Street	Clowne	55.26
8. J. Lane	Unatt	56.18
9. A. Davies O/40	Steel	57.08
10. R. White O/40	Buxt	57.08

VETERANS O/50

1. (28) R. Hyde	EreV	62.43
2. (32) H. Darwin	Rother	63.22
3. (37) A. Barnett	DkPk	65.09

VETERANS O/60

1. (58) J. Adair	Holmf	69.41
2. (68) P. Goodall	Totley	71.14
3. (125) D. Arundale	DkPk	83.42

LADIES

1. (38) A. Hoogkamer	DkPk	66.04
----------------------	------	-------

2. (46) C. Brock	Steel	66.51
3. (65) A. Duck	Steel	70.48
4. (68) P. Goodall O/60	Totley	71.14
5. (70) L. Lacon	Holmf	71.45
(92) P. Collier O/40	DkPk	77.19
(97) F. Newman O/40	DkPk	77.58
(135) J. Davies O/50	Steel	87.36
(146) J. Cockerton O/50	Pstone	95.26

162 finishers

GREAT WEST

Devon

AS/8km/415m 06.08.16

The 38 hardy souls who managed to battle their way through the school holiday traffic were greeted with perfect running conditions as they lined up at the start of the 2016 Great West Fell Race. Starting by the tranquil surroundings of Meldon Reservoir the runners make their way up Longstone Hill where they are greeted by their first views of the Yes Tor/High Willhays ridge (the two highest points in southern England).

Spurred on by his win in the first ORC summer fell race series The Codon Hill Run, local runner Rob Hicks led a group of three up the steep accent of Yes Tor. At the summit it was Pete Devonport who took on the running taking out a small lead which he held onto to take the win. Rob took a fine second ahead of the course record holder, Tim Lenton. Another fine run by David Wilcox secured the V50 award with Peter Belcher taking home the V40.

The ladies' race was a battle between the two local clubs Okehampton RC and Tavistock AC with Katie Littlejohns edging out Hannah Colston for the win with Lucy Skye bagging third. The next two FV awards fell to Charlotte Collyer grabbing the V40 just ahead of Hannah Ramsey and Danielle Fulford-Brown walking away with the V50 with Teresa Butcher displaying her customary good performance to take the V60.

A special thanks to all the marshals, North Dartmoor Mountain rescue group and the lovely Okehampton ladies keeping everybody supplied with tea and cake.

Paul Crease

1. P. Davenport	BudeR	38.19
2. R. Hicks	Okeham	38.47
3. T. Lenton O/40	AxeV	39.09
4. H. Hart	Unatt	40.48
5. T. Day	Unatt	41.21
6. D. Wilcox O/50	FRA	41.27
7. P. Belcher O/40	RMarines	42.51
8. J. Wills O/40	Tamar	45.19
9. P. Bradford O/40	Unatt	45.59
10. H. Robinson	Okeham	46.33

VETERANS O/50

1. (6) D. Wilcox	FRA	41.27
2. (32) R. Cunningham	Unatt	63.38

VETERANS O/60

1. (37) S. Berdinner	Unatt	74.32
----------------------	-------	-------

LADIES

1. (19) K. Littlejohns	Okeham	52.22
2. (20) H. Colston	Tavist	53.01
3. (26) L. Skye	Okeham	56.31
4. (28) C. Collyer O/40	Okeham	60.26
5. (31) H. Ramsey O/40	Okeham	61.55

(34) D. Fulford-Brown O/50	Okeham	68.29
(35) T. Butchers O/60	Tivert	68.50

38 finishers

JAMES THORN

Derbyshire

AS/8km/49m 07.08.16

1. J. Ross U/23	Staffs	32.10
2. A. Frost O/40	DkPk	36.31
3. E. Meyland U/23	Buxt	36.47
4. K. McLoughlin O/50	NYM	37.03
5. L. Forshaw U/23	Buxt	37.13
6. J. Perry	Wharf	37.45
7. K. Groom	DkPk	37.59
8. R. Mackie O/40	P'stone	38.01
9. A. Raftery O/50	Sale	39.18
10. L. Appleyard	Wharf	39.35
(12) T. Hargreaves O/50	Stockp	40.48

VETERANS O/60

1. (16) Bocking	Chesh	41.56
2. (17) A. Jones	Altrin	42.09
3. (23) R. Scottney	Penn	45.42

LADIES

1. (13) H. Thornhill U/23	Buxt	41.02
2. (14) H. Martin	Penn	41.33
3. (17) A. Jones O/60	Altrin	42.09
4. (21) E. Gerrard	Penn	44.24

37 finishers

ROUND HILL

North Yorkshire

CM/14.1km/335m 07.08.16

After a relatively dry spell in the preceding weeks, the bogs of Blubberhouses moor proved to be more difficult for an adventurous Mitsubishi driver than the runners. It was abandoned in the bog on the climb to the first checkpoint at Round Hill. Despite the relatively good underfoot conditions, strong head winds made it hard work on the long drag to the highest point of the race.

Lee Athersmith retained his title from last year finishing over a minute clear. There was a good battle for second with Michael Malyon just beating Ali Burns. Nik Tarrega was a 16

second winner in the ladies' race ahead of Sophie Martin. John Mason had a fantastic run, finishing seventh with a sub-hour time and breaking the V50 record.

Andrew Robertshaw

1. L. Athersmith	Wharf	55.50
2. M. Malyon	Baild	57.07
3. A. Burns	VStr	57.07
4. L. Dunne O/40	Otley	58.08
5. N. Martin	Wharf	58.57
6. C. Garvey U/23	DurhamU	59.22
7. J. Mason O/50	Dewsb	59.27
8. P. Branney	Leeds	59.42
9. D. Driver	HydeP	59.50
10. D. Stoneman O/40	Skyrac	59.52

VETERANS O/50

1. (7) J. Mason	Dewsb	59.27
2. (26) G. Goodwin	Acc	66.09
3. (37) I. Rowbotham	Hgate	68.37

VETERANS O/60

1. (28) S. Morran	NMast	66.36
2. (51) M. Jordan	Hgate	71.51
3. (54) D. Burdon	PudseyP	72.16

VETERANS O/70

1. (116) G. Breeze	Wharf	87.04
2. (131) P. Robinson	Otley	93.50

LADIES

1. (30) N. Tarrega	YorkK	67.26
2. (33) S. Martin	Wharf	67.42
3. (36) R. Cesar De Sa O/40	Skyrac	68.14
4. (47) K. Pickles O/40	PudseyP	71.16
5. (49) L. Farley U/23	BradA	71.33
(109) C. Pollard O/50	Wharf	83.27
(115) S. Blackburn O/50	Horsf	86.40

151 finishers

RAVENS CAR RUMBLE

North Yorkshire

BS/7.5km/240m 09.08.16

1. H. Holmes	YorkK	31.40
2. J. Smith	Unatt	34.41
3. S. Hardy O/40	LoftW	34.51
4. J. Wiley	Picker	35.08
5. D. Middlemass O/40	DkPk	35.48
6. C. Thornton O/50	EskV	36.08
7. R. Williamson O/50	LoftW	37.16



Ali Burns, Lee Athersmith
and Michael Malyon
at Round Hill

© Woodentops.org.uk

8. G. Elkington O/40	NDerby	37.48
9. E. Clapton	Scarb	38.18
10. K. Edwards O/60	H'pool	39.44
(11) M. Clarke O/50	LoftW	41.07

VETERANS O/60

1. (10) K. Edwards... ..	Hpool	39.44
2. (31) D. Parke	Scarb	52.10

LADIES

1. (9) E. Clapton	Scarb	38.18
2. (12) N. Curgenven... ..	Darling	41.10
3. (16) N. Carr	Scarb	42.36
4. (17) J. Hutchinson	Darling	42.48
5. (19) L. Garforth O/40 ...	Hawassa	44.48
(23) S. Partridge O/40 ...	Picker	49.56

ECCLES PIKE

Derbyshire

AS/5.4km/305m 10.08.16

We had strong local support for this year's Eccles Pike race with Macclesfield and Buxton fielding 22 runners each. A steady drizzle must have cooled people nicely as a number of fast finishers cut their time from last year, when it was fine.

Gwyneth Parry was a junior star coming in 17th place as first female and took back the women's trophy to Wales. Jacob Winfield, the junior male winner, was in sixth place, a great achievement. The overall winner, Matt Elkington, was well ahead of the rest of the field.

Honourable mentions this year: Nicholas Barber, second place again but 14 seconds slower (apologies for mis-spelling last year!), Dan Croft as a very fast MV50 winner, and a great MV60 time from Donald O'Brien. Helen Thornhill lost to Gwyneth Parry by only seven seconds but improved her time by 1.25 and Julie Gardner bettered her FV55 time by nearly a minute.

So maybe practice on the course is valuable – we hope they will all be back to enjoy the views of Derbyshire from the summit next time.

Matilda Simon

1. M. Elkington	DkPk	22.40
2. N. Barber... ..	Penn	23.46
3. T. Wild... ..	Macc	23.58
4. A. Bunyan	Macc	25.05
5. L. Forshaw-Perring ...	Buxt	25.46
6. J. Winfield U/16	Buxt	26.02
7. D. Croft O/50	Macc	26.08
8. T. Aldridge	Buxt	26.24
9. E. Gamble O/50	Chesh	26.43
10. M. Hill O/50	Wilms	26.48

VETERANS O/60

1. (27) D. O'Brien	Buxt	28.55
---------------------------	------	-------

VETERANS O/70

1. (107) T. Faulkner	Wilms	44.07
-----------------------------	-------	-------

LADIES

1. (17) G. Parry U/16	Wrex	27.29
2. (18) H. Thornhill	Buxt	27.36
3. (40) K. Wright	Amble	30.16
(78) J. Rundall O/40	GoytV	34.13
(97) J. Taylor O/50	Buxt	38.05
(101) L. Hayles O/60	CaldV	39.09

114 finishers

THE BORDER RAID (MIDDLETOWN HILL RACE)

Powys

5.6km/516m 10.08.16

Following on from the Border Raid Recce on 9 July, THE Border Raid, Wales v England, took off at 7.30 p.m. with a good turnout smashing it straight onto the first little climb of the evening. Though not a high course, it does have quite a bit of climbing on a course slightly modified from last year.

Matt Thomas running for Wales, led from the start. Just behind Jack Agnew (England), Ollie Parry (Wales) and Mel Price (England) chased up to the summit of Middletown Hill, Mel Price moving up into third. The summit is where the course picks up a section of The Raid Recce route with a steep(ish) descent and a couple of climbs taking the runners back to the top of Middletown Hill again. Matt Thomas came in first with a time of 40.14 setting the new course record. Using the same scoring system the team honours went to Wales.

1. M. Thomas	Wales
2. J. Agnew	England

LADIES

1. M. Price	England
--------------------	---------

APPLEBY SHOW MURTON PIKE

Cumbria

AS/10km/520m 11.08.16

Unfortunately, the change to a midweek date and misty drizzly conditions led to only eight

competitors in the adults' fell race. However, all eight found the summit and returned safely and seemed to enjoy the race despite the poor conditions.

A few hardy children braved the conditions and enjoyed the the kids race on the pike.

Stephen Gaughan

1. C. Lowther	Eden	61.38
2. J. Blakett O/50	DkPk	66.33
3. D. Bainbridge	Howg	67.43
4. S. Jones	Amble	68.15
5. V. Belshaw O/50	Denb	70.50
6. M. Davis	Howg	73.27
7. K. Edwards O/60	Hpool	73.59
8. R. Kraft	Unatt	85.44

LADIES

1. (4) S. Jones	Amble	68.15
2. (8) R. Kraft	Unatt	85.44

8 finishers

DENIS STITT MEMORIAL RACE

Derbyshire

AS/6km/370m 11.08.16

There was a great turnout of 79 for the race, narrowly beating last year's 72. Holmfirth with 30 runners and Penistone with 35 made up the majority of the field. Many thanks to Penistone for, again, making it one of their championship races.

Last year's winner Chris Law was just beaten by Rob James, Rob proving too strong on the last climb. Katie Walshaw had a great run coming back in 5th place and breaking her own course record in the process.

Holmfirth's Chris Law, leading the way down the steep Holme Valley cow pastures at the Denis Stitt Race.



PHOTO © NORMAN BERRY

Chris Law, Aaron Kettlewell and Kai Sunman, all U23, bagged the first team prize for Holmfirth. Katie, Helen Berry and Jordan Mullinger claimed the ladies' team.

About a third of the field went away with a prize with them being given in five year categories and a couple in each age group. Well worth a visit if you're not doing anything on the same Thursday next year.

Many thanks to Cartworth Moor cricket club for use of their facilities and putting on a great chilli and bar once again.

John Ewart

1. R. James	Royton	29.19
2. C. Law U/23	Holmf	29.30
3. M. Fanning O/40	Borr	31.39
4. A. Kettlewell U/23	Holmf	31.48
5. K. Walshaw	Holmf	32.27
6. K. Sunman U/23	Holmf	32.31
7. T. Street	Holmf	32.38
8. H. Shelbourne U/23	Holmf	32.52
9. P. Hewitt	Holmf	33.02
10. D. Kilpin	Pstone	33.07

VETERANS O/50

1. (15) J. Rank	Holmf	36.34
2. (16) S. Booth	Unatt	36.38

VETERANS O/60

1. (32) D. Ibbotson	Unatt	41.32
---------------------	-------	-------

VETERANS O/70

1. ?? M. Cartwright	Pstone	51.28
---------------------	--------	-------

LADIES

1. (5) K. Walshaw	Holmf	32.27
2. (14) H. Berry O/40	Holmf	34.30
3. (17) J. Mullinger	Holmf	36.46
(53) F. Williams O/40	Pstone	45.51
(44) J. Shotter O/50	Holmf	43.53
(71) J. Cockerton	Pstone	52.01
(75) L. Hayles O/60	CaldV	48.36

79 finishers

STICKLEPATH HORSESHOE

Devon

BM/15.5km/519m 13.08.16

Well 13 August dawned on Dartmoor with our usual – "this could go anyway sort of weather". The Met Office said it would be dry, not hot and summery but dry which, in reality, is the best we can hope for. But we arrived at the start to rain and clag. Anxious moments re mist and poor visibility on the tors but as the morning progressed the weather bucked up its ideas and we ended up with near perfect conditions. Phew!

The great excitement of the day was Jamie Parkinson flying home with a new race record of 1.08.49. For us mere mortals, how on earth is it possible to run that far, up and down tors in such a short time??!! Inspirational stuff for our marshals who said he just flew off the tops. It was great also that his Dad Rob took part in the run. Jamie well deserved his flapjack after that effort.

We had 33 runners this year, many of them regulars and it is very good to see them each year. We enjoy their company and much appreciate their contributions to local charities.

Our thanks as always to Mrs Clark for the use of her field, North Dartmoor Rescue for

manning a couple of the checkpoints and all our other marshals and helpers. It was a very good day.

Wendy Manfield

1. J. Parkinson	Dartm	1.08.49
2. S. Anderson	EtonM	1.17.29
3. T. Lenton O/40	AxeV	1.18.50
4. R. Easterbrook O/40	Teign	1.21.32
5. J. Terry	Unatt	1.22.03
6. S. Claxton O/40	Poole	1.22.21
7. I. Luke O/40	Poole	1.22.44
8. P. Crease O/40	Okeham	1.26.54
9. J. Morrison	Tivert	1.32.08
10. R. Parkinson O/50	Devon	1.32.30

VETERANS O/50

1. (10) R. Parkinson	Devon	1.32.30
2. (17) R. Hilton	Unatt	1.53.48
3. (18) D. Skinner	Teign	1.53.50

LADIES

1. L. Hatchard O/40	Exm	1.54.50
2. P. Pyke O/40	Torrington	1.57.30
3. J. Hilton O/40	Unatt	1.59.50
4. E. Taylor O/50	Teign	2.15.41
5. T. Butchers O/60	Tivert	2.16.27
C. Jones O/50	Kirton	2.23.30

TURNER LANDSCAPE

Cumbria

AM/17km/910m 13.08.16

Race day started very misty with light rain early on. Turnout was lower than expected but 61 very welcome runners lined up and after Ian Roberts' pre-start kit check and in-depth safety regulations, the runners set off towards the mist-shrouded hills, which probably accounted for the sale of 23 maps.

First back was Carl Bell in a time of 1.29:16 followed by James Turner in a time of 1.40:22 and Ted Ferguson in 1.40:23.

First lady was Amelia Hunt in 2.27:31 followed by Julie Rundall second in 2.35:36 and Charlotte Wetton third in 2.40:45, so well done to them!

Several runners missed out Coniston Old Man due to the misty conditions, no names, no pack drill! But everyone was accounted for at the end.

Refreshments did well and helped boost proceeds to a very nice sum of £786 on the day.

I would like to thank the check-point marshals for their hard work in the awful conditions, the race field marshals, registration and timekeeping, results, First Aid and last, but not least, the catering ladies for their efforts.

Due to circumstances, I shall not be organising this race any more so if there is someone willing to take over I would like to hear from them.

Finally, thanks again to Hilary and Anthony for their support and help without which we couldn't have a race in such a lovely setting. Over the six races I have organised, we have raised a total of £5,626 for Alzheimer's Research UK, so again a big thank you to all of you.

Mike Breslin (aka Spike)

1. C. Bell	Kesw	1.29.16
2. J. Turner	Amble	1.40.22
3. T. Ferguson U/23	Borr	1.40.23

4. T. Simpson U/23	Amble	1.41.01
5. S. Allin	YorkK	1.41.14
6. J. Smith	CaldV	1.41.48
7. Q. Harding O/50	Bowl	1.44.32
8. A. Stuart	Beest	1.54.53
9. G. Thorpe O/50	Amble	1.56.14
10. M. Wharton O/50	CaldV	1.56.23

VETERANS O/40

1. (12) T. Jackson	Settle	2.00.32
2. (14) G. Hawking	YorkK	2.04.04
3. (18) C. Bedson	Gloss	2.05.00

VETERANS O/50

1. (7) Q. Harding	Bowl	1.44.32
2. (9) G. Thorpe	Amble	1.56.14
3. (10) M. Wharton	CaldV	1.56.23

VETERANS O/60

1. (20) N. Hewitt	Bowl	2.05.48
2. (26) D. Bowen	Penn	2.09.01
3. (35) J. Taylor	Bowl	2.20.46

LADIES

1. (37) A. Hunt	GoytV	2.27.31
2. (39) J. Taylor O/50	Bowl	2.34.19
3. 940 J. Rundall O/40	GoytV	2.35.36
4. (45) C. Wetton	CaldV	2.40.45
5. (46) R. Oldfield	Unatt	2.41.06
(48) L. Harrod O/40	HelmH	2.42.45
(51) T. Vernon O/50	GoytV	2.59.19

55 finishers

SHEEP FELL OVER

Lancashire

CS/5km/193m 14.08.16

The final race of Cannonball Events 3 day event, set against the picturesque backdrop of Shore, Littleborough, was the Sheep Fell Over Race. Campers who stayed over woke to sunshine and a light breeze ready and eager to see how the final day would unfold. The race, starting at 1 00 p.m., had a smaller field than in previous years (possibly due to the late night Olympics) but created a good competitive atmosphere none the less.

Fresh and tired legs side by side on the start line as some lined up for a third race in three days while others simply enjoyed this fell race. A strong start from last year's winner, Rob James, against this year's series leader for the three day event, Tom McGuinness made for exciting spectating as they pushed up the initial cobbled climb towards the fell.

The ladies' race was also strong with Maria Wall (current series leader) battling well against Caroline Harding and Caroline Scott, who both had entered only the fell race.

The out and back route with a 1.5 mile climb was fast and provided little opportunity for moments of recovery. The change in terrain underfoot helped runners surge on a little as cobbles turned to gravel and then grassy sheep trails led to the fold at the top of the climb. Once at the top and round the fold, 'he – or she - who dares wins' on a constant descent to the finish line. The speeds of descent across the field were incredible and good conditions underfoot gave runners the confidence to lean forward just that little bit more!

Rob James retained his first place title from last year, beating his previous time and finishing the 3 mile race in a time of 17:56.

Tom McGuinness won his U23 category and the race series overall, coming in second position in a time of 18:34. Equally spread, for third position in the men's race, in a time of 19:09 was Ali Burns.

Like the men, the ladies also retained their positions for much of the race. First across the finish line and ninth overall in the series was Maria Wall in a time of 25:54. Just 30 seconds later, Caroline Harding completed her descent with an overall time of 26:26 and in a time of 27:22. Caroline Scott took third position.

Age categories from U23 to V70 saw impressive times and the enjoyable atmosphere created that had turned spectators into participants over the three days was a perfect end to the weekend of racing.

John Lloyd

1. R. James	Royton	17.56
2. T. McGuinness U/23	EChesh	18.34
3. A. Burns	VStr	19.09
4. I. Douglas	Roch	21.18
5. J. Gritt	Royton	21.57
6. R. Butterwick O/40	Tod	22.01
7. D. Pearson	Stain	23.50
8. I. Dale O/50	Royton	24.15
9. K. Jones O/40	Sadd	24.27
10. M. Delderfield O/40	Unatt	25.22

VETERANS O/50

1. (8) I. Dale	Royton	24.15
2. (16) D. Smith	Unatt	26.42
3. (19) M. Heaney	Royton	27.42

VETERANS O/60

1. (13) J. Archer	Winston	25.50
2. (20) M. Catherall	Roch	27.53
3. (29) J. Connolly	Ross	35.54

VETERANS O/70

1. (32) I. Stansfield	Tod	55.44
-----------------------	-----	-------

LADIES

1. (14) M. Wall	OldhR	25.54
2. (15) C. Harding	P&B	26.26
3. (17) C. Scott O/40	Sinfin	27.22
4. (25) A. Hart O/40	OldhR	30.11

5. (27) S. Heaney O/50 ... Royton 30.29
32 finishers

BOULSWORTH FELL Lancashire

BM/10.5km/300m 14.08.16

Boulsworth Fell Race was the last in the Pendle & Burnley Grand Prix Race Series and held in conjunction with Trawden & District Agricultural Show. 134 senior and 61 junior runners took part.

A dry cloudy day with little breeze made the running conditions lovely and reflected in all runners completing the course safely, the seniors being rewarded with a bottle of fruit cider, the juniors with chocolate!

Pendle & Rossendale Mountain Rescue supported the event and with a donation from Trawden AC and the donations from the post-race cakes we gave over £250 to their worthy cause.

The senior race was won by Chris Miller in a time of 42.16, beating the previous record set in 2014 by ten seconds. The ladies' race was dominated by Barlick and led by Sarah Tipler in a time of 50.56. Second was Jen Hird and third lady (first FV) was Angela Donlan.

Second and third senior men home were Julian Hood and John Whiteside.

Molly Ralphson

1. C. Miller	Hgate	42.16
2. J. Hood	Barlick	43.11
3. J. Whiteside	Trawd	44.02
4. P. Crabtree O/40	Wharf	44.13
5. C. Davies O/40	Bburn	44.18
6. S. Corbishley	Ross	45.04
7. D. Mills	Barlick	45.07
8. D. Poole	Barlick	46.08
9. J. Addison	HelmH	46.37
10. C. Helliwell O/40	Clay	47.03

VETERANS O/50

1. (17) P. Hesketh	Clay	49.02
2. (19) G. Wilkinson	Clay	49.32

VETERANS O/60

1. (47) A. Corbishley	Ross	55.14
-----------------------	------	-------

LADIES

1. (27) S. Tipler	Barlick	50.56
2. (38) J. Hird	Barlick	53.38
3. (49) A. Donlan O/40	Barlick	55.23
4. (58) L. Fisher O/50	Burnd	56.47
5. (63) N. Nuttall O/40	Trawd	57.10
(82) A. Baldwin O/60	Stain	60.56
(84) C. Mercer O/50	Kghly	61.16

134 finishers

GOLF BALL Lancashire

BS/8.8km/244m 17.08.16

On a brilliant sunny evening 151 runners set off on the Golf Ball fell race. The conditions were perfect for an evening fell race. As this was a local Rossendale event and the last in the mid-week series, there was a good turnout for the local club. As it turned out the first two runners were from Rossendale Harriers, first Grant Cunliffe then Callum Davidson followed by Joe Mercer.

The first lady home was Emma Taylor followed by Emma Flanagan and Amie McAvoy. There were some good results in all the age categories, overall everybody enjoyed the race. There was prize giving in the local pub followed by a pie and pea and BBQ supper/ What more could you ask for?!

Thanks to all the helpers in the mid-week races and we hope to see you all next year.

Jan Kempson

1. G. Cunliffe	Ross	38.08
2. Davidson U/23	Ross	38.31
3. J. Mercer	Horw	39.32
4. P. Marsden	Bolt	39.40
5. J. Boyle U/18	RonHill	39.46
6. S. Corbishley	Ross	40.18
7. K. Steinegger	Amble	41.53
8. B. Coop	Bury	42.37
9. E. Hyland	Stain	43.04
10. M. Preedy U/23	Ross	43.09

VETERANS O/40

1. (15) D. Bennett	Roch	43.41
2. (16) D. Fishwick	Chorl	43.42
3. (19) C. Pawson	Barlick	44.28

VETERANS O/50

1. (32) A. Life	Clay	47.26
2. (34) T. Taylor	Ross	47.43
3. (45) M. Toman	Ross	49.25

VETERANS O/60

1. (55) A. Corbishley	Ross	50.44
2. (62) H. Balfour	Dulw	52.06
3. (69) D. Livesey	Unatt	52.44

VETERANS O/70

1. (135) G. Breeze	Wharf	66.28
2. (141) P. Wash	Bowl	68.30

LADIES

1. (37) E. Taylor	Acc	48.05
2. (47) E. Flanagan	Ross	49.37
3. (72) A. McAvoy	Garst	53.01
4. (79) S. Sherratt O/40	Wesh	53.31
5. (86) N. Murphy O/40	Ross	54.43
(102) J. Needham O/60	Roch	57.28
(116) K. Hoyer O/50	FRA	61.37
(136) J. Haworth O/50	Ross	66.48

151 finishers



The senior race was won by Chris Miller in 42.16 beating the previous record by 10 seconds.

**ROUND LATRIGG
Cumbria**

BS/8.8km/244m 17.08.16

1. C. Bell	Kesw	36.29
2. K. Hodgson O/40	HelmH	38.54
3. T. Durcan	Derw	39.06
4. B. Hagan	Kesw	39.32
5. T. Howe	Derw	39.36
6. J. Eyre	Eden	40.05
7. C. Holliday	Carlisle	40.20
8. C. Knowles O/50	Ellenb	40.28
9. J. Addison	HelmH	40.35
10. T. Irlam	CFR	41.16

VETERANS O/50

1. (8) C. Knowles	Ellenb	40.28
2. (18) A. McGeen... ..	Ellenb	42.49
3. (19) J. Buchanan	Dumf	42.53

VETERANS O/60

1. (28) N. Lancaster	Derw	44.57
2. (51) M. Walsh	Kend	47.36
3. (90) K. Loan	Kesw	52.32

VETERANS O/70

1. (133) S. Cromar... ..	Dund	60.59
--------------------------	------	-------

LADIES

1. (43) A. Johnson	Eden	46.55
2. (53) L. Stobbart	CAC	47.44
3. (59) L. Walker	Kesw	48.26
4. (60) H. Murray	LancsM	48.36
5. (64) T. Beetham O/40	Kesw	49.24
(84) M. Williams O/40	NFells	51.39
(93) A. MacFarlane O/50	Dumf	52.37
(128) J. Forrester O/60	Mat	59.00
(130) L. Buck O/50	CFR	59.57
(150) K. Bowler O/60... ..	CAC	72.29

155 finishers

**FALSTONE FALCON
Northumberland**

BS/8km/230m 20.08.16

Wet, wet and wetter!! The summer ended on Falstone Show Day! Those seeking solace in the beer tent were ankle deep in mud. Waiting for the return of the runners, the organisers witnessed the incongruous sight of a porterloo sliding down the slope, the occupant emerging unscathed.

Out on the hill the runners could scarcely see the markers through the downpour, yet none got seriously lost.

David Hulley mastered the conditions and stormed in well ahead of the field. Nicola Roper was first lady.

Michael Sanderson

1. D. Hulley O/40	Stockp	40.10
2. D. Swales O/40	Unatt	43.48
3. E. English	Unatt	45.41
4. S. Mason	Unatt	45.47
5. B. Kivlehan O/50	NFR	48.26

LADIES

1. N. Roper	HeatonH	48.30
2. M-L. Drocadowicz O/50	Elswick	49.44
3. R. Vincent O/40... ..	Tyned	49.52
4. E. McClurey	Unatt	55.26
5. L. Wilkinson O/40	NFR	58.15

**RUSLAND 5
Cumbria**

BS/7.8km/310m 20.08.16

Wet and windy just about covers it. With the ground already waterlogged, the driving rain and wind made for very unpleasant conditions. All credit to the runners who did turn up and who were not put off by the show's abandonment mid-afternoon due to swaying marquees and rivers of mud, with all five races being run.

In the 5 mile race Aidan Smith gained an early lead on the first hill and retained it through to the finish despite the efforts of Oscar Meanwell who he beat into second place by 37 seconds. Gareth Booth won the V40 whilst coming in third.

The front two women had a similar battle with Lauren Munro-Bennet keeping Astrid Gibbs at bay throughout the race, winning by 82 seconds. Fast times were never going to be possible, survival being more relevant in the conditions.

Aidan Smith repeated his feat in the Shorter Senior Race, this time beating Luke Bowen into second place by only 14 seconds, with Oscar Meanwell coming in third. Mark McGlincy took a break from organising the track racing to claim first V40. Lauren Munro-Bennet also managed the double with a clear win over Anna Murgatroyd who finished second lady.

Luke Bowen managed another second place in the U17 only 16 seconds behind Reuben Copley, while his brother Harry Bowen won the U12 race from Scott Fisher with Emily Swarbrick clinching the first girl position.

Thanks must go to all the runners and marshals who stuck it out, braving miserable conditions with good humour. Thank goodness for waterproof paper.

Better luck next year!

David Higgs

1. A. Smith	Hallam	33.04
2. O. Meanwell... ..	Borr	33.41
3. G. Booth O/40	Horw	35.26
4. T. Gibbs O/40	Amble	38.07
5. A. Scott	Unatt	38.15
6. B. Gard-Storry	Unatt	38.53
7. L. Munro-Bennet	HelmH	39.05

8. A. Gibbs O/40	Amble	40.27
9. G. Mason O/50	Kesw	42.42
10. A. Sumner O/40	FRA	42.45

VETERANS O/50

1. (9) G. Mason	Kesw	42.42
2. (11) P. McIver	BICmb	44.28
3. (14) R. Beadale	Lakeland	48.07

VETERANS O/60

1. (15) J. Taylor... ..	Bowl	50.43
-------------------------	------	-------

LADIES

1. (7) L. Munro-Bennet	HelmH	39.05
2. (8) A. Gibbs O/40	Amble	40.27
3. (14) R. Beadale O/50	Lakeland	48.07
4. (16) J. Taylor O/50	Bowl	52.51
5. (18) L. Buck O/50	CFR	57.31

RUSLAND SHORT SENIOR FELL RACE

2.8km/170m

1. A. Smith	Hallam	14.34
2. L. Bowen	Amble	14.48
3. O. Meanwell... ..	Borr	15.02
4. M. McGlincy O/40	Kesw	18.07
5. G. Mason O/50	Kesw	18.37

LADIES

1. (6) I. Munro-Bennett	HelmH	18.56
2. (8) A. Murgatroyd	Unatt	21.39

UNDER 17 FELL RACE

1.9km/90m.

1. R. Copley... ..	Dallam	8.21
2. L. Bowen	Amble	8.37
3. J. Shuttleworth... ..	Amble	8.51

UNDER 14 FELL RACE

1.4km/50m

1. N. Kidd	Unatt	7.53
2. C. Tyson	Unatt	9.15
3. A. Clough	Unatt	10.14

UNDER 12 FELL RACE

1.25km/45m

1. H. Bowen	Amble	6.05
2. S. Fisher	HoadH	6.14
3. J. Spark	Sale	6.17

**BURNSALL CLASSIC
North Yorkshire
AS/2.4km/274m 20.08.16**

Due to an awful weather forecast, an FRA championship race and a local show, it was one of the smallest field of runners for years who tackled Burnsall Fell Race. Thankfully, the predicted deluge held off until the end



Kirstin Bailey proving she can run as fast as many a man on the approach towards Burnsall fell

© Woodentops.org.uk

PHOTO © DAVID WOODHEAD WWW.WOODENTOPS.ORG.UK

of the day.

It was local runner Ted Mason, who lead from the off. He was first around the cairn and first over the line in a time of 14.58. The ever youthful Ian Holmes was second and first V50 in 15.56, with Andy Swift in third in a time of 16.14.

In the ladies' race, it was Helen Glover who came home first in a time of 19.16, with Steph Curtis second and first FV40 in 20.16, followed by Sara Willhoit in 20.36.

Just before the senior race, 70 juniors tackled the fields leading up to the fell with ages ranging from under 8s to under 18s - there were plenty of future stars giving it a go.

Thanks to all who ran on the day and all who helped especially local chef Fred Bosomworth, who spent many evenings cutting a track through the rushes and pampas grass with a pair of garden shears!

Jim Stockdale

1. T. Mason	Wharf	14.58
2. I. Holmes O/50	Bing	15.56
3. A. Swift	Pstone	16.14
4. F. Bosomworth	Unatt	17.07
5. J. Pemberton	DkPk	17.18
6. T. Roo	Mercia	17.27
7. D. Cross	HydeP	18.03
8. B. Chown	Unatt	18.23
9. B. Timbers O/40	Kghly	18.29
10. M. Richardson O/40	Wharf	18.34

VETERANS O/50

1. (2) I. HJolmes	Bing	15.56
2. (11) C. Moses	Wharf	18.52
3. (17) P. Mitchell	Bing	19.32

VETERANS O/60

1. (29) D. Collins	Tod	21.11
2. (52) R. Hamilton	Unatt	23.12

VETERANS O/70

1. (83) G. Breeze	Wharf	27.38
LADIES		
1. (15) H. Glover	Kghly	19.16
2. (23) S. Curtis O/40	Penn	20.16
3. (24) S. Willhoit	Mercia	20.36
4. (42) K. Bailey O/40	Mercia	22.11
5. (45) J. Powell O/40	Wharf	27.16
(80) V. Kerr O/50	Ilk	26.52

101 finishers

**PENDLE 3 PEAKS
Lancashire
AM/16km/870m 20.08.16**

The women started first at 11 00 a.m. in what should have been a glorious summer's day but turned into a downpour of biblical proportions. An early split formed on the first rise of the day leading up to Checkpoint 1, containing the main favourites for the overall women's event. Sharon Taylor stormed home first with a 58 second advantage over Nichola Jackson in second with Sophie Horrocks 40 seconds back in third.

The FV40s was won by Helen Berry who was over five and a half minutes in front of the FV40 second placed competitor, Gayle Sugden. Helen and Gayle also achieved fourth and ninth in the overall women's event which is an impressive feat. The FV45 category saw Nicky Spinks come home in first with Jean Powell finishing second. The FV50 winner was Judith Jepson who beat Deborah Gowans into second.

The FV55 category was dominated by Becky Weight, who finished over five minutes ahead of second placed Julie Gardener.

Pat Goodall took the win in the FV60 category over 11 minutes ahead of Sue

Haslam. In the FV65 category Wendy Dodds stormed to an epic victory of over 16 minutes to second placed finisher, Alision Brentnall.

Finally the FU23 category showcased the future talent that is Anna Hoogkammer who took the category win over Hannah Bradley.

The men, like the women, started in gale force winds and torrential rain, however got off to a lightening start. The strongest of the field congregated at the front of the pack and drifted away up the first climb with Simon Bailey looking strong up towards the first checkpoint. Sam Tosh eventually surpassed Bailey's strength before drifting away from him to take the win with an emphatic race to the line won in the final 800 metres. Sam Tosh crossed the finish eight seconds in front of Bailey with Robert Hope completing the podium just over a minute behind. Hope also showed his class taking the MV40 category. In the MV45 category, Karl Gray finished an impressive 10th overall beating team mate Gavin Mulholland into second place to take the category win. Stephen Pyke took the win in the MV50 category ahead of Richard Houghton. Mike Johnson came home first in the MV55 category winning in over three and a half minutes from Barry Atkinson. The MV60 category was won by Steve Jackson who beat Chris Davies to take the win with Davies in second. In the MV65 category, Bernard Grant cruised home with a comfortable 20 minute lead over second placed David Tait.

Kieran Carr took the victory in the MV70 category ahead of Richard Spendlove.

Finally, the MU23 category was won by Matthew Elkington in a comfortable lead of just under twominutes from his fellow team mate, Tom Saville.

PHOTO © NORMAN BERRY



Pendle 3 Peaks

A huge well done to all the competitors for completing such a challenging course in the most horrendous of conditions. We hope to see you all next year!

John Lloyd

1. S. Tosh	Ross	1.15.41
2. S. Bailey	Mercia	1.15.49
3. R. Hope O/40	P&B	1.17.12
4. M. Addison	HelmH	1.17.43
5. R. Findlay-Robinson	DkPk	1.18.05
6. C. Bell	Kesw	1.18.30
7. M. Lamb	Kesw	1.18.43
8. G. Priestley	Salf	1.19.59
9. J. Parkinson	P&B	1.20.11
10. K. Gray O/40	CaldV	1.20.22
11. S. Hebblethwaite	Kesw	1.20.30
12. G. Greenhow	Amble	1.20.34
13. J. Wood	Ilk	1.20.54
14. N. Leigh	Horw	1.20.59
15. M. Elkington U/23	DkPk	1.21.10
16. S. Snape	Salf	1.21.14
17. S. Watson	Wharf	1.22.10
18. W. Neill	Mercia	1.22.17
19. D. Hope	Horw	1.22.39
20. M. McGoldrick	Wharf	1.22.42

VETERANS O/50

1. S. Pyke	DkPk	1.26.54
2. R. Houghton	Penn	1.30.22
3. R. Stuart	HelmH	1.30.43

VETERANS O/60

1. S. Jackson	Horw	1.40.54
2. B. Grant	Hgate	1.41.02
3. C. Davies	Sadd	1.42.37

VETERANS O/70

1. K. Carr	Clay	1.53.13
2. R. Spendlove	CaldV	1.59.07
3. J. Norman	Altrinch	2.02.34

LADIES

1. (76) S. Taylor	HelmH	1.34.06
2. (84) N. Jackson	Prest	1.35.04
3. (90) S. Horrocks	Ross	1.35.43
4. (94) H. Berry O/40	Holmf	1.36.20
5. (103) E. Gould	Mercia	1.37.26
6. (108) S. Adkin	Moorf	1.37.54
7. (118) A. Forster	Manx	1.40.16
8. (127) J. Mattinson	Kesw	1.41.59
9. (129) G. Sugden O/40	CaldV	1.42.06
10. (130) Z. Proctor	Penn	1.42.17
H. Elmore O/40	DkPk	1.43.16
J. Jepson O/50	DkPk	1.42.39
D. Gowans O/50	Acc	1.45.31
B. Weight O/50	Bing	1.53.24
P. Goodall O/60	Totley	1.54.03
W. Dodds O/60	Clay	1.56.56
S. Haslam O/60	Scarb	2.05.25

302 finishers

GARGRAVE SHOW

North Yorkshire

BS/5.6km/274m 20.08.16

A reasonably dry morning gave way to torrential rain for the duration of the four junior age fell races at Gargrave show. However, forty four runners gathered for the junior sections with some great performances. The first one came from eight year old Jack Sanderson, who won the under nines' race, closely followed by a fellow eight year old, Logan McCredie. His teammate, Lucille Pickles, won the girls' race. Top locals were

Neive Roberts and Harry Dean, both from Gargrave. There was a slight but unavoidable delay in presenting the under nine's prizes as the driving rain caused a dilemma for the admirable team of race results recorders, Rachael Atkinson and Sally Barrett. The soaked results sheets caused problems but the situation was solved and equilibrium was soon restored aided by the help of Gargrave school head teacher, Sarah Peel's son Arthur, who came to their aid with a huge broley!

James Duffy and Joseph Howson battled it out for top spot in the under twelves' race with ten year old James just having the advantage. George Milner was third. Eleven year old Beth Roberts won the girls' race with an excellent run, which also saw her come home in an overall fourth position in the race. She was also awarded the Weatherill shield which is presented to the highest placed local female athlete from any age category. First local boy was Joey Driscoll.

Sebastian Seggar Staveley was the winner of the under fourteens' race with Sam Smith in second position. Third boy was Will Atkinson, who also won the first local boy award. Top performance of the day came from twelve year old Alice Jones, who was not only first girl but overall third placed competitor in the age group. First local girl was Charlotte Barrett.

A small field of under seventeen runners competed for their title and fortunately, by this time the rain had begun to ease. Leading home the field was fourteen year old Thomas Marshall, the grandson of fell race legend Tommy Sedgewick, who was the winner of the Gargrave senior trophy back in 1976 and again in 1978. Thomas was busy earlier in the day helping to show his Uncle's livestock. Second was Josh Spencer. Josh's team mate, Eliza Findley, was first girl and second was Emily Field.

Competitors in the senior race again rose to the challenge of taking in a river crossing, meadowland, pastures, woodland, open moorland and the culmination of the steep climb to the top of Sharpshaw. It was pleasing to see a larger number of Gargrave based competitors taking part with Gavin Smith finishing in a very respectable sixth position.

Runners from Yorkshire, Lancashire, Cheshire, Essex, West Sussex and Gloucestershire completed the mix of the forty one competitors. Claire Blampied and Colin Tapley from Cirencester were on holiday in nearby Broughton and despite bringing up the rear of the field they said they loved the multi-terrain course and had thoroughly enjoyed taking part. A couple who epitomise the true spirit of the sport and the old adage of the taking part and not the winning!

Race favourite and on-form twenty year old James Hall, who was currently on a summer break from St. Mary's University in Twickenham led out the field. However, much to his family's delight it was twenty eight year old Harry Coates who returned home in first position, only points of a second from beating the seventeen year old race record of 21.21 held by Rob Hope. Harry, a former under twenty three year old cross triathlon

champion, was a former winner of the senior trophy in 2006 and 2011 and with these statistics, we shall expect to see his name on the trophy again in 2021! The winning position also confirmed that Harry was the highest placed local male from any age group and he was presented with the Donald McKell trophy, again a previous winner of this in 2000, 2004 and 2006.

James came home in second position and third was twenty three year old Matthew Cardus, who was currently taking time out from his other sporting passion of football.

First lady was former junior champion, Pippa Barrett.

Fell race steward, John Thompson, would like to thank everyone for their support, particularly the race recorders, marshalls and all landowners, for their kind co-operation for without their help the staging of the race would not be possible.

Caroline Thompson

1. H. Coates	Wallsend	21.59
2. J. Hall	Wharf	23.08
3. M. Cardus	Settle	26.01
4. C. Pawson	Barlick	26.27
5. S. Hunn	Wharf	26.42
6. G. Smith	Skipt	28.22
7. G. Bird	Wharf	29.01
8. D. Bulmer	Wharf	29.10
9. P. Wardle	Skipt	29.16
10. S. McCredie	Barlick	29.29

JUNIORS

Boys U/9

1. J. Sanderson	Settle	6.11
2. L. McCredie	Barlick	6.26
3. L. Powell	Wharf	6.42
4. G. Fitzpatrick	Barlick	6.45
5. J. Thompson	Kghly	6.51

Girls U/9

1. L. Pickles	Barlick	7.06
2. C. Boothman	Barlick	7.22
3. N. Roberts	Kghly	7.30
4. L. Tiffany	Unatt	8.02
5. B. McCredie	Barlick	8.21

Boys U/12

1. J. Duffy	CaldV	6.47
2. J. Howson	Ilk	6.55
3. G. Milner	Wharf	7.01
4. D. Seggar Staveley	Settle	7.22
5. D. Rudden	Kghly	7.28

Girls U/12

1. B. Roberts	Kghly	7.06
2. E. Peel	Kghly	7.38
3. I. Welch	Stow	8.23
4. E. Price	Wharf	8.34
5. J. Boothman	Barlick	8.48

Boys U/14

1. S. Seggar Staveley	Settle	9.00
2. S. Smith	Wharf	9.14
3. W. Atkinson	Kghly	10.12
4. T. Howson	Kghly	10.14

Girls U/14

1. A. Jones	Wharf	9.57
2. F. Mitchell	Wharf	11.16
3. C. Barrett	Wharf	12.17
4. E. Wilkinson	Barlick	14.35
5. M. Dykes	Barlick	17.21

Boys U/17

1. T. Marshall	Settle	13.42
2. J. Spencer	Bing	16.47

Girls U/17

1. E. Findlay	Bing	16.41
2. E. Field	Unatt	16.46

**LOMONDS OF FIFE
Fife, Scotland
BM/16.2km/760m 21.08.16**

1. F. Scott	Unatt	1.27.07
2. D. Coombs	HBT	1.33.52
3. D. Stansfield	ForthV	1.34.32
4. I. Gilmore	Carneth	1.37.27
5. C. Doig	HBT	1.38.17
6. J. Waldie	Carneth	1.38.45
7. T. Knox	Anster	1.41.35
8. B. Gibson O/40	Dund	1.41.39
9. J. Knox O/50	Anster	1.42.26
10. C. Walsh	Dund	1.42.40

VETERANS O/50

1. (9) J. Knox	Anster	1.42.26
2. (14) P. Simpson	Carneg	1.46.50
3. (16) S. Sanderson	Penic	1.49.07

VETERANS O/60

1. (26) D. Scott	Ochils	1.54.58
2. (41) L. Turnbull	Norham	2.04.04
3. (63) J. Scott	Fife	2.15.00

VETERANS O/80

1. (104) N. Smith	Kinross	3.25.00
-------------------	---------	---------

LADIES

1. (46) R. Dance	Unatt	2.08.14
2. (47) R. Knox	Anster	2.08.40
3. (50) A. Whyte O/40	Carneg	2.09.27
4. (52) C. Haines	HBT	2.09.54
5. (55) G. Cairns O/40	Penic	2.12.32
(60) J. Wilson O/50	Lomond	2.14.20
(61) P. Forte O/50	Dund	2.14.36
(63) J. Scott O/60	Fife	2.15.00
(88) M. Martin O/60	Fife	2.29.29

106 finishers

**LAKELAND COUNTRY FAIR
Cumbria
AM/11km/716m 21.08.16**

With the Old Man capped in fog and the winds still strong after blowing away the registration tent the night before, I was surprised to see a higher than usual number of runners on the start line.

Matt Elkington was first back from the very wet course in 56.41, the exact same time as last year's winner. Aiden Smith finished nearly three minutes later, closely followed by Matt Reedy. Our youngest competitor, Hannah Russell, was first woman in 1.09.03. Wendy Dodds beat all the female vets.

Despite the fog causing problems for many, the last runner was back sooner than in all the previous races I organised.

My thanks to marshals Tony and Christine Willey, Jane Reedy, Jackie Coe and particularly to summit marshals, Geoff Cooper and Tim Miller, whose sodden record sheet, despite being in a weatherwriter, spoke of the conditions up top. Thanks too to Sam Clarke for loan of equipment, and Coniston shops, Just for Ewe and Watts, for sale-or-return maps, compasses and whistles.

Nigel Coe

1. M. Elkington	DkPk	56.41
-----------------	------	-------

2. A. Smith	Hallam	59.30
3. M. Reedy O/40	Amble	1.00.22
4. T. Simpson	Amble	1.02.52
5. P. Aitkin	HelmH	1.03.00
6. G. Speake	Mercia	1.04.05
7. P. Reilly O/40	Conist	1.04.30
8. H. Lord	BLCmb	1.06.57
9. A. Perry	HelmH	1.06.57
10. J. Hardman	Chesh	1.07.36

VETERANS O/50

1. (12) R. Dewhurst	Settle	1.08.13
---------------------	--------	---------

VETERANS O/60

1. (32) H. Balfour	Dulwich	1.17.19
--------------------	---------	---------

LADIES

1. (13) H. Russell	HelmH	1.09.03
--------------------	-------	---------

54 finishers

**SHIPMAN KNOTTS
Cumbria**

AS/6km/400m 23.08.16

63 runners, a record number, entered the race this year on a perfect evening.

As usual, the choice of descent route proved critical as positions changed dramatically.

There was plenty of close racing throughout the field and I hope everyone enjoyed the race. If not, then the tea and cakes at the finish provided by Christine and Paddy at Maggs Howe.

Many thanks to all the marshals and helpers. All the money raised will be donated to projects in Kentmere. Thank you.

Russ Cannon

1. J. Wright	Amble	32.58
2. J. Jardine	Unatt	33.21
3. M. Ainsworth	HelmH	34.35
4. C. Arthur	Bowl	34.56
5. T. Cowin O/40	HelmH	34.57
6. A. Perry	HelmH	34.58
7. K. Hodgson O/40	HelmH	35.04
8. P. Aitken	HelmH	35.29
9. B. Procter	HelmH	35.57
10. M. Elkington	DkPk	36.37

VETERANS O/50

1. (19) B. Procter	HelmH	39.41
2. (33) A. Jay	DkPk	45.08
3. (36) P. Simpson	Kend	45.48

VETERANS O/60

1. (33) B. Thompson	HelmH	45.00
2. (56) S. Fish	Clay	56.04

VETERANS O/70

1. (59) P. Walkington	AchRat	58.22
-----------------------	--------	-------

LADIES

1. (25) K. Hall O/40	Wharf	42.06
2. (39) K. Wright	Amble	47.00
3. (40) C. Gigson O/40	HelmH	47.25
4. (42) A. McAvoy	Garst	47.47
5. (43) J. Wilcox O/40	HelmH	48.05

63 finishers

**CROOK PEAK CAKE RACE
Somerset**

BS/4.8km/200m 24.08.16

It has not rained in the Mendips for 25 years on the Wednesday before bank holiday between 7 00 p.m. and 8 00 p.m. and so it was again this year as 75 runners completed the horseshoe course under threatening skies.

Chris McMillan was not challenged as he won by over forty seconds. Clare Prosser broke the fifteen year course record by six seconds with a great run that placed her ninth overall. In summary, lungs were filled, legs were stretched, beer was drunk, cake was shared, funds were raised, fun was had.

Will Robbins

1. C. McMillan	Weston	19.01
2. C. Green	Wells	19.45
3. A. Tomlinson	Unatt	20.21
4. K. Summers O/40	Weston	20.44
5. M. Lunt	Westb	20.52
6. T. Day	Unatt	21.08
7. O. Mitchell	Chedd	21.30
8. C. Hallett O/50	Brist	21.53
9. C. Prosser O/40	Wells	21.58
10. A. Malloy O/40	BristW	22.04

VETERANS O/50

1. (8) C. Hallett	Brist	21.53
2. (12) A. Deamer	Wells	22.13
3. (14) K. Ham	Westb	22.41

VETERANS O/60

1. (39) P. Brown	TownC	26.26
2. (44) J. Belhomme	Weston	27.48
3. (46) R. Callender	Mendip	28.17

VETERANS O/70

1. (60) G. Constable Lady	Chedd	32.21
---------------------------	-------	-------

LADIES

1. (9) C. Prosser O/40	Wells	21.58
2. (30) H. Walsh	BristW	25.01
3. (40) A. Kerr	Chedd	26.43
4. (48) C. Bull	Westb	28.38
5. (49) A. Engleden O/50	BristW	29.21
(52) A. Bull O/50	Westb	29.48
(57) H. Diamond O/40	Weston	31.51
(60) G. Constable O/70	Chedd	32.21

75 finishers

**HARROCK HILL RACE 4
Lancashire
BS/8.4km/275m 24.08.16**

1. L. Burthem U/23	Lpool	32.52
2. K. Steinegger	Amble	33.54
3. D. Anderson	RRose	34.03
4. W. Rawson U/23	Unatt	35.20
5. R. Smith	Prest	35.23
6. A. Ford	Horw	35.25
7. T. Campbell O/40	AstTyld	35.37
8. J. Greenwood	Lytham	36.08
9. C. Rayner O/40	Chorlt	36.13
10. T. Harkin O/40	Unatt	36.25

VETERANS O/50

1. (12) P. Muller	Horw	36.56
2. (16) D. Parkington	Prest	37.53
3. (17) D. Parkinson	Chorl	38.43

VETERANS O/60

1. (33) K. Addison	RRose	40.44
2. (38) S. Morran	NVets	41.14
3. (82) H. Balfour	Dulwich	45.43

VETERANS O/70

1. (163) G. Breeze	Wharf	54.32
2. (172) N. Griffiths	Spect	56.02
3. (184) P. Walsh	Bowl	58.14

LADIES

1. (28) E. Taylor	Acc	40.11
2. (42) K. Foster	Prest	41.48
3. (70) S. Sherratt O/40	Wesh	44.14
4. (71) M. Cook O/40	Parb	44.31

5. (73) J. Taylor O/50	Wigan	44.47
(93) S. Budgett O/50	Horw	46.32
(161) S. Stewart O/60	Sthport	54.25
(164) J. Gouldthorpe O/60	RRose	55.30

223 finishers

**PILSLEY
Derbyshire
BS/9.8km/245m 25.08.16**

Probably because we had ice creams ready, it threatened thunderstorm all day and in the end it was only heavy-ish rain half an hour into the race. Heavy enough however, to wet the runners, the marshals, the results, the drinks(!) and the prizes. And it wasn't that great marking the course out in it either! But no-one really minded the rain. Much.

However, the cows did cause a stir. They went beserk in the first field as the fell race peloton of 192 runners entered the field. The cows jumped over a dry stone wall, as good as knocking it over, and nearly pinned down an elderly marshal who is experienced with cows, and marshals with small children protected them in a huddle. In the end no-one was hurt but the farmers have reported a dead cow and the matter is in the hands of the insurers. The cows in Chatsworth Park also were somewhat spooked but gave up the chase quite early on.

It was a slightly different course this year inserting an early steep ascent instead of a tarmac dog-leg. A fast race (rain and cows might have helped this) but not quite a new world record but a new record for this course anyway.

Statistically, it must be better weather next year. Better weather must mean an even better turnout. We will be putting a cap of 400 on entrants. Keep abreast of details nearer the time on www.facebook.com/PilsleyFellRace. Thursday 24 August 2017 is the date if I can negotiate a cow-free start.....

As important, though, is that you runners give the sport a good name. So many marshals commented to me that you are such a polite bunch. Even in those wet conditions, it was a pleasure to marshal for you and folk are happy to do it again.....cows willing.

As Race Organiser I suppose I should check the date on the ice creams and do whatever I consider necessary ...!

Zoe Wareham

1. S. Bond	DkPk	38.28
2. S. Franklin	Totley	40.01
3. L. Beresford	Ripley	40.07
4. R. Donald	Shelt	40.56
5. K. Malton	Shelt	41.03
6. P. Davies	DkPk	41.19
7. J. Lane	Unatt	41.39
8. D. Taylor	Devon	41.58
9. J. Brunnock	Buxt	41.59
10. A. Lake O/40	EskV	42.26

VETERANS O/50

1. (32) A. Dickenson	DkPk	46.57
2. (36) M. Elwiss	Unatt	47.45
3. (41) A. Buck	Steel	49.03

VETERANS O/60

1. (49) P. Hands	Leicest	50.23
2. (61) R. Cooper	Unatt	51.44

3. (63) M. Moorhouse	Mat	51.59
VETERANS O/70		
1. (97) B. Warwick	Derw	57.03
2. (124) S. Whittaker	Erew	60.023
3. (165) R. Hutchinson	Shelt	66.30

LADIES

1. (29) H. Elmore O/40	DkPk	46.17
2. (31) H. Tant	Totley	46.33
3. (42) C. Brock	Steel	49.11
4. (52) R. Keeley	Belper	50.40
5. (68) P. Cullingworth	Derw	52.43
(71) P. Goodall O/60	Totley	53.01
(95) S. Calvert O/40	Unatt	56.56
(125) K. Scott O/50	Smiley	60.03
(134) Y. Twelvetree	Unatt	61.09
(152) F. Cahill O/50	Smiley	63.10

193 finishers

**BELLINGHAM SHOW
Northumberland
BS/6.4km/183m 27.08.16**

A smaller field than last year, 25 runners were applauded by the big crowd as they set off from the show main ring. Conditions underfoot were quite wet in places and the vegetation, especially the heather, is getting longer year by year due to the stock reduction farming scheme, so the race is getting a bit tougher each year.

It was a sunny, warm day and Andy Green set a fast pace at the front and was well ahead at the television mast at the top of Dunterly Fell.

Andy stormed home in a time of 33.39 followed by Phil Green and Paul Appleby. First Lady home was Ursula Moore in a time of 45.13 followed by Rachel Bentley and Sarah Bevan

Bill Burlton

1. A. Green O/40	Tyne	33.39
2. P. Green O/40	Heat	39.02
3. P. Appleby O/50	NFR	40.19
4. R. Kirby O/40	NFR	41.04
5. S. Schofield	Unatt	41.18
6. B. Robson O/40	Unatt	42.16
7. B. Kivlehan O/50	NFR	42.39
8. J. MacKintosh O/40	Unatt	43.55
9. D. Minks	TyneB	44.02
10. U. Moore	Heat	45.13
(11) L. Bellis O/50	Heat	46.29

VETERANS O/60

1. (14) A. Duncan	NFR	46.55
2. (20) P. Reed	NFR	50.19
3. (25) G. Routledge	Heat	84.00

LADIES

1. (10) U. Moore	Heat	45.13
2. (15) R. Bentley	DurhamC	47.10
3. (16) S. Bevan O/40	Unatt	48.27
4. (19) S. Cook	Heat	50.09
5. (24) M. Drozdowicz O/50	Elsw	61.11

25 finishers

**ARNISON CRAG HORSESHOE
Cumbria
AS/5km/300m 27.08.16**

The Arnison Crag Horseshoe is held as part of Patterdale Dog Day and takes place in between the sheep dog trials. Fortunately,

dogs and runners know their place! It is a beautiful setting amongst wonderful scenery.

Arnison Crag Horseshoe is only a 3 mile/5 kilometre route but it punches above its weight/distance. It manages to combine grassy uphill running and muddy squelchy uphill running with a bit of flatish track and a lovely undulating run from Trough Head to Arnison Crag. The descent from Arnison Crag is steep, grassy, slippy and stoney in places – fabulous if you love downhill running.

And the sun was shining. It was a glorious bank holiday Saturday and 48 runners made it to the start with a good showing from Eden Runners and from Keswick AC and Horsforth Fellandale who had chosen the race as part of their club championships. It was lovely to see a lot of our "regulars" and to welcome about six runners who had never run a fell race before.

First runner back was Ricky Lightfoot making it look so easy in a time of 23.15. Second home was Phillip Winskill in 24.35 and third was Ben Proctor in 24.43. Derek Hurton finished fourth to be first V40 in 24.53..... and finished ahead of his son and daughter! First V50 was Dave Prosser who finished in ninth place overall in a time of 28.19. First V60 was Ken Addison (try saying that quickly!) in 34.57.

At least six of our runners had never done a fell race before. Olivia Stoner was one of them. She is a junior and was first lady home in 30.42, only 29 seconds outside the ladies' record! Second lady was Jo Gillyon in a time of 33.44 (who was also first FV40) and third lady was Karen Ball in 35.00. The first FV50 was Julie Gardner in 35.15 and we had our first FV60 - Lesley Malarkey in 41.24 so this is now our FV60 record. Well done, Lesley!

We also had four junior runners which is always good to see. First junior back was Olivia Stoner in 30.42 and first male junior was Bertie Tweed in 34.24. We also had two local runners. First back was John Varley from Glenridding in 37.24 and Nicola Sproson finished in 39.25, nearly four minutes faster than last year.

Finally, a BIG thank you to Catstycam Outdoor Shop in Glenridding for sponsoring the prizes, to Keswick AC for letting us borrow their flags, to Vanessa Schaeper, Sara Hodgson, Mike Parsons and Nicola Sproson for helping with registration and the finish line, to Kate Jackson and Emma Edgar for opening gates and pitching in, to Lyn Thompson for being our lady at Trough Head, to Phil Brown for being our man at the top and making sure that everyone gets to the top of Arnison Crag..... and to Arnison Crag for being such a fantastic fell.

Hope to see you all next year!

Christine Kenyon

1. R. Lightfoot	Ellenb	23.15
2. P. Winskill	Kesw	24.35
3. B. Proctor	HelmH	24.43
4. D. Hurton O/40	Eden	24.53
5. C. Lowther	Eden	25.00
6. N. Hurton	Eden	26.34
7. S. Swarbrick O/40	Bowl	26.36
8. S. Angus O/40	Kesw	28.15
9. D. Prosser O/50	Kesw	28.19
10. M. Hilton O/40	Leeds	28.19

VETERANS O/50

1. (9) D. Prosser Kesw	28.19
2. (14) B. Wilkinson Borr	29.42
3. (20) G. Mason Kesw	31.32

VETERANS O/60

1. (30) K. Addison RRose	34.57
2. (36) J. Varley Horsf	37.24
3. (43) L. Malarkey Kesw	41.24

LADIES

1. (26) J. Gillyon O/40 ... Kesw	33.44
2. (31) K. Ball O/40 Ackw	35.00
3. (32) J. Gardner O/50 ... Macc	35.15
4. (34) R. Prosser Unatt	36.33
5. (37) J. Rigby O/40 HelmH	37.50
(40) N. Butler O/50 Kesw	38.22
(43) L. Malarkey O/60 ... Kesw	41.24

JUNIOR MALE

1. (29) B. Tweed Unatt	34.24
2. (33) T. Fryers Pstone	35.29

JUNIOR LADY

1. (18) O. Stoner Leigh	30.42
2. (23) C. Hurton Eden	33.04

OKE CROAK**Devon****BM/16.7km/628m 27.08.16**

The third race of our summer series took place in hot, sunny conditions. At over 10 miles, the Oke Croak is the longest and toughest of all four of the races with 2,000 feet of ascent over open moorland. Starting in Simmons Park the runners follow the River Okement via Ball Cleave and Chapel Ford out to the moors. After taking the "Goat's Track" up to Oke Tor and passing through the stone arch, they head for East Mill Tor before climbing to the top of Yes Tor. From there it is all downhill past the Army Camp and back to Simmons Park.

There was a good entry of visiting runners from as far afield as Derbyshire and Wales, with an international flavour being added with runners from France and even Australia.

The winner of the race was Pete Devenport with a terrific run just 20 seconds outside the course record. The male Vet awards took a familiar story with Tim Lenton, David Wilcox and Rob Parkinson winning the V40, V50 and V60 titles.

The ladies' race saw a real battle between Lizzy Dyson and Clair Prosser. It was neck and neck until the final climb up the steep slopes of Yes Tor where Lizzy made a decisive break which Clair had no answer for, Clair taking second. Lizzy's amazing time of 1.25.09 knocked two minutes off the previous course record. Vander-Linden showed a clean pair of heels to the chasing pack and picked up the FV50 award while the FV40 saw three runners, Mandy Sanders, Angela Martin and Pauline Pyke all cross the line together. A photo was going to be used to separate them but, unfortunately, due to being complete technophobes, all we could manage was a selfie of the timekeeper as the wrong camera was selected on the phone, so a quick dash was made to pick up a couple more bottles of awards which were handed out to all three.

A special thanks to all the marshals, North Dartmoor Mountain rescue group and the staff

at the Pavilion in the Park keeping us all fed and watered.

Paul Crease

1. P. Davenport BudeR	1.18.49
2. S. Campbell Westb	1.21.27
3. M. Ellis Westb	1.21.33
4. R. Waddy Dartm	1.22.28
5. T. Lenton O/40 AxeV	1.23.42
6. E. Dyson Holdon	1.25.09
7. R. Hicks Oke	1.25.21
8. D. Wilcox O/50 FRA	1.25.34
9. A. Glover O/40 Unatt	1.28.00
10. J. Terry O/40 TPride	1.28.37

VETERANS O/50

1. (8) D. Wilcox FRA	1.25.34
2. (18) C. Johnstone Westb	1.37.05
3. (22) S. Hay Torr	1.44.25

VETERANS O/60

1. (15) R. Parkinson Dartm	1.33.36
2. (37) L. Jones Unatt	2.06.17
3. (44) P. Wright Wells	2.17.03

LADIES

1. (6) E. Dyson Holdon	1.25.09
2. (11) C. Prosser O/40 ... Wells	1.30.01
3. (32) C. Jeynes Unatt	1.59.35
4. (35) K. Daniels Heading	2.03.48
5. (38) V. Vander-Linden O/50	SWRR
2.08.56	
(39) M. Sanders O/40 ... Torr	2.14.24

49 finishers**DUFTON SHOW****Cumbria****AS/8km/460m 27.08.16**

The race up Dufton Pike was run in beautiful sunny conditions with 41 entrants. The winning time was 33.52 and everyone finished within 61 minutes.

Rain earlier on in the week left some of the paths a little muddy but the lovely weather ensured a good time was had by all.

About 20 children also enjoyed the kids' races at the bottom of the pike.

Stephen Gaughan

1. G. Foster Amble	33.52
2. G. Briggs O/40 DkPk	35.20
3. A. Thompson HelmH	35.49
4. J. Eyre Eden	36.29
5. J. Broom Borr	36.41
6. S. Mounsey O/40 Howg	37.15
7. M. Forrest O/50 LondF	38.02
8. G. Robson O/40 NSP	38.16
9. B. Pennington O/40 ... Howg	38.24
10. J. Kent Eden	38.37

VETERANS O/50

1. (7) M. Forrest LondF	38.02
2. (22) C. Valentine Kesw	45.48
3. (32) R. Simkin Unatt	49.41

VETERANS O/60

1. (25) L. Anson Borr	47.55
------------------------------	-------

LADIES

1. (21) A. Richards O/40 ... HelmH	45.30
2. (27) F. Buchan Unatt	48.44
3. (29) D. Greaves O/40 ... Howg	49.12
4. (30) C. Pollard O/50 ... Wharf	49.25
5. (31) K. Laithwaite O/40	Unatt
(34) D. Tunstall O/50 DFR	50.40

41 finishers**CHIPPING SHOW****Lancashire****BM/12.1km/549m 27.08.16**

This "Preston Harriers" organised fell race (7 miles; 1800 ft. of climbing) took place in ideal weather conditions. The runners start from the Chipping Showground, and cross the very muddy fields to the foot of Parlick. From here the runners run round the east side of the fell before the climb to Fairsnape. They then drop down the Blindhurst side of the fell and contour, heading south, until they reach the foot of Parlick again on the west side, to have to climb over the peak before returning the way they came back into Chipping.

The winner was Todd Oates, from Ambleside, in a time of 1:08:24 The first "Harrier", finishing in the arena was, the strongly running Nichola Jackson, who retained her title and set a new ladies' record of 1:13:14. Third lady was Rowena Browne FV50 in 1:29:54.

Other "Harriers" were Chris Wales, 1:27:26, and Jim Doherty, acting as race sweeper, 2:03:57.

First V40 was Mick Dobson (Trawden) in 1:17:46; first V50 was Norman Flathurst (Unattached) in 1:17:44, first V60 was Andrew Fox (Glossopdale H.) in 1:22:30.

The winning team was Mark Irving, Samuel Harrison and Declan O'Duffy of Bowland Fellrunners. There were 33 runners with one D.N.F.

At the presentation, the annual trophies made by "Harrier" Maurice Dean, were handed over for another year and the land owners, the show committee and the "Harrier" marshals and all other helpers were thanked by the race organiser.

*Joe Howard***CROWDEN HORSESHOE****Derbyshire****BM/12.9km/518m 28.08.16**

1. J. Ross U/23 StaffsM	65.59
2. N. Barber Penn	70.17
3. S. Dimelow O/40 Pstone	71.06
4. A. Wainwright O/40 ... Unatt	73.06
5. R. Bateson Yeovil	73.49
6. B. Johnston O/40 DkPk	74.48
7. K. Groom DkPk	76.59
8. M. Seddon P&B	77.58
9. J. Allen Tod	78.07
10. H. Darwin O/50 Rother	78.32

VETERANS O/50

1. (10) H. Darwin Rother	78.32
2. (11) J. Hewitt Gloss	79.45
3. (13) D. Soles Penn	80.33

VETERANS O/60

1. (24) A. Bocking Chesh	87.21
2. (39) S. Kemp DkPk	92.08
3. (48) C. Horsfall Hands	95.18

VETERANS O/70

1. (50) J. Norman Altrinch	96.03
-----------------------------------	-------

LADIES

1. (28) R. Walwyn DkPk	88.32
2. (38) J. Mellor Penn	92.02
3. (44) A. Wildman Penn	93.11

Wet underfoot for
Crowden Horseshoe



4. (47) B. Baquery	P&B	94.54
5. (52) V. King	DkPk	96.23
(65) J. Stansfield O/40 ...	Gloss	102.15
(74) R. Johnstone O/40 ...	Melth	113.29
(76) G. Markham O/60 ...	Melth	114.13

84 finishers

**BRADBOURNE
Derbyshire
BS/8.9km/259m 28.08.16**

Despite the thunder, lightening and heavy rain whilst marking the course, runners were treated to almost ideal conditions for the 20th and final running of the Bradbourne Fell Races, the first of which was held on the sad day on which Princess Diana died.

Two Erewash Valley runners soon took the lead and finished unchallenged.

Alternative courses are currently being examined to replace this scenic race for 2017.

Thanks are extended to the runners for making it such an enjoyable event to organise,

the marshals and to Siobhan and Chris from the village for their wonderful support over the 20 years of the event

David Denton

1. M. Brennan	ErewV	35.19
2. P. Thompson	ErewV	36.13
3. D. GeorgeU/14	Chesterf	36.52
4. I. Ridgway	Unatt	37.08
5. C. Brown	Unatt	37.23
6. A. Watson O/40	ErewV	37.53
7. S. Roberts	Unatt	38.01
8. B. Linnell U/16	Unatt	38.20
9. R. Cook	Ashb	38.34
10. J. Brown O/50	Macc	38.45

VETERANS O/50

1. (10) J. Brown	Macc	38.45
2. (16) J. Jepson	DkPk	40.11
3. (20) T. Raynor	Mansf	40.48

VETERANS O/60

1. (17) S. Storey	Pstone	40.26
2. (29) B. Blyth	Macc	43.16
3. (33) R. Cooper	Unatt	43.31

LADIES

1. (18) C. Parker	Abing	40.31
2. (31) M. O'Hanlon	Heanor	43.29
3. (40) N. Elliott	BghmU	45.24
4. (43) C. Howard O/40 ...	Mat	46.28
5. (45) E. Gordon	Unatt	46.31
(55) A. Atkinson O/40 ...	Nat	50.46
(68) L. Maskey O/50	Ashb	54.37
(83) L. Beck O/50	Derw	63.12

84 finishers

4.45km/130m

1. E. Barr	Derby	17.56
2. D. Hall	Unatt	17.97
3. T. Roberts U/14	Macc	19.31
4. L. McNeil U/14	Notts	19.50
5. S. Watts U/14	Unatt	21.01

UNDER 8s

1. M. Atkinson	3.11
2. B. Gilmour	3.28
3. E. Brennan	4.01
4. M. Atkinson	4.53

UNDER 10s/12s

1. O. Atkinson	2.42
2. R. Lessiter	2.43

3. W. Roberts	2.47
4. H. Atkinson	3.29

**BARROW
Cumbria**

AS/5.7km/435m 29.08.16

41 runners turned up for the Barrow fell race, which was set up a couple of years ago as part of the relocated Keswick Show. Unfortunately, the Show was cancelled this year and this might account for the drop in numbers. However, it was a fantastic day weatherwise, probably a bit too hot for some of the runners but great for the marshals. The start and finish had to be slightly altered but the overall distance of 6.7 kilometres remained the same.

Chris Arthur set a very good time in winning in 31.01 and it would have been interesting to see how he would have fared on the 'usual' course. Maybe next year?

The race was well supported by Keswick AC, both in runners and marshals, and my thanks, as ever, go to the band of volunteers without whom these races could not be put on. My thanks, also, to Edwin Thompson, for sponsoring the event, and to the landowners and farmers for letting us run across their fields.

Lyn Thompson

1. C. Arthur	Bowl	31.01
2. J. Appleton	Kesw	32.10
3. N. Hurton U/23	Eden	35.45
4. B. Hagan	Kesw	37.59
5. R. Bonington O/40	Kesw	39.40
6. P. German	HelmH	39.47
7. A. Roberts	Ellenb	39.58
8. B. Still O/40	Unatt	40.06
9. S. Robinson	Howg	40.09
10. D. Wilson	Unatt	40.42

VETERANS O/50

1. (21) G. Mason	Kesw	43.29
2. (27) P. Dobson	Kesw	45.38
3. (35) M. Garrett	Nthampt	55.00

VETERANS O/60

1. (14) N. Lancaster	Derw	41.53
2. (30) B. Miller	Hgate	49.34
3. (34) P. Reed	NFR	54.29

LADIES

1. (11) J. Mattinson	Kesw	40.52
2. (23) C. Niblock	HelmH	44.04
3. (24) J. Gillyon O/40	Kesw	44.13
4. (25) N. Hawkrigg O/40	NFells	45.02
5. (28) R. Prosser U/23	Border	48.12
(37) W. Parker O/50	Nthamp	65.19

41 finishers

**BLACK COMBE COUNTRY FAIR
Cumbria**

AM/12km/600m 29.08.16

This was the inaugural running of the race as part of the Black Combe Country Fair, on a route loosely resembling a race that used to run 10 or so years ago. On a fantastic sunny day, 31 people turned up to run, setting off from the main showfield in front of the thousands attending the show.

The first part of the course is through farmland and common land to get to the fell. It then goes to the top of Black Combe from



A bright future for the Barrow Fell Race, Wendy Dodds in shades

the north side and back the same way, the run back down is fast and furious similar to the last downhill of the March race the other side of the Combe. Some bracken and heather make the route choice interesting and true to form the Strava traces showed people all over the hillside, even in excellent visibility. The principle of it not always being a good idea to follow someone in a Black Combe vest still holds true.

John Heneghan led from the start and held his lead all the way to the finish to win in just under 67 minutes, holding off Ben Proctor. The women's race had a local winner, Beth Ripper, who was first to the summit and extended her lead on the way down. Wendy Dodds came in second.

Many thanks to the marshals and helpers on the day and to the organisers of the fair, who made the race possible.

It would be great to see more entrants next year. We are also planning to add a junior/novice (4 mile) race to the schedule.

Pete Tayler

1. J. Heneghan	P&B	1.06.50
2. B. Proctor	HelmH	1.08.16
3. J. Osborn	DFR	1.15.57

4. G. Thorpe O/50	Amble	1.18.50
5. T. Fogh	Unatt	1.23.28
6. P. Clayton O/50	BICmb	1.24.33
7. M. Arnold	Bleng	1.24.56
8. A. Smithson	Mersey	1.25.23
9. R. Winfield	Unatt	1.26.49
10. M. Allen	BICmb	1.26.54
(11) J. Parminter O/50	BICmb	1.27.41

VETERANS O/60

1. (18) W. Dodds	Clay	1.42.19
2. (21) J. Taylor	Bowl	1.45.18

LADIES

1. (16) B. Ripper	BICmb	1.36.12
2. (18) W. Dodds O/60	Clay	1.42.19
3. (23) K. Bell O/40	NLeeds	1.45.39
4. (24) J. Taylor O/50	Bowl	1.45.39
5. (25) S. Moore	Mersey	1.51.35
(26) H. Taylor O/50	BICmb	1.52.36
(28) R. Read O/40	Bleng	2.09.39

28 finishers

**RAB MINI-MM SERIES ROUND 3
Lake District
MM 29.08.16**

Round 3 of the RAB mini mountain marathon started from Braithwaite Institute and

competitors had to cover some big climbs (e.g. Grisedale Pike, Eel Crag, Whiteless Pike) and descents into streams and carries to get any points. The highest scores were gained by running further south towards High Snockrigg, Robinson and Hindscarth .

The weather was forecast to be wet but was actually fine though some low cloud added navigational challenges.

Thanks to all our competitors and hope to see you at the final event of the year in the Peak District.

Alison Wainwright

1. N. Talbot	Amble	497pts
2. S. Birkinshaw O/40 ...	Borr	478pts
3. T. Gibbs O/40	Amble	477pts
4. T. Gomersall	Bing	436pts
5. R. Dearden O/40	Notting	400pts
P. Hodgson O/50	Tod	307pts
P. Nelson O/60	WCO	283pts

LADIES

1. (20) M. Gillie... ..	Clwyd	300pts
2. (30) R. Beadle O/50 ...	LOC	290pts
(50) A. Jackson O/40	WCO	250pts
(48) J. Cleary O/50	LOC	260pts
(93) L. Hayles O/60	CaldV	200pts

212 finishers

**KILNSEY SHOW
North Yorkshire
AS/2km/124m 30.08.16**

Forever a spectacular highlight of the show, the famous and historic Kilnsey Crag Race provided arguably the high-point of a

distinguished fell racing career for one of Upper Wharfedale's favourite sons, Ted Mason, who stormed to a glorious victory.

This year's classic took on board an extra dash of aurora via the presentation, just before the start, out on the track of three Crag Race greats of yester-year namely the Lakeland legends, Reg Harrison - now in his eightieth year - and Tommy Sedgwick, also Skipton's Norman Beck who were all accorded with a sound ovation by the hugely appreciative crowd, whose participation was a welcome inspiring feature throughout the entire duration of the sports.

Accompanied by a massive cheer, a record ninety-one runners set sail from the Showfield. And, after the field had strung out up the shifting treadmill of scree, it was the defending Kilnsey champion and seven times England Champion, Simon Bailey, a Cheshire sheep farmer, who forged clear ahead of a prolific Kilnsey winner, Rob Hope, from Wheelton in the Lancashire pennines.

However the local star, Mason - ascending seemingly as never before - had moved menacingly towards the front two and he went into second place shortly before the first summit flag.

A familiar huge crowd at the top cheered the runners across the skyline where Bailey led to the precarious descent from the cliff-resembling drop into Kilnsey's notorious Chimney.

Swift though the leader Bailey descended, Mason almost sprouted wings and risked

neck and crop to force his way in front amid the trickiest and most dangerous part of the course.

Out of the chimney first, albeit not by much and the rockiest contours now conquered, 'Tenacious Ted' - having been collared previously amid the closing stages - was not to be denied on this occasion as he went all guns blazing down the final scree and grassy embankments back into the Showfield, despite a stirring rally by the defending champion.

This though was to be Ted's day of days and to a tumultuous ovation he rounded the turn and charged up the home straight to hurl himself over the line for a memorable triumph.

Moreover Mason's wining time of 7.58 saw him join a small elite group of athletes ever to have the cracked the eight minute barrier for the race.

Bailey produced another typically fine effort to finish second as indeed did nine times previous winner, Rob Hope, who finished third and who also won the top V40 award.

In fourth place came rising prospect Jack Wood; in fifth place despite his exertions in winning the one mile handicap earlier in the afternoon was Luke Maude and cyclo-cross star Neil Crampton finished sixth.

Ted Mason's virtuoso performance also achieved him the top local award and the battle for the minor local places saw tenth placed Rob Carr ahead of Joel Wood, who finished overall eleventh.

The incorporated race for women- now on



Kilnsey - One small step for man, a giant leap for Jack Wood.

© Woodentops.org.uk

equal prize money to the men - resulted in victory for Kirsty Hall and who also figured as top local and top veteran. Overall runner-up female was Pippa Barrett; third was Steph Curtis; fourth was Rachel Pilling and fifth was runner-up local, Jean Powell.

Emulating the achievement of his father, Robert Hudson, of a generation previous, Joe Hudson won the Under 17 Crag Race ahead of Logan Hargreaves-Madhas from Ilkley with Yorkshire cross-country champion, Tom Barrett finishing third, while fourth placed Adam Gibson also added the top local award.

The female front order in this event comprised Eliza Findlay ahead of Emily Field and Emily Jones.

A notable family double was accomplished as Joe's younger brother, Louis Hudson won the Under 14 Crag Race in style at the main expense of Alex Thompson and last year's Under 12 winner, Sam Smith, while fourth place Arthur Peel finished first local.

A champion performance from England Champion, Alice Jones, Emily's sister saw her impressively conquer her female rivals of whom Lauryn Gregg and Charlotte Barrett grabbed the minor places.

William Hall became King William for the day as he beat a flood of rivals in the Under 12 event where Sam Headley ran well for second and who was also top local, with Addison Wills winning the battle for the bronze.

'First Lady' in this event, and particularly high overall in ninth was Beth Roberts with Holly Crook and Scarlett Metcalfe clinching the other podium places.

Roger Ingham

1. T. Mason	Wharf	7.58
2. S. Bailey	Mercia	8.04
3. R. Hope O/40	P&B	8.29
4. J. Wood	Ilk	8.46
5. L. Maude	Barlick	8.54
6. N. Crampton	P&B	8.59
7. J. Whiteside	Trawd	9.27
8. N. Curtis O/40	Penn	9.31
9. I. Wills O/40	Kghly	9.42
10. R. Carr O/40	Ilk	9.51

VETERANS O/50

1. (29) J. Boothman	Barlick	11.24
2. (32) R. Williamson	LoftW	11.39
3. (38) T. Gibson	Wharf	11.58

VETERANS O/60

1. (40) D. Allen	NVets	12.00
2. (59) L. Sands	Unatt	13.19
3. (60) B. Scholes	Settle	13.21

VETERANS O/70

1. (55) N. Bush	Ilk	12.51
-----------------	-----	-------

LADIES

1. (25) K. Hall O/40	Wharf	11.14
2. (30) P. Barrett U/23	Unatt	11.30
3. (36) S. Curtis O/40	Penn	11.48
4. (43) R. Pilling	P&B	12.13
5. (46) J. Powell O/40	Wharf	12.25
(67) S. Marshall O/50	Skipt	14.33
(80) A. Handley O/50	Wharf	16.33

91 finishers

UNDER 17 2km

Boys

1. J. Hudson	Kghly	8.37
2. L. Hargreaves-Madhas	Wharf	8.55

3. T. Barrett	Kghly	9.00
4. A. Gibson	Wharf	9.38
5. T. Marshall	Settle	9.47

Girls

1. E. Findlay	Bing	11.29
2. E. Field	Unatt	11.45
3. E. Jones	Wharf	11.58
4. E. Hutchinson	Settle	12.36
5. G. Harris	Rother	13.42

UNDER 14 2km

Boys

1. L. Hudson	Kghly	9.03
2. A. Thompson	Wharf	9.18
3. S. Smith	Wharf	9.30
4. A. Peel	Kghly	10.15
5. J. Hutchinson	Settle	10.25

Girls

1. A. Jones	Wharf	10.33
2. L. Gregg	Ross	11.23
3. C. Barrett	Wharf	12.31
4. B. Raven	Ilk	13.25
5. N. Conroy	Kghly	15.13

UNDER 12 1km

Boys

1. W. Hall	CaldV	6.41
2. S. Headley	Kghly	6.49
3. A. Willis	Kghly	6.55
4. G. Milner	Wharf	6.58
5. S. Conroy	Kghly	7.06

Girls

1. B. Roberts	Kghly	7.30
2. H. Crook	Trawd	7.57
3. S. Metcalfe	Kghly	8.33
4. K. Handley	Wharf	8.55
5. J. Boothman	Barlick	9.16

32 finishers

BARRELL INN Derbyshire

BM/10.4km/460m 30.08.16

The weather for this year's Carnival Day in Eyam was atrocious - but the evening of the fell race on the previous Tuesday evening was delightful - clear and bright until late.

On a lovely evening for a fell race, 164 runners started and all finished safely. Although, having said that, I was told by the concerned marshal who witnessed it, that two did fall (one of whom was our village rector) on the very final downhill section. Fell runners are tough, however, and after recovering the lady who fell blamed it on her final "burst of adrenalin."

The village Carnival Queen and Princess started the race and helped give out the spot prizes to randomly selected finishers as they finished and to the race winners at the final prize-giving.

Stuart Bond won for the second year in a row in a time of 40:52. Robert Donald came second in 42:53 and David Lund was third in 43:28. It is often the case that there are three or four veterans in the first 10 places but this year youth came through and the first eleven were all under 30!

The first woman was Hazel Tant in 49:03 with last year's winner Zoe Procter second in 52:20 and Bethan Gay third in 53:56.

First in the M40 category was Austin Frost,

who we haven't seen since 2013, in 46:49 and first in the FV40 category was Lucy Broom in 56:00.

First in the M50 category was Steve Brennan - Steve is not from the original Melbourne in Derbyshire but the Melbourne in Victoria Australia - in 48:10. Jo Bednall won the FV50 category in 54:42 - a better time than she did two years ago when she was FV40.

Both MV60 and FV60 categories were won by runners from Totley AC - Anthony Whitehouse in 49:04 and Pat Goodall in 57:08.

M70 winner was Maurice West in 01:11:22.

The Male Local Champion, Stephen Plant, won the local trophy once again - although only one minute in front of Paul Darley, and Rachael Wright returned to take the Roger Ridgeway Trophy for Local Female.

Thanks to all helpers and marshals, without whom the race would not be possible.

We hope to be able to welcome all the runners again to our village at the same time next year.

Archie Hartwright

1. S. Bond	DkPk	40.52
2. R. Donald	Shelt	42.53
3. D. Lund	DkPk	43.28
4. A. Hinchcliffe	Helm	44.09
5. J. Lane	Unatt	44.20
6. N. Barber	Penn	44.33
7. A. Linskill	Totley	44.42
8. N. Brickman	Belper	44.59
9. M. Brennan	EreV	45.15
10. S. Mellor	Totley	45.22

VETERANS O/40

1. (12) A. Frost	DkPk	46.01
2. (15) J. Wilson	FatBoys	47.05
3. (16) A. Davies	Steel	47.10

VETERANS O/50

1. (20) S. Brennan	Melb	48.10
2. (23) R. Owen	Totley	48.55
3. (29) M. Elwis	Unatt	50.01

VETERANS O/60

1. (25) A. Whitehouse	Totley	49.05
2. (42) A. Fox	Unatt	52.48
3. (62) N. Oxley	Unatt	55.53

VETERANS O/70

1. (152) M. West	DkPk	71.22
------------------	------	-------

LADIES

1. (24) H. Tant	Totley	49.03
2. (36) Z. Procter	Penn	52.20
3. (47) B. Gay	UOSAC	53.56
4. (55) J. Bednall O/50	Buxt	54.42
5. (63) L. Broom O/40	Steel	56.00
(72) P. Goodall O/60	Totley	57.08
(89) D. Lodge O/40	Totley	59.33
(92) T. Wilson O/50	Buxt	60.02

164 finishers

ENNERDALE SHOW Cumbria

AS/3km/1.9m 31.08.16

A field of 45 equalled last year's record entry for this mid-week out-and-back race up Knock Murton.

Showers at daybreak soon passed. Race afternoon was clear and dry providing superb running on this grassy, scenic course.

An exciting race saw Ricky Lightfoot's long-

Rhys Findlay Robinson
 pipping Ricky Lightfoot
 to the summit cairn at
 Ennerdale Show.



PHOTO © STEPHEN WILSON, WWW.GRANDDAYOUTPHOTOGRAPHY.CO.UK

held title transfer to Rhys Findlay-Robinson. In 2013, second-placed Rhys had pushed Ricky to a new course record of 11:50, finishing 8 seconds behind him.

This year, as in 2013, it was Ricky who led the pack up the steep first climb; Rhys at his heels. On the skyline, Rhys moved through to pip Ricky to the summit cairn – another move from 2013. This time, holding Ricky in pursuit on the descent, Rhys sustained his lead to take the trophy.

The contest at the front end invites speculation about the record. It is unfortunate that, due to timer malfunction, no times were recorded this year – although it was, in any case, a slightly shorter course than when the record was set. We can only hope for a re-match between the two gentlemen in 2017!

Joseph Dugdale, whose impressive ascending gained him third place overall, was also the fastest U23 male. Notably, there were three teenagers in the top 10.

Kate Apps, in her first season at FV40, took the women's open title. Hannah Bradley 2nd prize, was also the fastest U23 female.

The race made a fitting homecoming for West Cumbrians Dot Patton, Lindsay Buck (FV50 prize) and Jane Mottram (FV60 prize). The three had been medallists at the World Masters' Mountain Running Championships in Italy just days before.

Joe Richardson started the runners and presented the prizes. A local farmer and retired elite fellrunner, Joe for many years competed in this race alongside showing his sheep.

Ennerdale is a traditional Cumberland show, of which the fell race with its friendly

atmosphere is a key part. Thanks to my marshals and helpers; also to the Ennerdale Show committee (all volunteers) who do so much to make this a great day out for all.

Eleanor Williamson

- | | | |
|------------------------|-----|--------|
| 1. R. Findlay-Robinson | ... | DkPk |
| 2. R. Lightfoot | ... | Ellenb |
| 3. J. Dugdale U/23 | ... | CFR |
| 4. P. Davies O/40 | ... | Borr |
| 5. D. Fishwick O/40 | ... | Chorl |
| 6. C. Knowles O/50 | ... | Ellenb |
| (14) P. Nelson O/60 | ... | WCOC |

LADIES

- | | | |
|-------------------------|-----|-----|
| 1. (18) K. Apps O/40 | ... | CFR |
| 2. (25) H. Bradley U/23 | ... | CFR |
| 3. (31) C. Harding O/40 | ... | P&B |
| (34) L. Buck O/50 | ... | CFR |
| (40) J. Mottram O/60 | ... | CFR |

45 finishers

ROSEBERRY TOPPING

North Yorkshire

AS/2.3km/217m 31.08.16

Rory Stead produced a strong descent and finish to pip Harry Holmes in the Roseberry Topping Fell Race. Emma Clapton, a junior, produced an impressive performance to finish in 20th place overall and take the ladies race.

Gareth Wilson

- | | | | |
|-----------------------|-----|-----------|-------|
| 1. R. Stead | ... | Aberd | 12.13 |
| 2. H. Holmes | ... | YorkK | 12.19 |
| 3. A. Blackett | ... | DFR | 12.32 |
| 4. A. Berry | ... | DFR | 12.36 |
| 5. A. Perry | ... | HelmH | 12.41 |
| 6. S. Ambery Smith | ... | Ripon | 13.05 |
| 7. B. Bergstrand U/16 | ... | Midbrough | 13.10 |

- | | | | |
|---------------------|-----|------|-------|
| 8. P. Williams O/40 | ... | EskV | 13.11 |
| 9. W. Robson | ... | NSP | 13.30 |
| 10. T. Hodgson | ... | EskV | 13.31 |

VETERANS O/50

- | | | | |
|-----------------------|-----|------|-------|
| 1. (15) J. Blackett | ... | DkPk | 14.14 |
| 2. (19) K. McLoughlin | ... | NYM | 15.02 |
| 3. (29) J. Tollitt | ... | NFR | 15.47 |

VETERANS O/60

- | | | | |
|-------------------|-----|------|-------|
| 1. (50) S. Smith | ... | EskV | 17.20 |
| 2. (77) A. Duncan | ... | NFR | 19.45 |
| 3. (85) E. Meehan | ... | NYM | 20.26 |

VETERANS O/70

- | | | | |
|--------------------|-----|--------|-------|
| 1. (104) D. Gordon | ... | Quaker | 25.59 |
|--------------------|-----|--------|-------|

LADIES

- | | | | |
|----------------------------|-----|-----------|-------|
| 1. (20) E. Clapton U/18 | ... | Scarb | 15.05 |
| 2. (34) L. Carr U/14 | ... | Kghly | 16.13 |
| 3. (36) K. Robertson O/40 | ... | JFR | 16.18 |
| 4. (45) B. Bergstrand U/14 | ... | Midbrough | 16.50 |
| 5. (57) S. Gordon | ... | NMske | 17.38 |
| (61) K. Aspin O/40 | ... | NMske | 17.58 |
| (64) C. Pollard O/50 | ... | Wharf | 18.18 |
| (73) D. Jobson O/40 | ... | NYM | 19.18 |

107 finishers

HADES HILL

Lancashire

BS/8km/360m 01.09.16

- | | | | |
|---------------------|-----|--------|-------|
| 1. A. Worster | ... | Tod | 33.23 |
| 2. M. Preedy | ... | Ross | 34.41 |
| 3. E. Hyland | ... | Stain | 34.56 |
| 4. R. Stirzaker | ... | Roch | 34.59 |
| 5. D. Fishwick O/40 | ... | Chorl | 36.01 |
| 6. R. Lindsay | ... | Middle | 36.53 |
| 7. P. Senior O/40 | ... | Stain | 37.17 |
| 8. J. Wrench | ... | Tod | 37.25 |
| 9. S. Hall | ... | Stain | 38.14 |

10. J. Ealing O/40 ... Ross 39.13

VETERANS O/50

1. (20) P. Boardman ... Horw 42.24
 2. (23) I. Stainthorpe ... NMasters 42.50
 3. (26) R. Henderson ... FRA 44.21

VETERANS O/60

1. (13) C. Davies ... Sadd 40.13
 2. (33) G. Barnes ... Unatt 45.25
 3. (41) T. Hulme ... Wilms 47.39

VETERANS O/70

1. (62) G. Breeze ... Wharf 54.00
 2. (74) D. Gibson ... Sadd 55.40
 3. (77) T. Greene ... Sadd 56.40

LADIES

1. (43) S. Fraise O/40 ... Sadd 48.43
 2. (52) K. Ashworth ... Tod 50.57
 3. (53) J. Butterworth O/40 ... Roch 51.13
 4. (58) K. Percival ... Rad 52.48
 5. (59) D. Beard ... Unatt 52.51
 (78) H. Farren O/50 ... Ross 56.41
 (79) A. Lee O/50 ... Stain 56.55
 (81) S. Heywood O/60 ... Sadd 58.14
 (95) R. Hare O/60 ... Middle 66.18

99 finishers

**GREAT LONGSTONE
Derbyshire**

BS/7.7km/290m 02.09.16

This event continues to grow in popularity and this year saw a record entry of 163 runners take on Longstone Edge - and they all finished! Although the weather was perfect the course record of 27:02 set 16 years ago was still not beaten. Over twenty clubs were represented, with Dark Peak, North Derbyshire and Steel City Striders all bringing at least 10 runners.

The overall winner was David Lund, followed by Nathan Brickman and Kevin Doyle.

The first woman was Caroline Brock, followed by Ruth Keely and Alison Wainwright.

Winners in each category received a stained glass plaque made by a local artist and presented by Lord (Roy) Hattersley, a local resident.

Thanks, as ever, to all the helpers who make this event possible.

Peter Thompson

1. D. Lund ... DkPk 29.53
 2. N. Brickman ... Belper 30.26
 3. K. Doyle ... Kimber 30.49
 4. A. Frost O/40 ... DkPk 31.00
 5. J. Street ... Clowne 31.00
 6. T. Rutter ... DkPk 31.05
 7. M. James ... PortV 31.06
 8. I. Ridgeway ... Unatt 31.08
 9. D. Fishwick ... Chorl 31.10
 10. W. Ediker ... Unatt 31.17

VETERANS O/50

1. (180) R. Owen ... Totley 33.30
 2. (75) J. Crowson ... DkPk 39.01

VETERANS O/60

1. (53) R. Cooper ... Unatt 37.19
 2. (79) P. Goodhall ... Totley 39.19

VETERANS O/70

1. (151) J. Titterton ... Unatt 50.40

LADIES

1. H. Brunt ... Belper 43.24
 2. R. Keeley ... Buxt 35.56 ??
 3. J. Hoare ... Chesterf 41.06

4. L. Beck ... Derw 53.11
 5. A. Wainwright ... DkPk 37.34 ??
 (57) K. Hateley O/40 ... Stilt 37.44
 (75) J. Crowson O/50 ... DkPk 39.01
 (79) P. Goodhall O/60 ... Totley 39.19

163 finishers

**BEN NEVIS
Scotland**

AM/14km/1347m 03.09.16

Lochaber AC's Finlay Wild won the Ben race for an unprecedented seventh time, setting a personal best of 1.28.45. Tom Owens was second in 1.34.14 with Sam Tosh third in 1.34.29. Sophie Horrocks took first ladies' place in 1.56.20 with former winner Sharon Taylor, second in 1.59.46. Third place was claimed by Judith Jepson, in 2.02.47. Callum Fraser won the U23 title for the second year in a row, finishing ninth in a very respectable 1.44.44

Lochaber AC took the men's team prize with Finlay Wild first, Callum Fraser ninth and Andrew Barrington eleventh. With two former multiple Ben Race winners in their ranks, Bingley Harriers were an admirable second team with Rob Jebb fifth, Ian Holmes eighth and Andrew Jebb 26th. The ladies' team prize also went to Lochaber AC with Amanda Blackhall, 2.11.41, Diane Baum 2.12.34 and Julie Corner 2-16-57.

The day started damp and drizzly, producing gloomy faces but it cleared up by start-time to sunny weather and was perhaps a bit too hot for comfort by the time the leaders came in like sheep.

This year, the Ben Nevis Race Association came to an agreement with SNH to avoid using the grassy bank for the descent in future due to erosion problems. The new route demands that runners must cross the Red Burn on descent at halfway and thereafter descend with the burn to their left. Runners may then proceed down the hill by whatever route they wish. What they must not do is run down the traditional route of the grassy bank. In the weeks leading up to the race, this resulted in a good deal of doubt, consternation and shock at this break with tradition. However, explanation in the programme, clarification at registration and very clear pictorial representations of the new route meant that runners were well prepared for the novelty of the change and up for the challenge of plotting a new descent line for themselves. Remarkably, a number of runners stated that they had never really liked the grassy bank descent and only did it because it was the done thing. (Curiously, a 1962 film of the race shows that no-one used the grassy bank route then, though former runners claimed that they did! There is a rumour that the legendary Eddie Campbell first used it and the rest, like him, went astray!)

Finlay Wild believes that the new line he took to avoid the traditional grassy bank is no faster. He ascribes his PB to a personal record ascent, 58.45. This was 45 seconds faster than last year and he doubts that his new descent route is significantly slower than

using the grassy bank. His worries about his rivals, Sam Tosh and particularly Tom Owens, a fast descender, catching him on the downhill proved groundless. He built up a fair lead and maintained it all the way down, pushing hard along the road in that last mile or so.

Finlay's continued domination of the race is remarkable. There can be few events of this stature where the winner is the same person for so long. The MacFarlane Cup is beginning to appear to be his personal property!

Five runners received a Connochie Plaque for the considerable achievement of completing twenty-one Ben Races. Remarkably, over one hundred runners have now achieved this feat.

The programme featured an obituary for a previous plaque achiever, Alex Brett of Dingwall, who died tragically on Liathach while doing a long solo run. The programme also had a memorial for Allan MacRae, who won the race fifty years ago and is famous for his leadership of the legendary Assynt buy-out to give the people of Assynt the right to own the land where they had lived for centuries. Footnote: In the prize list notes, after the details of the best H.M. Forces Cup, won this year by Gregor Davidson, A Coy 4 Para, there appears a hand-written message which states "lost Handle". One assumes this applies to the trophy!

Leen Volwerk

1. F. Wild ... Lochaber 1.28.45
 2. T. Owens ... Shettle 1.34.14
 3. S. Tosh ... Ross 1.34.29
 4. M. Donnelly O/40 ... Borr 1.39.23
 5. R. Jebb O/40 ... Bing 1.40.06
 6. K. Gray O/40 ... CaldV 1.41.37
 7. S. Watson ... Wharfe 1.42.52
 8. I. Holmes O/50 ... Bing 1.43.20
 9. C. Raser ... Lochaber 1.44.44
 10. M. McGoldick ... Wharfe 1.45.08

VETERANS O/50

1. (8) I. Holmes ... Bing 1.43.20
 2. (14) J. Davies ... Borr 1.47.29
 3. (34) S. Pyke ... DkPk 1.53.10

VETERANS O/60

1. (150) P. Kammer ... Cosmic 2.14.06
 2. (180) N. Hewitt ... Bowl 2.18.34
 3. (187) D. Scott ... Ochil 2.19.50

LADIES

1. (43) S. Horrocks ... Ross 1.56.20
 2. (65) S. Taylor ... HelmH 1.59.46
 3. (79) J. Jepson O/40 ... DkPk 2.02.47
 4. (80) D. Wilson ... Dromore 2.03.02
 5. (104) K. Hall ... Wharfe 2.06.35
 6. (130) N. Walkingshaw ... Howgill 2.11.23

479 finishers

**SHELF MOOR
Derbyshire**

AS/9.1km/457m 04.09.16

Heavy rain in the previous 24 hours meant the Bleaklow bog monster was out with a vengeance. Low cloud on the tops made for damp conditions but not enough to put off the field of 83. Jack Ross, reclaiming the first spot he won in 2014, was first back in 45 minutes ahead of Alasdair Campbell and

Harry Holmes. Olivia Walwyn won the ladies' race again, her slightly slower time probably reflecting the softer conditions underfoot compared to last year, but she was still well ahead of the competition.

Dark Peak won the men's team prize for the second year in a row. No ladies' team prize could be awarded.

The race organiser was assisted by a large and enthusiastic team and would like to thank everyone who flagged the course and also those who turned up on the day to run or help out.

Rachel Walton

1. J. Ross	StaffsM	45.11
2. A. Campbell	Buxt	45.57
3. H. Holmes	YorkK	46.54
4. C. Fitzpatrick O/40	Traff	50.04
5. G. Briggs O/40	DkPk	50.17
6. D. Bethall	DkPk	51.16
7. M. Nolan O/40	DkPk	51.23
8. N. Stabbs O/40	YorkK	51.33
9. M. Burton O/40	Penn	51.42
10. R. Smith	Unatt	52.56

VETERANS O/50

1. (20) A. Barnett	DkPk	57.03
2. (21) I. Warhurst	Penn	57.24
3. (23) T. Raffle	Altrinch	58.28

VETERANS O/60

1. (22) C. Davies	Sadd	57.43
2. (29) A. Bocking	Chesh	60.28
3. (37) A. Jones	Altrinch	62.15

VETERANS O/70

1. (60) J. Norman	Altrinch	68.48
2. (71) C. Adron	Macc	72.25

LADIES

1. (16) O. Walwyn	Macc	55.11
2. (31) A. Swift	Chorlt	60.50
3. (36) J. Bednall O/50	Buxt	62.07
4. (37) A. Jones O/60	Altrinch	62.15
5. (40) J. Mellor O/50	Penn	62.54
(56) J. Nolan O/40	DkPk	67.39

(65) J. Hackett O/40	StaffsM	70.20
(73) A. Brentnall O/60	Penn	73.34

83 finishers

LOWESWATER SHOW

Cumbria

AS/4.2km/305m 04.09.16

A hot sunny early autumn day again blessed the Loweswater Show. The sort fell race attracted a small but quality field, with a good showing of very promising teenagers which is great to see for the sport.

The usual fast start saw Rhys Findlay-Robinson and 16 year old Joe Dugdale take an early lead to the turn where Reece had the experience on the rough ground to pull away from Joe to win just two seconds outside of Ricky Lightfoot's 2013 record in 21.39, with Joe taking second in 22.53, one place up from his third place at Ennerdale Show race the previous week.

Ellenborough's Cal Tinnion came in just ahead of V40 Simon Booth for both third and fourth places with another fine performance from Harry Greenbank who, again, is 16 years old. Both Harry and Joe are trained by ex-FRA champion Brian Thompson and are definitely ones to watch for in the future.

The ladies' race was easily won by England Triathlete Amanda Ingram in 30.36 with a great run by Claire Russell for second place 32.45, ahead of team mate Anita Barker who took a fine third place.

Many thanks to the marshals and helpers without their help this race could not go ahead.

Chris Knowles.

1. R. Finlay Robinson	DkPk	21.39
2. J. Dugdale	CFR	22.53
3. C. Tinnion	Ellenb	24.00
4. S. Booth O/40	Borr	24.08

5. H. Greenbank	CFR	24.25
6. T. Fergausen	Borr	25.37
7. L. Beresford	Ripley	26.12
8. M. Aleixo	Unatt	26.54
9. J. Kraft	Scarb	27.14
10. P. Kemp O/40	Ellenb	28.09

VETERANS O/50

1. (18) A. Bradley	CFR	30.10
2. (19) G. Manson	Kesw	30.18
3. (24) C. Valentine	Kesw	32.10

VETERANS O/60

1. (35) D. Lees	CFR	36.54
2. (43) J. Mottram	CFR	40.44
3. (44) S. Ashley	Kesw	44.29

LADIES

1. (20) A. Ingram O/40	TriLake	30.36
2. (26) C. Russell	CFR	32.45
3. (31) A. Barker O/40	CFR	36.12
4. (33) K. Whitmarsh O/40	Unatt	36.31
5. (34) J. Chatterly O/40	CFR	36.51
(37) M. Bradley O/50	CFR	37.03
(38) D. Tunstall O/50	DFR	37.04
(43) J. Mottram O/60	CFR	40.44
(44) S. Ashley O/60	Kesw	44.29

44 finishers

BRADLEY

North Yorkshire

BS/6km/230m 04.09.16

Despite a few days of rain making the ground soft and muddy in places, runners and spectators were blessed with clear skies for the duration of the 2016 Bradley Fell Race which forms a key part of the annual village show.

The senior course is 3.6 miles long and comprises varied terrain to the hills above High Bradley, before a fast and furious return to the show field.

66 runners took part in the senior race which saw cyclocross star Paul Oldham reach the summit in first place but he was passed on the descent by some talented fell runners to finish in fourth place. Chris Miller opened up a good lead on his rivals winning the race in 25:09, 30 seconds ahead of his teammates, Marc Sennett and Lee Athersmith in second and third.

Ian Willis was first MV40 and sixth overall in 27:05, Richard Annable first MV50 and Harry Atkinson first MV60. Nick Bergin was first local man in 28th place overall

The ladies' race saw 2015 winner, Helen Glover, retain her title finishing in 28:47, 24 seconds ahead of Sarah Tipler. The race for third place was separated by just six seconds with first FV40, Jann Smith, finishing ahead of Mel Ives. Next lady was first local lady, Denise Wright, who improved on her own first local record by more than a minute. First FV50 went to Anne Handley.

The under 17s' race; was won by Matthew Mackay in 22:51 with Tom Barrett in second and Logan Hargreaves-Madhas in third. A very strong run by Emily Field rewarded her with first place in 29:07 ahead of Katie Atkinson and Alana Willis in second and third.

11 Runners took part in the under 14s' race which was won in a time of 10:51 by Alex Thompson ahead of club mate Sam Smith in

PHOTO © PETER TRAINOR



Claire Russell heading to second place at the Loweswater Show

second and Eric Beaumont in third. First girl was Ruby Firth ahead of Charlotte Barrett.

The under 12s' race saw a clean sweep of medals in the boys' race by Keighley and Craven with Addison Willis taking first place in 7:02, ahead of Andrew Robinson and Donnabhan Rudden, with just seven seconds separating the three. The club also had the first girl in Beth Roberts, finishing 5th overall ahead of Katie Handley and Tui Brooks. Charlie Teale was first local boy and Alice Atkinson first local girl. 34 runners competed.

The under 9s' race comprised 27 runners with Otis Brooks taking first place in 3:09, just five seconds ahead of first girl and local runner, Emily Anderson. Second boy was Logan McCredie with Oscar Abruzzese in third. Second girl was Millie Timbers with Mathilda Evans in third. Daniel Ridehalgh was first local boy.

Tim Done

1. C. Miller	Hgate	25.09
2. M. Sennett	Wharf	25.33
3. L. Athersmith	Wharf	26.11
4. P. Oldham	Unatt	26.29
5. M. Preedy	Ross	26.47
6. I. Willis O/40	Kghly	27.05
7. T. Harvey O/40	NiddV	27.39
8. M. Archer	Ilk	27.44
9. P. Carman	Ilk	27.49
10. J. Hemsley O/40	Wharf	28.07

VETERANS O/50

1. (30) R. Annable	Skipt	34.10
2. (36) M. David	NiddV	35.39
3. (38) M. Smillie	FRA	35.56

VETERANS O/60

1. (35) H. Atkinson	Bing	35.33
2. (48) M. Ford	Bing	37.21
3. (49) D. Seaman	NiddV	38.22

VETERANS O/70

1. (56) R. Bradley	Holmf	41.17
2. (58) G. Breeze	Wharf	42.17

LADIES

1. (14) H. Glover	Kghly	28.47
2. (16) S. Tipler	Barlick	29.11
3. (31) J. Smith O/40	Ilk	34.17
4. (32) M. Ives	Skipt	34.23
5. (33) D. Wright O/40	Bing	34.39
(59) A. Handley O/50	Wharf	42.34
(60) D. Gibson O/50	NiddV	42.52

UNDER 17 RACE

Boys

1. M. Mackay	Ross	22.51
2. T. Barrett	Kghly	23.02
3. L. Hargreaves-Madha	Wharf	25.31

Girls

1. E. Field	Unatt	29.07
2. K. Atkinson	Kghly	29.21
3. A. Willis	Kghly	41.44

UNDER 14 RACE

Boys

1. A. Thompson	Wharf	10.51
2. S. Smith	Wharf	11.08
3. E. Beaumont	Kghly	11.22

Girls

1. R. Firth	Bing	13.14
2. C. Barrett	Wharf	14.14

UNDER 12 RACE

1. A. Willis	Kghly	7.02
2. A. Robinson	Kghly	7.07
3. D. Rudden	Kghly	7.09

Girls

1. B. Roberts	Kghly	7.16
2. K. Handley	Wharf	7.39
3. T. Brooks	Wharf	7.40

UNDER 9 RACE

Boys

1. O. Brooks	Wharf	3.09
2. L. McCredie	Barlick	3.14
3. O. Abruzzese	Wharf	3.18

Girls

1. E. Anderson	Wharf	3.14
2. M. Timbers	Kghly	3.29
3. M. Evans	Unatt	3.37

EXTERMINATOR

Derbyshire

AL/25.7km/1290m 04.09.16

154 runners from 29 clubs from as far afield as St Albans, Barrow and Durham, along with competitors from all the local clubs took part in the 2016 Exterminator. Race day conditions were perfect for running but the very heavy rain over the previous 24 hours meant that the hilly course was unforgiving and it was not a day for records.

There were excellent performances. Steve Franklin was overall winner in a time of 2:06:13 followed by Neil Northrop and Nicolas Barber. Catherine Taylor was the first women home in a time of 2:25:58 followed by Hazel Tant and Sally Fawcett. Totley AC claimed both the men's and women's team prizes.

The Exterminator is the fifth and last race in the Totley AC Series. The series winners were Kevin Mahon, Handsworth Roadhogs, and Claire Howard, Totley AC.

The route has nine check points which runners must navigate between. The route is mainly through open moorland but there are also varied tracks, woodland, and villages to negotiate and incorporates Stanage Edge and some stunning views of Derbyshire.

The race organiser would like to thank the 61 members of Totley AC who volunteered and marshalled the route to ensure a safe and competitive race.

The final challenge for all runners was to eat their way through the mounds of cake and sandwiches provided by Totley AC members.

Kieran Hickey

1. S. Franklin	Totley	2.06.13
2. N. Northrop	DkPk	2.09.15
3. N. Barber	Penn	2.11.06
4. A. Smith	Hallam	2.15.04
5. R. Donald	Shelt	2.15.17
6. M. James	PortV	2.19.26
7. P. Fauset O/40	DkPk	2.20.20
8. C. Taylor	CLOK	2.25.58
9. R. Houghton O/50	Penn	2.26.27
10. H. Tant	Totley	2.26.31

LADIES

1. (8) C. Taylor	CLOK	2.25.58
2. (10) H. Tant	Totley	2.26.31
3. (20) S. Fawcett	DkPk	2.35.59
4. (23) K. Baxter O/40	SYO	2.37.12
5. (33) C. Howard O/40	Totley	2.45.41
(53) P. Goodall O/60	Totley	2.57.00
(84) A. Middleton O/50	DenbyD	3.12.51

154 finishers

CASTLE CARR West Yorkshire AL/22.5km/1150m 04.09.16

57 pioneers braved the start line of the inaugural Castle Carr fell race. A dozen took advantage of the early start option to have an extra half hour to get through the cutoff - everyone got through the cutoff point with more than 10 minutes to spare - and sooner back to the pub.

With 37 marshals and helpers we were getting close to having more marshals than runners. All the marshals were superb and my thanks (and I am sure the thanks of all the runners) go to those who give up their time to help.

Ben Mounsey set out with purpose. He pressed hard all race and usually headed in the right direction. The route goes across Wadsworth Moor, through the private Castle Carr estate to Warley Moor. From here the runners do a complete circuit of the ground, high and low, around Castle Carr and then back through the estate to the finish. I intended to create a route that would be testing for anyone - there is a mix of fast running, and also plenty of challenging terrain. Some of the descents are fast, and some are tricky. And you need to be competent in finding your way across the moors.

James Logue kept the pressure on Ben all the way round, just a couple of minutes adrift, with Andrew Worster not far behind them. Andrew pulled closer to both runners ahead of him across Luddenden Valley after Checkpoint 7, but lost time on the mentally-challenging final rough sections from Checkpoint 8 to the finish.

Those three leaders all looked physically wrecked at the finish line. Even Kevin Hoult in fourth place, used to ultra-races of considerably longer distance, looked shattered.

One of the pre-race favourites for first lady, the indomitable Helen Buchan, strayed off course on the way to the first checkpoint and ended up putting in an extra climb. Her excuse was that she was avoiding cows. That opened the way for the Rossendale duo of Natalie Murphy and Abigail Thompson, who powered their way round in fine style to take the first two ladies' positions.

Two supervets put in top performances on this tough course. Ken Taylor as an V65 was ahead of all over 50s and Jane Leonard did superbly to finish as fourth woman.

Unfortunately, no club fielded three women, so no female team prize could be given out.

And finally, admiration to Emma Smyth for her first fell race - it was a hell of a first race to pick!

Hope to see you all in 2017.

Bill Johnson

1. B. Mounsey	CaldV	2.18.45
2. J. Logue O/40	CaldV	2.21.58
3. A. Worster	Tod	2.23.42
4. K. Hoult O/40	CaldV	2.34.30
5. M. O'Connor	CaldV	2.34.43
6. C. Goddard	Tod	2.35.22

7. M. Taylor O/40	Unatt	2.36.55
8. P. Hobbs O/40	Tod	2.37.37
9. I. Gee O/40	Tod	2.47.41
10. P. Hewitt	Holmf	2.50.24

VETERANS O/50

1. (24) S. Booth	Unatt	3.13.26
2. (27) B. Beckett	Chorl	3.23.39
3. (28) K. Thomas	Burnd	3.24.36

VETERANS O/60

1. (19) K. Taylor	Ross	2.57.02
2. (20) D. Collins	Tod	3.01.08
3. (45) D. Tait	DkPk	3.53.54

LADIES

1. (31) N. Murphy O/40 ...	Ross	3.26.06
2. (33) A. Thompson	Ross	3.30.42
3. (35) H. Buchan	CaldV	3.35.17
4. (40) J. Leonard O/50 ...	Tod	3.44.42
5. (41) C. Purdy O/40... ..	Unatt	3.45.12

57 finishers

**ILKLEY INCLINE
West Yorkshire**

CS/1.6km/171m 07.09.16

Perfect conditions led to fast times this year with a total of six runners breaking eight minutes. There were 86 runners in total with around 20+ clubs represented with some runners hailing from as far as Kendal and Guildford.

Jack Wood took first prize for the second time in 7.23 and Hannah Riechart took the ladies' prize in 9.46.

The records of 7:01 set in 2004 by John Heneghan of Pudsey and Bramley and 7.49 in 2014 by Emma Clayton of Bingley remain in tact for another year!

Helen Waddington

1. J. Wood	Ilk	7.23
2. J. Baxter	P&B	7.28
3. C. Reilly	Ilk	7.43
4. M. Lockyer	P&B	7.46
5. R. Mantle U/23	Unatt	7.48
6. D. Stoneman O/40 ...	Skyrac	7.57
7. M. Cox O/40... ..	Ilk	8.00
8. B. Addey	Unatt	8.03
9. E. Brennan U/23	Ilk	8.05
10. O. Stapleton U/23 ...	Ilk	8.12

VETERANS O/50

1. (20) T. Ashelford	Ilk	8.45
2. (21) N. Crossley... ..	Horsf	8.51
3. (31) P. Mason	H'gate	9.45

VETERANS O/60

1. (46) R. Hamilton	Ilk	10.21
2. (52) M. Pickering	Ilk	10.34
3. (63) M. Hemingway ...	Rivers	11.18

VETERANS O/70

1. (74) G. Breeze	Wharf	12.28
--------------------------	-------	-------

LADIES

1. (32) H. Riebert	TBear	9.46
2. (44) E. Findlay U/23 ...	Bing	10.16
3. (45) A. Seims	VStr	10.17
4. (48) R. Friend	Leeds	10.28
5. (50) J. Smith O/40	Ilk	10.32
(62) B. Smith O/50	Horsf	11.16
(67) M. Carrera Viva O/40	Bing	11.35
(70) A. Weston O/50	Ilk	11.57
(81) H. Cousey O/60	Ilk	13.18

86 finishers

JUNIOR SPRINT RELAYS

1. Peacock - Older Mixed		13.56
--------------------------	--	-------

2. Fantastic Four - Older Boys	14.08
3. Barlick Young Guns - Younger Boys	14.22
4. Lassos over the Lumpy Bump - Older Girls	14.41
(17) Barlick Young Guns - Younger Mixed	17.45
(20) Barlick Young Guns - Younger Girls	19.19

21 finishing teams

SOURTON TORS

Devon

AS/3.9km/244m 07.09.16

As the sun set over the Lake Viaduct at Sourton, 14 runners set off up Sourton Tor in the last of the summer fell races organised by Okehampton Running Club. From the start in the Bearslake Inn car park, the runners hit the "out and back" off road track up Sourton Tors ascending 900ft.

At just over 2.5 miles, the battle was on for first place which saw James Best, winner of the last two years, fighting it out with visiting Taunton unattached runner, Toby Chapman. With only four seconds separating them at the finish, it was Toby taking the spoils leaving James with an unaccustomed second place.

Lisa Hatchard took the ladies' title ahead of fellow club mate Dawn Tweed with Ali Holiday and Jo Turner polishing off the awards.

A special thanks to all the marshals and anybody else who gave up their time to help organise the four runs over the summer.

Paul Crease

1. T. Chapman	Unatt	21.29
2. J. Best	Tavis	21.33
3. J. Morrison	Unatt	24.50
4. H. Marsden O/50	Exm	25.12
5. A. Jervoise O/50	Unatt	25.41
6. A. Showell O/40	Launcest	26.49
7. R. Best O/50	Tavis	27.25
8. C. Nott O/40... ..	Unatt	27.42
9. L. Hatchard O/40	Exm	28.21
10. G. Miller O/40	Oke	28.38

LADIES

1. (9) L. Hatchard O/40 ...	Exm	28.21
2. (12) D. Tweed O/50 ...	Exm	31.23
3. (13) A. Holiday O/40 ...	Oke	38.51
4. (14) J. Turner O/40... ..	Oke	38.51

14 finishers

CASTLETON SHOW JUNIOR RACES

North Yorkshire

10.09.16

Well done to the kids who turned out for these races - quality fields if a little light on numbers apart from an amazing number of under 10s! Their enthusiasm was infectious - I hope they continue!

As last year, the races were registered with the Fell Runners Association, which means we have aligned the age categories to ensure we comply with their rules. We have also managed to align the races with the trophies on offer from the Show!

Thanks to the Dave Aspin, Di and Ellie Wright and Lynn Humpleby who marshalled the course, in particular the road crossings, and to the various helpers handing out the goodies at the finish (Haribos, Maoams and medals) and to various marshals and parents for collecting in the arrows and flags after the race.

I hope you all enjoyed your runs this year and all being well, we'll do it all again next year.

Chris Wright

U/11 1.2k

1. R. Marshall	Kirbym	3.55
2. M. Cumming Trees ...	Edinb	4.16
3. H. Cameron-Clarke ...	Danby	4.25

U/14 1.2km

1. H. Antcliff	York	6.14
2. A. Motson	Glais	7.29
3. A. Garcia	Midbrough	7.46

U/18 2.4km

1. T. Antcliff... ..	York	11.15
2. V. Barker	Castle	11.38

HODDER VALLEY SHOW

Lancashire

BM/10km/350m 10.09.16

A strong field of 87 senior runners set off from a sunny show field in Newton-in-Bowland. As stalwarts of the race will be aware, the race route alternates as the Hodder Valley Show moves between the villages of Dunsop Bridge, Newton and Slaidburn. Furthermore, local shoots have also forced different courses to be run on some years!

This year saw the return to a fantastic route which was last run six years ago and saw runners ascending steep farmland with fast running over hill and dale to reach the fell. By the fell gate onto Beatrix Fell, Philip Marsden had a modest lead. On the climb and return to the show field, this was stretched to almost four minutes over Matthew Cordus, with Philip winning in an impressive 51:31.

The first female was Helen Buchan, who had a comfortable lead over Amie McAvoy. All finishers received a bottle of Bowland Beer or some of Mrs Kirkham's Farmhouse Cheese.... guess which was more popular?!

Stephen Cox

1. P. Marsden	Bolt	51.31
2. M. Cordus	Unatt	55.11
3. R. Mellon O/40	Bowl	55.26
4. J. Smith	CaldV	56.06
5. M. Chippendale O/40	Bowl	56.13
6. D. Haygarth O/40	Wharf	56.29
7. C. Halliwell O/40	Clay	56.51
8. S. Worsely	Invern	58.06
9. D. Bagot	Clay	58.07
10. M. Dunne O/40	Holc	58.50

VETERANS O/50

1. (8) S. Worsley	Inver	58.06
2. (15) G. Goodwin	Acc	61.01
3. (17) D. Parkinson	Prest	61.21

VETERANS O/60

1. (12) B. Grant... ..	Hgate	59.59
2. (19) G. Schofield	Horw	61.59
3. D. Tait	DkPk	74.04

VETERANS O/70

1. N. Bush	Ilk	71.18
2. P. Martin	Bowl	95.03

LADIES

1. H. Buchan	CaldV	71.19
2. A. McAvoy	Garst	72.25
3. S. Hall	RedR	72.52
4. H. Thompson	Skelm	73.37
5. A. Middleton O/50 ...	DenbyD	78.01
D. Porter O/40	RedR	86.31
S. Cottam O/40	Garst	87.52

**LA SPORTIVA LAKE DISTRICT
MOUNTAIN TRIAL
Cumbria
11.09.16**

The 62nd La Sportiva Lake District Mountain Trial was run from the Newfield Inn, Seathwaite, in the Duddon Valley. It is always a good test of navigation and stamina but this year it was even tougher than usual. Derek Ratcliffe, the planner, devised some excellent courses which gave competitors plenty of route choice. It was a great venue; the village hall was used for registration, SPORTident and Raynet, the field was equipped with a PA van, and the pub provided the post-race meal.

The Classic course was 17 miles with 7900 feet of ascent taking in the Coniston Fells and then Pike O' Blisco and Crinkle Crags before returning via Grey Friar. Luckily, the weather was fine so there were relatively few retirements.

Normally the winning time on the Classic is around four hours but this time the winner, Neil Talbot, AC was only a few seconds under five hours. Often there was a choice of going straight over the tops or further round, avoiding some of the climb. Neil took the direct routes showing that straight is best if you are strong enough. Quentin Harding and Mike Hind both completed their 21st Classic Trial and will receive special awards at the LDMTA AGM.

The Medium Course was also a long one this year and Charlotte Watson won it outright, just nine minutes ahead of Steph Jones.

The Short Course was also won by a woman, Rebecca Rooke.

This year we introduced a Pairs' Category on the Short Course which proved quite popular. We see it as a way of encouraging people to try the event when they might not feel confident enough to compete on their own.

41 years ago in 1975, Joss Naylor won the Mountain Trial from the same venue. This time, at the age of 80, he successfully finished the Short Course in 4.31.00, his 49th Mountain Trial completion.

Another innovation this year was putting a thin laminate on the waterproof map to avoid any problems of the print rubbing off. It seemed to work really well but the dry conditions meant it wasn't a severe test.

David & Miriam Rosen

CLASSIC COURSE 27.5km/2415m

1. N. Talbott	Amble	4.59.22
2. L. Eccles	PennyL	5.21.12
3. P. Davies	DkPk	5.28.16
4. A. Schofield O/40	Borr	5.28.18
5. Q. Harding O/50	Bowl	5.30.56
6. N. Martin	Wharf	5.32.08
7. D. Archer	DFR	5.33.03
8. G. Patten O/50	Amble	5.34.51
9. S. Birkinshaw O/40	Borr	5.37.12
10. A. Perry	HelmH	5.38.32
(11) J. Hunt	DkPk	5.42.14

VETERANSO /60

1. (36) P. Nelson	WCO	7.07.28
2. (43) W. Dodds	Clay	7.42.51
3. (47) M. Hind	Borr	9.26.08

LADIES

1. (25) M. Gillie	Clwyd	6.35.07
2. (43) W. Dodds O/60	Clay	7.42.51
3. (46) A. Wainwright O/40	FRA	8.32.05

MEDIUM COURSE – 20.1km/1725m

1. C. Watson	WCO	4.25.28
2. S. Jones	Amble	4.34.12
3. A. Hobson	Unatt	4.42.23
4. S. Richmond	Penn	4.44.27
5. T. Simpson	Amble	4.48.08
6. A. Thorpe O/40	CaldV	4.49.09
7. C. McIntosh O/40	P&B	4.53.40
8. M. Garratt O/60	EskV	4.59.00
9. C. Valentine O/50	Kesw	4.59.46
10. M. Seddon O/50	Horw	5.00.04
(12) R. Beadle O/50	LOC	5.06.16

VETERANS O/60

1. (8) M. Garratt	EskV	4.59.00
2. (19) J. Taylor	Bowl	5.23.29
3. (22) K. Thompson	Clay	5.36.47

LADIES

1. (1) C. Watson	WCO	4.25.28
2. (2) S. Jones	Amble	4.34.12
3. (4) S. Richmond	Penn	4.44.27
4. (11) C. Haines	HBT	5.00.43
5. (12) R. Beadle O/50	LOC	5.06.16
(21) R. Browne O/50	Bowl	5.30.39
(22) K. Thompson O/60	Clay	5.36.47
(27) D. Thompson O/60	BLOC	5.46.24
(31) J. Greenhaigh O/40	Horw	5.53.20
(38) L. HHarrod O/40	HelmH	6.18.20

45 finishers

SHORT COURSE – SOLO – 13.7km/855m

1. R. Rooke	BlComb	2.12.34
2. J. Titmuss O/40	Unatt	2.19.55
3. M. Hancock O/40	Skipt	2.34.57
4. F. Haines	Unatt	2.35.24
5. P. Haines O/60	Ilk	2.45.34
6. P. Shakespeare O/50	FRA	2.47.49
7. Sa. Sarginson/Si Sarginson	Bowl	2.47.50
8. J. Richardson	Carneth	2.56.55
9. G. Bryan-Jones O/70	Ochil	2.56.58
10. S. Somerville O/50	StaffsM	2.59.32
(11) A. Clough O/50	Wrekin	3.00.44

VETERANS O/60

1. (5) P. Haines	Ilk	2.45.34
2. (20) D. Fryer	LOC	3.19.14

VETERANS O/70

1. (9) G. Bryan-Jones	Ochil	2.56.58
2. (17) R. Wren	BLOC	3.11.56
3. (23) J. Lailey	Bowl	3.23.43

LADIES

1. (1) R. Rooke	BlkCmb	2.12.34
2. (4) F. Haines	Unatt	2.35.24
3. (8) J. Richardson	Carneth	2.56.55
4. (13) S. Haines O/50	Ilk	3.04.47
5. (14) L. Bayles O/50	LOC	3.07.20
(45) M. Rosen O/60	LancsM	4.28.24

SHORT COURSE – PAIRS

1. (7) Sa. Sarginson/Si Sarginson	Bowl	2.47.50
2. (19) Amelia Hunt/Paul Hunt	GoytV	3.18.00
3. (26) D. Deason/R. Bartlett Dallam		3.28.23

58 finishers both categories

**WHITFIELD VILLAGE FAIR
Northumberland
BS/7.6km/204m 11.09.16**

The Whitfield Village Fair race in Northumberland had an excellent turnout with 60 runners this year, almost double the turnout from last year. We also had a lovely sunny September day which makes the stunning scenery of the North Pennines look even better. The course is on private land made available to us for this race and the runners seemed to appreciate this.

I'm afraid I didn't manage to get enough marshals this time and some runners missed the markers and were unable to follow the correct course. My apologies but I will ensure the course is fully marshalled next year in the hope that this event can continue. Three years ago the Village Fair committee was threatening to cancel this race and since then we have had a good turnout and it would be disappointing if it didn't continue.

Runners from several local clubs were represented with the winner, from a club in Scotland, Cambuslang Harriers, Colin Donnelly. The first woman was Ella Brown.

Barbara Ingham

1. C. Donnelly O/50	Cambus	32.18
2. I. Armstrong	Saltw	32.46
3. T. Nicholson	Border	32.51
4. G. Robson O/40	NSPoly	32.58
5. B. Crombie O/40	Unatt	33.30
6. A. Armstrong O/40	Blayd	34.51
7. E. Brown O/40	Unatt	35.23
8. M. Irving	Border	35.51
9. J. Pollock O/40	Border	38.45
10. L. Turnbull O/60	Norham	38.50

VETERANS O/50

1. (1) C. Donnelly	Cambus	32.18
2. (14) G. Mason	Kesw	39.19
3. (16) A. Baker	DkPk	39.48

VETERANS O/60

1. (10) L. Turnbull	Norham	38.50
---------------------	--------	-------

LADIES

1. (7) E. Brown O/40	Unatt	35.23
2. (15) R. Bentley	Allenv	39.28
3. (22) N. Cameron O/40	NFR	41.12
4. (27) K. Davis O/40	Unatt	42.06
5. (32) H. Marchant O/40	DerwV	46.01
(43) M. Drowdowicz O/50	ElsW	50.21
(44) J. Telfer	Unatt	50.32
(49) H. Oshea O/60	TRA	56.02

59 finishers

**BLUBELL 3
Derbyshire
BS/7.6m/190m 11.09.16**

The small hamlet of Farnah Green near Belper, Derbyshire, greeted runners for the third and final fell race from the 300-year old country pub and the early morning mist cleared to provide competitors with beautifully bright conditions.

Harry Holmes was a clear winner but there was a fierce duel up the final 90 metre ascent to the finish resulting in yet another runner-up spot for Rob Donald defeating a former winner at the Bluebell, young Billy Cartwright.

A revitalised Chris Howard got the better of the fast improving Cathy Ayton to win the women's race.

For the first time in a long while, there was a higher percentage of non-vets.....42%!

David Denton

1. H. Holmes	YorkK	23.41
2. R. Donald	Shelt	24.12
3. B. Cartwright	Mat	24.14
4. C. Patterson	Ashb	24.52
5. G. Moffatt O/40	DkPk	25.26
6. P. Thompson	EreV	26.05
7. F. Moffatt U/14	Buxt	26.18
8. T. Perry	Unatt	26.42
9. S. Thompson U/14	Mat	26.54
10. M. Darling O/40	Shelt	27.26

VETERANS O/50

1. (14) P. Wright	Hatton	28.32
2. (16) J. McMurtry	Ashb	29.39
3. (18) S. Edwards	Belper	30.48

VETERANS O/60

1. (47) T. Evans	Derby	38.04
2. (55) T. Gordon	Unatt	42.16

VETERANS O/70

1. (71) A. Bourne	StaffsM	64.18
-------------------	---------	-------

LADIES

1. (20) C. Howard O/40	Mat	31.29
2. (21) C. Ayton	Ilkes	31.35
3. (23) M. O'Hanlon	Heanor	32.35
4. (28) C. Scott	Sinfin	34.18
5. (33) E. Gordon	Unatt	35.22
(42) L. Bridgen O/40	EreV	37.25
(49) J. Wade O/50	Hatton	39.32
(61) L. Varney O/50	Formula1	43.59

71 finishers

THREE SHIRES

Cumbria

AL/20km/1220m 17.09.16

Ricky Lightfoot swept to victory in the Three Shires Race, taking off on the first climb up Wetherlam and never being challenged by the chasing group. Phil Davies reckoned he was just recovering from a broken leg back in May but you'd never have guessed! They were the only two to break two hours and behind it was nip and tuck between Garry and the pair of Jacks.

Vic Wilkinson ran for the first time in ages and got within 30 seconds of Mari Todd's record, set way back in 1997.

Sadly, the parking had to be a 20 minute walk away because of wet fields but everyone enjoyed a fabulous day (a tad too warm on the climbs) perfect for lying on the grass with a pint and a pasty afterwards!

Our usual sponsors were Pete Bland and the Three Shires Inn - thanks to them and all our helpers! Remember - if you haven't helped at a race this year, ring your local organiser and offer your services; if we all help once a year then it's much more stress free for the organisers!

Selwyn Wright

1. R. Lightfoot	Ellenb	1.57.22
2. P. Davies O/40	Borr	1.59.32
3. G. Greenhow	Amble	2.01.56
4. J. Wood	Ilk	2.03.12
5. J. Wright	Amble	2.03.24
6. N. Barber	Penn	2.05.36

7. V. Wilkinson	Bing	2.05.55
8. J. Willis	Midbrough	2.08.31
9. R. Mellon O/40	Bowl	2.10.26
10. S. Riley	Wharf	2.10.41

VETERANS O/50

1. (15) P. Cornforth	Borr	2.14.21
2. (19) J. Hunt	DkPk	2.18.57
3. (20) P. Pearson	NFells	2.19.17

VETERANS O/60

1. (149) M. McLoughlin	Prest	3.17.48
2. (151) A. Hearle	Mercia	3.19.11
3. (158) N. Harris	Ross	3.21.50

VETERANS O/70

1. (186) J. Norman	Altrinch	3.35.45
--------------------	----------	---------

LADIES

1. (7) V. Wilkinson	Bing	2.05.55
2. (16) C. Taylor	Cleve	2.16.33
3. (34) J. Jepson O/40	DkPk	2.27.06
4. (51) N. Walkingshaw	Howg	2.34.19
5. (54) S. Jones	Amble	2.35.24
(66) N. Spinks O/40	DkPk	2.40.08
(108) A. Weston O/50	Ilk	2.57.42
(125) R. Beadle O/50	LOC	3.03.56
(175) L. Malarkey O/60	Kesw	3.25.27
(211) D. Patton O/60	CFR	4.18.04

211 finishers

LANTERN PIKE

Derbyshire

BS/8km/320m 17.09.16

The Lantern Pike Fell Race was held in glorious September sunshine with the backdrop of Hayfield Country Show. Runners were entertained with medieval jousting, acrobatic antics on a tightrope, sheepdog trials and much fine produce and craft stalls.

Following the three junior races, 153 runners set off into the sunshine. All returned without incident, but with fierce competition at the sharp end of the race. Jack Ross (32.56) beat off stiff competition from Rob Little (33.09) and Stuart Bond (33.14). Elizabeth Leason was first lady back in 41.27.

The beer tent quenched many a thirst, with runners questioning whether Ricky Wilde's record 29.12 from 1977 will ever be beaten.

Jim Trueman

1. J. Ross	StaffsM	32.56
2. R. Little	DkPk	33.09
3. S. Bond O/40	DkPk	33.14
P. Sorrell O/40	Ripley	37.22
N. Holding O/50	WPenn	37.12
B. MacFadyen O/60	Macc	41.29
T. Faulkner O/70	Wilms	61.38
E. Maylan U/18	Buxt	37.04

LADIES

1. E. Leason	Gloss	41.37
2. L. Clough O/40	Chorl	42.27
3. A. Swift	Chorlt	43.21
A. Wood Doyle U/18	Stockp	45.54
A. Wainwright O/40	DkPk	46.10
A. Oldham O/50	EChesh	47.47
A. Jones O/60	Altrinch	43.42

JUNIORS

GIRLS U/16

1. E. Barnett	DkPk	24.38
---------------	------	-------

BOYS U/14

1. C. Winfield	Buxt	21.31
----------------	------	-------

GIRLS U/14

1. L. Beckall	Buxt	20.28
---------------	------	-------

BOYS U/12

1. W. Parker	Sale	7.26
--------------	------	------

GIRLS U/10

1. R. Philbin	Stockp	3.52
---------------	--------	------

BOYS U/10

1. O. Atkinson	Unatt	3.50
----------------	-------	------

GIRLS U/8

1. L. Torr	Unatt	4.53
------------	-------	------

BOYS U/8

1. I. Woolsey	Unatt	4.20
---------------	-------	------

MERRICK HILL

Dumfries & Galloway

AS/13.6km/1000m 17.09.16

1. R. Findlay-Robinson	DkPk	1.16.03
2. S. Tosh	Ross	1.17.03
3. C. Bell	Kesw	1.19.32
4. R. Hope O/40	P&B	1.19.56
5. M. Donnelly O/40	Borr	1.20.03
6. C. Farrell	Horw	1.20.09
7. B. Mounsey	CaldV	1.20.22
8. J. Lennox	Shettle	1.20.57
9. J. Appleton	Kesw	1.23.13
10. A. McLeod	Shettle	1.23.42

VETERANS O/50

1. (22) I. Holmes	Bing	1.29.59
2. (26) S. Pyke	DkPk	1.31.08
3. (28) M. Roberts	Borr	1.31.39

VETERANS O/60

1. (55) B. Grant	Hgate	1.42.32
2. (88) S. Jackson	Horw	1.52.42
3. (93) C. Wilcox O/60	Buckley	1.54.33

LADIES

1. L. Roberts	Amble	1.36.46
2. N. Jackson	Prest	1.38.40
3. E. Gould	Mercia	1.41.47
4. H. Berry	Holmf	1.42.03
5. M. Price	Mercia	1.44.18
A. Bartlett O/40	Mercia	1.44.38
V. Oldham O/40	Cosmi	1.54.03
S. Howarth O/50	Mercia	2.04.54
W. Dodds O/50	Clay	2.05.54

197 finishers

STANAGE STRUGGLE

Derbyshire

BS/9.9km/355m 18.09.16

1. S. Franklin	Totley	40.36
2. A. Perry	Helm	40.45
3. S. Goldrick	Penn	41.07
4. M. Dawson O/40	DerbyR	42.01
5. L. Beresford	Ripley	42.14
6. H. Poole	Alehouse	42.29
7. J. Street	Clowne	42.32
8. J. Lane	Unatt	42.38
9. G. Briggs O/40	DkPk	42.45
10. A. Lake O/40	EskV	43.58

VETERANS O/50

1. (17) P. Butcher	Mansfld	45.23
2. (36) J. Webber	DkPk	48.35
3. (47) N. Weightman	ErewV	49.25

VETERANS O/60

1. (70) A. Fox	Glossop	51.38
2. (73) S. Blackford	DenbyD	52.43
3. (93) B. Blyth	Macc	54.14

LADIES

1. (26) R. Lundgren	Gosforth	46.43
---------------------	----------	-------

2. (29) H. Tant	Totley	47.17
3. (39) C. Brock	SteelC	48.39
4. (45) V. Cronin	Alehouse	49.08
5. (55) A. Duncan	ClaphamCh	50.29
(59) S. Curtis O/40	Penn	50.38
(80) D. Lock O/40	DerbyR	53.07
(117) J. Crowson O/50	DkPk	56.16
(151) A. Middleton O/50	DenbyD	59.02
(183) H. Winder O/60	Macc	61.54
(257) K. Turner O/60	Macc	69.40

301 finishers

**DALE HEAD
Cumbria**

AS/7.3km/675m 18.09.16

With the memory of Storm Desmond and Keswick's floods still vivid in people's minds, a couple of wet days a week before the scheduled Borrowdale Shepherds meet were enough to lead to the cancellation of the show. The Dale Head fell race – normally a feature of the show – was held as a standalone race and with a reduced field of mainly local runners.

Chris Edis led to the summit but Ted Ferguson, in fourth position at the top, showed great descending skills and finally took the lead near the bottom of the fell. In the women's race, Catherine Spurden continued her excellent form to lead from start to finish.

Sue Ashley

1. T. Ferguson	Borr	51.24
2. C. Edis	Kesw	51.53
3. A. Schofield O/40	Borr	52.59
4. L. Roe	Kesw	53.33
5. S. Netherway	Kesw	54.03
6. J. Nicoll O/40	Kesw	55.25

7. C. Jackson	Gloss	57.58
8. J. Blackett O/50	DkPk	58.47
9. A. Smith O/50	Dees	58.58
10. J. Hardman	Chesh	59.42

VETERANS O/60

1. (15) M. Mallen	Kesw	62.42
2. (26) K. Walker	Unatt	75.42

LADIES

1. (14) C. Spurden	Kesw	62.03
2. (18) C. Niblock	HelmH	65.22
3. (20) J. Gillyon O/40	Kesw	65.46
4. (21) C. Muhamad O/40	Borr	66.26
5. (24) S. Schofield O/40	Borr	74.11
(28) N. Butler O/50	Kesw	77.55
(30) L. Buck O/50	CFR	89.27

31 finishers

**UTTERLEY BUTTERLEY
West Yorkshire**

BS/8km/260m 18.09.16

This year's race had a drone filming which made the most of the fantastic weather and beautiful scenery. The start was unchanged, running over the Butterley Dam despite the construction work being carried out by Yorkshire Water.

Every year we get several runners who have selected this as their first fell race. This is particularly pleasing as the race was established as an introduction to fellrunning whilst fundraising for the local Scouts.

Winner Tim Ellis was just six seconds outside the course record in 30.16. First woman was Amy Shadbolt in 43.18. There was a good turnout from Meltham AC who won the men's team prize and Saddleworth Runners who

won the women's team prize.

Thanks to everyone for turning up and the cricket club were very happy at the amount of beer purchased by thirsty runners.

Martyn Hodgson

1. T. Ellis	CaldV	30.16
2. R. James	Royton	30.41
3. G. Mulholland O/40	CaldV	31.47
4. A. Burns	VStr	32.31
5. M. Fanning O/40	Borr	33.39
6. J. Thompson	Kingst	34.18
7. D. Fishwick O/40	Chorl	34.37
8. J. Melia O/40	Ross	34.47
9. J. Young	Melth	35.22
10. S. Bramwell O/40	Penn	35.56

VETERANS O/50

1. (16) R. Turner	Ross	38.21
2. (19) R. Bolton	Unatt	39.08
3. (53) N. Snook	Sadd	48.25

VETERANS O/60

1. (25) K. Taylor	Ross	40.20
2. (30) R. McArthur	Melth	42.50
3. (41) W. Murgatroyd	Unatt	45.45

VETERANS O/70

1. (71) T. Greene	Sadd	53.32
2. (77) A. Norcliffe	Unatt	55.13

LADIES

1. (34) A. Shadbolt	Sadd	43.18
2. (35) H. Buchan	CaldV	43.23
3. (37) J. Howells O/40	Wharf	44.03
4. (39) S. Brewer O/40	Melth	44.32
5. (45) R. Johnstone O/40	Melth	47.12
(53) N. Snook O/50	Sadd	48.25
(58) M. Jeal O/50	Gloss	48.55
(59) G. Markham O/60	Melth	49.09
(70) S. Heywood O/60	Sadd	52.57

88 finishers



A pleasant, cloudy and breezy day greeted 98 senior runners and 24 juniors at Thieveley Pike

PHOTO © STEVE BATESON

THIEVELEY PIKE
Lancashire
AS/7km/400m 24.09.16

The last Saturday in September seems to come round earlier each year! This year's Thieveley Pike FR was not run in glorious, sunny weather like 2015 but it was a pleasant, cloudy, dry and breezy day that greeted 98 senior runners and 24 juniors. Starting the main race with the senior runners, the first back was BU14 Jackson McKay in an outstanding time of 15:26 for the short course, six minutes ahead of his nearest rival.

The winner of the senior race did not enjoy such luxury. Nick Leigh and Phil Marsden entered the finish field together, with Nick just pulling away in the final, uphill 100 metres to win by three seconds leaving Phil in second place for the second year in succession. Less than 30 seconds behind came last year's winner, Ian Conroy, who had led on the climb only to be overhauled on the descent. Unusually for these days, the first five places were filled by senior runners, with Peter Coates first V40 in sixth place.

There was close battle between the top MV55 and MV60 runners with Geoff Gough (MV55) narrowly overcoming MV60 Chris Davies and Graham Schofield. These three, along with Thornton Taylor, second M55, claimed the MV50 prizes ahead of their younger rivals.

Veteran ladies also did well in this year's race. Lorraine Slater (FV45) enjoyed a big lead over her nearest rival, Fionnula Swann (FV40). Belinda Baquero was the first senior female to cross the line. Katy Thompson (FV60) was the other age group winner.

The 'more mature' men (in years!) were out in force: Ken Taylor, Graham Breeze, Phil Martin won the MV65, 70 & 75 categories respectively. It was a great pleasure to present Thieveley's first-ever MV80 prize to George Arnold. Remarkable!

Thanks are due to the landowners and the Clayton members who answered the call for help which was needed because a number of regular helpers were unavailable.

Pete Booth

1. N. Leigh	Horw	34.31
2. P. Marsden	Bolt	34.34
3. I. Conroy	Horw	35.00
4. A. Whittam	CaldV	35.13
5. N. Crampton	P&B	35.25
6. P. Coates O/40	Clay	37.05
7. C. Jackson	Gloss	37.20
8. M. Taylor O/40	Unatt	38.29
9. S. Turland O/40	Ilk	38.34
10. B. Shaw O/40	DarwenD	38.47

VETERANS O/50

1. (20) G. Gough	Clay	40.08
2. (26) T. Taylor	Ross	41.57
3. (33) I. Wigham	Clay	42.55

VETERANS O/60

1. (21) C. Davies	Sadd	40.10
2. (22) G. Schofield	Horw	40.18
3. (46) K. Taylor	Ross	44.46

VETERANS O/70

1. (86) G. Breeze	Wharfe	55.04
-------------------	--------	-------

2. (95) P. Martin	Bowl	65.02
-------------------	------	-------

VETERANS O/80

1. (98) G. Arnold	Prest	76.57
-------------------	-------	-------

LADIES

1. (32) L. Slater O/40	Barlick	42.53
2. (54) F. Swann O/40	Trawden	46.07
3. (56) B. Baquero	P&B	48.14
4. (60) C. Harding O/40	P&B	48.38
5. (67) S. Pedder O/40	Trawden	50.15
(79) K. Thompson O/60	Clay	52.25

98 finishers

ORTON
Cumbria

BS/10km/258 24.09.16

The stunning countryside around Orton which recently became part of the Yorkshire National Park was again the setting for Orton Fell Race. Now in its seventh year, the race which is organised by the Friends of Orton Primary School, has continued to grow in popularity with a great turnout this year of 93 juniors and 80 seniors. The senior course has developed a reputation as being "fast but tough". The weather on the day was dry, but strong winds gave an added challenge on the higher more exposed sections, whilst the recent rain made it tough going on the tracks and fields on the lower sections of the course. Once again there were top prizes and some impressive spot prizes up for grabs, provided by La Sportiva and other local sponsors.

First across the line was Chris Arthur, who led from the start and finishing with a comfortable lead in a time of 39.58. He was followed by Michael Ainsworth 41.50 and Tim Cowin taking third place in 42.59. The first female home in fourth place overall, setting a new course record was Lizzie Browne with an impressive time of 44.59. The second placed female and former record holder was Heidi Dent who finished in 47.47. Rebecca Rooke was third female home in 51.04.

Despite a strong turnout from local club Howgill Harriers, the male and female team prizes both went to Helm Hill. Brian Pennington was the first runner home for Howgill Harriers, finishing ninth overall in a time of 47.25.

Once again all proceeds from the race went to Orton Primary School and a huge thanks went to all the volunteers that made the event possible, as well as local residents, landowners and runners who support the race.

Simon Mounsey

1. C. Arthur	Bowl	39.59
2. M. Ainsworth	HelmH	41.50
3. T. Cowin O/40	HelmH	42.59
4. L. Browne	BlkCmb	44.59
5. J. Broom	Borr	45.41
6. R. Capper	HelmH	46.09
7. D. Prosser O/50	Kesw	46.33
8. C. Pawson O/40	Barlick	46.59
9. B. Pennington O/40	Howg	47.25
10. H. Dent	Howg	47.47

VETERANS O/50

1. (7) D. Prosser	Kesw	46.33
2. (32) J. Robson	HelmH	53.44
3. (33) S. Addison	HelmH	54.22

VETERANS O/60

1. (37) M. Walsh	Kend	55.19
2. (61) W. Dodds	Clay	63.32
3. (71) G. Schofield	Chorl	72.32

LADIES

1. (4) L. Browne	BlCmb	44.59
2. (10) H. Dent	Howg	47.47
3. (18) R. Rooke	BlCmb	51.04
4. (35) A. Richards O/40	HelmH	54.32
5. (41) C. Niblock	HelmH	55.53
(46) C. Gibson O/40	HelmH	56.11
(61) W. Dodds O/60	Clay	63.32

POWYS ARMS BURY DITCHES
Shropshire

BS/9.3km/395m 25.09.16

So close to getting a course record and leading from the start, Paul Jones took first place, Andy Davies coming in just two minutes down taking it easy in preparation for the Long Mynd Hike the following week. Third place went to Ollie Parry in his first fell season. Ian Lowe, interrupting Mercia names in the top six places, came in fourth. Zoe Barber came in first lady in 45.16, her first fell outing.

Other notable runners were Phil Clark practising for the 'Morning After' after a few pints the previous evening. Garry Gunner (MV70), had done the Black Mountains the day before (tired legs) and Susan Bowes was recovering from a serious injury. And...not forgetting the cattle that wanted to join in for a little bit of running alongside the runners!

As always, thanks to everyone who has supported this race, donated prizes, marshalled and raced, especially the Powis Arms for the venue and also the people of Lydbury North.

Dave Farrow

1. P. Jones	Mercia	37.18
2. A. Davies	Mercia	40.09
3. O. Parry	Mercia	41.49

LADIES

1. Z. Barker	Keele	45.16
--------------	-------	-------

THE BOVEY BEAUTY
Devon

BM/16km/560m 25.09.16

The growing reputation of the Bovey Beauty gained momentum this year with another successful 10-mile fell run through the breathtaking landscapes of Dartmoor. On a sunny but blustery September morning, 38 entrants from around the southwest waited under starter's orders in Pullabrook Woods, deep in the Bovey Valley, preparing to tackle the spectacular Category B route. Forest tracks in the river valley led to climbs through ancient woodland before emerging onto wide open moorland at the top of Lustleigh Cleave. After passing a small herd of Dartmoor ponies the trial continued with a weaving descent through farmland and back into the western oak woods with mossy boulders of granite scattered between the ancient lichen clad trees.

As the beauty of the Bovey landscapes is best appreciated from the high ground, the route took one more climb up to the open

moor, following the line of the old Bovey pottery lead and across heathland butterfly habitat before dropping down to Pullabrook Woods again. On the last leg of the race the runners passed the camp fire where the competitors' families had been helping with woodland conservation tasks, and boiling the kettle for tea.

At the finish line, in an atmosphere of tired but enjoyable chatter, one of the competitors said "it's a great route. I normally get lost but this one was well marked".

The Bovey Beauty suits serious runners and the moderate adventurers who are out to enjoy the Bovey Valley at their own pace.

Geoff Dave was first to complete the course and was more than happy, saying "that's the first race I've ever won!"

Each year the Bovey Beauty race raises awareness of one featured wild animal from the woodlands of the East Dartmoor National Nature Reserve. This year the "race for nature" was run to highlight the otter, a protected species and one of the favourite inhabitants of the Bovey Valley. Those who are lucky enough to have seen an otter will know that they are largely nocturnal and, in recent years, local volunteers have been studying this elusive species using night-vision cameras.

The Woodland Trust and Natural England jointly organise the race and in previous years have featured rare and interesting wild species including the oil beetle, red wood ants, the barbastelle bat and the pearl bordered fritillary.

Dave Rickwood

1. G. Dave O/40	Teignmth	1.22.09
2. R. Hicks	Okeham	1.22.26
3. A. Watson O/40	IND	1.23.19
4. P. Crease O/40	Okeham	1.26.24
5. N. Sanders	IND	1.30.46
6. J. Turner	IND	1.35.40
7. C. Cole	Haldon	1.36.29
8. J. Bullock O/40	IND	1.41.02
9. D. Grey	Haldon	1.41.56
10. J. Gass O/40	IND	1.42.02

VETERANS O/50

1. (12) M. Wood	IND	1.42.19
2. (13) D. Wainwright	IND	1.42.23
3. (17) S. Daw	MudC	1.47.26

VETERANS O/60

1. (33) M. Goodwin	IND	2.13.10
2. (36) S. Bondi	Ashburt	2.33.54

LADIES

1. (7) C. Cole	Haldon	1.36.29
2. (17) S. Daw O/50	MudC	1.47.26
3. (18) S. Greenslade O/40	SMolton	1.54.05
4. (21) A. Martin O/40	IND	1.55.47
5. (23) L. Barnes O/50	IND	1.57.24

36 finishers

FAN FAWR Brecon Beacons

AS/3.2km/305m 01.10.16

Dark clouds beckoned for the 28th Fan Fawr Fell Race but thankfully conditions remained clear and dry for the duration of this short and sharp South Wales Classic. A 10 year best of 72 runners headed out to tackle a 1000ft in 1 mile. First to summit was eventual winner Lloyd

Donavan running strongly on the descent to hold his lead and take the win by 36 seconds. Second, and M50 category winner, was Mark Palmer, who held off a late charge from third placer Dan Bodman by a mere two seconds. MDC's finest took the M40 and M60 categories thanks to Rhys Williams and John Aggleton.

Katie Beecher comfortably took the senior women's title in a fine 22:30 ahead of Hannah Walsh (24:20) and Nat Taylor (24:33). Sasha Habgood took the FV40 category in 26:10 and Rona Davies ran a great race to take FV50 title in an excellent 24:40.

Huge thank you to all marshals for ensuring all went smoothly for this first time race organiser!

Pete Ryder

1. L. Donovan	Unatt	18.30
2. M. Palmer O/50	MynDu	19.06
3. D. Bodman	Aberdare	19.08
4. D. Hooper	SarnH	19.15
5. K. Edwards	Unatt	19.33
6. R. Williams O/40	MDC	19.35
7. E. Davies	Likeys	19.40
8. D. Lewis O/40	WyeV	20.02
9. N. Brickman	Belper	20.14
10. S. Gregory	Unatt	20.28

VETERANS O/40

1. (6) R. Williams O/40	MDC	19.35
2. (8) D. Lewis O/40	WyeV	20.02
3. (11) D. Sandford	ForDean	20.30

VETERANS O/50

1. (2) M. Palmer	MynDu	19.06
2. (28) P. Tucker	Brecon	22.57
3. (33) S. Loveluck	ClwbMeirion	23.24

VETERANS O/60

1. (27) J. Aggleton	MDC	22.55
2. (47) C. Taylor	Mercia	26.04
(54) R. Silver	LesCroup	27.06

LADIES

1. (24) K. Beecher	LesCroup	22.30
2. (38) H. Walsh	Brist&W	24.20
3. (40) N. Taylor	MynDu	24.33
4. (41) E. Ford	Un att	24.36
5. (44) R. Davies O/50	MynDu	24.40
6. (49) S. Habgood O/40	MDC	26.10

72 finishers

LEVISHAM LIMPING North Yorkshire BM/11.2km/330m 02.10.16

There was fine weather on the North York Moors for the last race of the Esk Valley Summer Series.

Andrew Lake led from the start to win comfortably from Simon Rycroft with Stephen Pugh coming in third. In the Ladies race Rhona Haslam was over four minutes clear of Kim Cavill, with Cassie Holmes not too far behind.

Both team competitions were close with Pickering taking the team prize narrowly from Esk Valley by two points. In the ladies, Thirsk & Sowerby beat Knavesmire by three points.

In the overall Summer Series, Knavesmire's Harry Holmes took the men's title with Lynn Humpleby Pickering, victorious in the ladies' competition.

Chris Roberts

1. A. Lake O/40	EskV	51.26
2. S. Rycroft O/40	Pockling	52.24

3. S. Pugh O/40	EskV	54.40
4. J. Blackett O/50	DkPk	54.56
5. B. Wilkinson O/40	Borr	55.33
6. A. Porritt	NYM	56.07
7. R. Grayson O/40	Pickering	56.25
8. S. Tomaszewski O/50	ThirksS	57.10
9. D. Bannister O/40	YorkA	57.29
10. R. Haslam Lady	Scarb	58.57

VETERANS O/60

1. (11) K. Edwards	HartlepBR	58.58
2. (42) G. Robinson	ThirksS	74.12

VETERANS O/70

1. (51) R. Sherwood	NMarske	77.15
---------------------	---------	-------

LADIES

1. (10) R. Haslam	Scarb	58.57
2. (17) K. Cavill	Pickering	62.58
3. (21) C. Holmes	YorkKn	64.02
4. (23) S. Haslam O/60	Scarb	65.29
5. (30) L. Hiles O/50	ThirksS	67.52

65 finishers

MANOR WATER Scottish Borders BM/16km/670m.....08.10.16

58 seniors headed out on this year's Manor Water Hill Race. Now on its 24th running, the race is very much established as a permanent fixture on the hill running calendar.

Excellent running conditions gave hope that the course record, held by Brian Marshall since 2006, might be broken. And we were not disappointed, as James Waldie came home in 1:07:35, completing the 10 mile/2300 feet climb race 39 seconds ahead of the record. This is a fantastic achievement and also underlines Brian's amazing performance 10 years previously.

Second overall, and last year's winner, Phil Davies, came home in 1:09:46 followed in third place by Andrew Barrington in 1:13:36.

In the women's race, the record held by Angela Mudge still stands strong since it was set in 2010, as Georgina McAllister finished in 1:45:20. Second was Sadie Kemp in 1:53:29, and third Lindsay Palmer in 1:55:23.

Many thanks go out to all the helpers, local landowners and the Manor Sheepdog trial committee for ensuring another excellent day's racing!

2017 marks the 25th running of the race, so why not come along and help us make it our best ever!

Chris Henty

1. J. Waldie	Carn	1.07.35
2. P. Davies O/40	Borrw	1.09.46
3. A. Barrington	Lochab	1.13.36
4. I. Gilmore	Carn	1.15.28
5. A. McVey	Carn	1.16.12
6. C. Jackson	Gloss	1.18.01
7. C. Huggett	RoyMar	1.18.22
8. N. Shekleton	Carn	1.19.01
9. M. Curry	Carn	1.19.27
10. J. Hammond	Carn	1.19.58

VETERANS O/40

1. (2) P. Davies	Borr	1.09.46
2. (12) D. Dougal	Moorf	1.21.08
3. (15) S. Matthews	Dundee	1.23.40

VETERANS O/50

1. (13) J. Knox	Anster H	1.22.25
2. (19) N. Gilmore	Carn	1.25.43

3. (22) J. Hewitt	...	Gloss	1.27.14
VETERANS O/60			
1. (53) D. Mass	...	Carn	1.58.16
2. (54) B. Howie	...	Carn	1.58.52
VETERANS O/70			
1. (58) F. Birch	...	Teviot	2.25.37
LADIES			
1. (46) G. McAllister	...	Carn	1.45.20
2. (47) S. Kemp O/40	...	Penicuik	1.53.29
3. (51) L. Paler O/50	...	Gloss	1.55.23
58 finishers			

**CURBAR COMMOTION
Derbyshire**

BM/14.4km/403m 08.10.16

1. C. Arthur	...	Bolan	0.59.33
2. S. Bond O/40	...	DkPk	1.02.22
3. B. Cartwright	...	Matlock	1.03.37
4. L. Beresford	...	Ripley	1.04.38
5. A. Taylor	...	DkPk	1.04.46
6. N. Corker O/40	...	RoyalSut	1.05.31
7. A. Lake O/40	...	EskV	1.06.34
8. K. Allinson	...	AchR	1.07.22
9. D. Greenwood O/40	...	HolmeP	1.07.39
10. C. Perry	...	DkPk	1.07.45

VETERANS O/50

1. (19) B. Atkinson	...	York	1.11.16
2. (16) P. Stevenson	...	Sinfin	1.12.06
3. (29) P. Martinshaw	...	Mansf	1.12.31

VETERANS O/60

1. (67) S. Smith	...	EskV	1.22.54
2. (83) C. Horsfall	...	Handsw	1.24.28
3. (120) S. Wickam	...	Erew	1.29.47

VETERANS O/70

1. (195) B. Needle	...	DkPk	1.48.37
2. (215) T. Faulkner	...	Wilmsl	2.08.57

215 finishersBI

**LANGDALE HORSESHOE
Cumbria**

AL/21.1km/1450m 08.10.16

The day dawned still and clear which, no doubt, came as a relief to many of the runners looking up at the skyline on the morning of this final English Championship race. With the senior men's, senior women's and some veterans' categories still to be decided, there was plenty to race for. A small army of Ambleside AC volunteers endeavoured to process the record pre-entry of 541 runners. In the end only 390 toed the line, typical of the 30% drop-out rate to be expected at a championship race. The fells were in good nick after a dry week and fast times were expected from the lead runners.

The first climb up Stickle Ghyll and round the back of Pavey Ark saw a group of five begin to get away in the senior men's race. Sam Tosh won this race in 2015 and obviously enjoys the course. He made his decisive break over Bowfell and the Crinkles to open up a gap of over a minute on Simon Bailey, Rhys Findlay-Robinson, Carl Bell and Ben Mounsey. A win at this race, however, would not on its own be enough to claim the English title - that would require Simon to finish out of the top three. Alas, it was not to be for Sam as Simon beat Carl in a close finish to claim second place and a remarkable eighth English title.

Sam's time was under two hours and one of the fastest in recent years and the first four runners were inside 2.03.00.

Andy Styan's record of 1.55.03 from 1977 is 40 years old next year and the longest standing in the calendar. It will clearly take a perfect storm of optimum conditions and elite field with a purpose to challenge it. Ian Holmes was fired up for a battle with Karl Gray to settle the V45 category and came away eighth overall and first V40, V45 and V50 on the day! A remarkable performance from one of the greatest fell runners of all time. Morgan and Karl rounded off the top three V40 men with Mark Roberts and John Hunt rounding off the V50 category. Evergreen Leigh Warburton was first V55 and Brian Horn took the V60 win with Dave Tait triumphing in the V65 category.

In the women's race Victoria Wilkinson needed to win to clinch the English title and this she did emphatically, her time of 2.22:50 breaking the long standing women's record set by Helen Diamantides in 1992 by a minute and earning her £100 for her efforts. Nichola Jackson was over four minutes adrift in second and Lou Roberts rounded off a stunning season to take third place having been crowned FV40 champion prior to the day. Judith Jepson had an exceptional race to finish second FV40 woman in her 50th year, also taking the FV45 and FV50 win at the same time. Becky Weight was dominant in the FV55 race and Wendy Dodds stormed round the course to win the FV60 and FV65 age group.

The men's team race saw Dark Peak edge out Keswick for the win on the day, with Mercia triumphing over Helm Hill in the women's team battle.

Lots of happy runners enjoyed the pleasant autumn weather and a pint in the ODG after. The prizegiving saw two free pairs of shoes handed out courtesy of Inov8 and the race was supported as always by Pete Bland Sports.

A huge thanks must also go to the large group of AAC helpers, without whom this race would not happen, St John's Ambulance and the RAYNET lads.

We went with dibbers and online entry this year and generally runners seemed to like this,

particularly the split times and comprehensive, instant results.

Here's hoping for more excellent weather next year. See you then.

Dan Duxbury

1. S. Tosh	...	Ross	1.59.51
2. S. Bailey	...	Mercia	2.01.55
3. C. Bell	...	Kesw	2.02.00
4. R. Findlay-Robinson	...	DkPk	2.02.48
5. B. Mounsey	...	CaldV	2.05.33
6. J. Crickmore	...	DkPk	2.09.20
7. M. Lamb	...	Kesw	2.09.28
8. I. Holmes O/50	...	Bing	2.10.03
9. J. Wright	...	Amble	2.10.27
10. N. Barber	...	Penn	2.10.47
11. K. Collinson	...	Borr	2.11.09
12. M. Donnelly O/40	...	Borr	2.11.28
13. J. Wood	...	Ilk	2.12.27
14. K. Gray O/40	...	CaldV	2.12.57
15. T. Ellis	...	CaldV	2.12.58
16. G. Greenhow	...	Amble	2.14.22
17. R. McGrath	...	Ellenb	2.15.08
18. P. Vale O/40	...	Mercia	2.15.25
19. M. John	...	NLeeds	2.15.40
20. J. Baxter	...	P&B	2.15.53

VETERANS O/40

1. (12) M. Donnelly	...	Borr	2.11.28
2. (14) K. Gray	...	CaldV	2.12.57
3. (18) P. Vale	...	Mercia	2.15.25

VETERANS O/50

1. (8) I. Holmes	...	Bing	2.10.03
2. (37) M. Roberts	...	Borr	2.20.26
3. (51) J. Hunt	...	DkPk	2.26.35

VETERANS O/60

1. (154) B. Horn	...	Borr	2.54.01
2. (160) S. Storey	...		2.55.04
3. (164) S. Jackson	...	Horw	2.55.53

LADIES

1. (44) V. Wilkinson	...	Bing	2.22.50
2. (54) N. Jackson	...	Prest	2.27.07
3. (67) L. Roberts O/40	...	Amble	2.32.26
4. (84) S. Taylor	...	HelmH	2.37.25
5. (90) J. Jepson O/50	...	DkPk	2.38.36
6. (92) S. Horrocks	...	Ross	2.39.51
7. (94) H. Berry O/40	...	Holmf	2.40.22
8. (107) A. Bartlett O/40	...	Mercia	2.41.55
9. (124) S. Ridgeway O/40	...	Mercia	2.45.43
10. (126) S. Jones	...	Amble	2.46.14
(275) W. Dodds	...	Clay	3.23.41

380 finishers



Catherine Spurdan enjoying the good conditions at Langdale

PHOTO © NORMAN BERRY

Settle's Mike Egner, V60 British/
English/BOFRA Champion, at
Sedbergh Sports



Worn by British fell running champion, Finlay Wild



www.normanwalshuk.com

INOV 

ALL TERRAIN



X-TALON 225

Designed for running fast over extreme terrain. The newest addition to the legendary X-TALON™ range offers increased durability and improved grip in a perfect lightweight, agile package.

INOV-8.COM