

The Fellrunner



The Fell Runners
Association
Founded 4th April 1970

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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

Richard Love (Mercia) descending into Ashes Hollow in the Long Mynd Valleys race © Colin Williamson.

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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

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FROM THE (INJURED) EDITOR

In a gap between the storms in December, I broke an ankle on a training run on the fells above Loweswater. Recovering from an injury is frustrating, as many of us know. However, if you are a resident of Cumbria or the Calder Valley, or the Scottish Borders, or Lancaster, or York, or Leeds or anywhere else that felt the force of the storms and floods during the winter, then you have perhaps had a lot more to fix over the winter.

Fixing things is a bit of a theme for this issue. Denise Park has written about repairing breaks and fractures while Tanya Oliver has provided an update from 'Fix the Fells'.

In the Lakes we can see that recovery is still happening in many areas. A new 'temporary' structure finally opened last week in Pooley Bridge for example. They say these things take time, and particularly in the case of the A591 between Grasmere and Keswick, they are absolutely correct.

Fell runners have done great things to support the recovery. From personal and club donations, to flood relief races and events, to winter Bob Graham rounds (CFR) to the general volunteering of time and expertise. Many of our members serve on mountain rescue teams and lifeboat crews around the country. Their voluntary efforts, as always, were remarkable.

We hope that as the season kicks off and you get back out to favourite routes and races, you do not find too much damage. If you were unlucky enough to have something broken over the winter, then we hope it comes back stronger this spring.

David G McCabe (Editor)




Editor recovering over the winter

The Fellrunner

SPRING 2016

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

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CALENDAR UPDATE

ANDY BUTLER

2016 Handbooks were despatched by the printers in mid-December so members who had renewed their membership should have received theirs by Christmas. If you still haven't received yours, please contact Charmian Heaton (FRA Membership Secretary) whose contact details should be found elsewhere in this magazine. Thanks again for the assistance I've had from organisers in getting the race information through to me.

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

As usual the FRA website, www.fellrunner.org.uk, holds an up to date calendar. 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

RACE INFORMATION

I have been advised of the following race updates since the handbook went to press. Events which have been registered with and permitted through the FRA are identified by "(FRA)" after the name of the race. Most but not all of the races in England have been permitted in this way. They will be run in accordance with FRA rules and requirements.

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 permit 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.



FRA RACES

SUN. APR 10

YARLSIDE DOWNHILL (FRA). 1.00 p.m. 1.5km/-420m
Venue: Yarlside, Cautley Nr Sedburgh. Free entry on day. Donations to charity please. ER/PM. Over 17. Last registration 12:30. First runner from summit 13:00, then at 1 minute intervals. Please car share. No dogs. Details: Russell Cannon, Tuolumne, The Banks, Staveley, Kendal, LA8 9NE. Tel: 01539 821848. Email: russcannon@btinternet.com. Website: www.helmhill.co.uk.

SUN. APR 24

KINDER DOWNFALL (FRA). BM. 11.30 a.m. 15.4km/600m.
Change of contact details to: Will Meredith, Kinder Downfall, Rowan House, Highgate Road, Hayfield, High Peak, SK22 2JL. Tel: 07847 393457. Email: willmered@gmail.com. Website: www.t42.org.uk/hayfield.
Other details unchanged.

THU. APR 28

DICK HUDSON'S (FRA). BM. 7.00 p.m. 11.2km/335m
Venue: Bottom of track up to White Wells, Wells Road, Ilkley, LS29 9RF. GR SE117471. £4.00, on day. ER/LK/NS. Over 18. Records: J Smith, 46.25, 2014; 00.00, 0000. Details: Lynda Hargreaves, 15 Wheatley Lane, Ilkley, LS29 8BW. Tel: 07973 713258. Email: lynda.raj@tiscali.co.uk. Website: www.wharfedaleharriers.co.uk.

SUN. MAY 1

CHEVIOT AND HEDGEHOPE PENDULUM (FRA). BL. 10.30 a.m. 20km/815m
Venue: Langleeford, NE71 6RG. GR NT947219. £5.00, on day. ER/LK/NS/PM. Over 18. A tough, challenging race up and down the two highest points in Northumberland. Details: Glen McWilliams, Cheviot View, Doddington, Wooler, NE71 6AN. Tel: 07748 864424. Email: glen.cheviot@hotmail.co.uk. Website: www.northumberlandfellrunners.co.uk.

MON. MAY 2

COINERS JUNIOR (FRA). 11.00 a.m.
This race was incorrectly listed in the handbook as being a junior championship counter.

SUN. MAY 15

CALDERDALE WAY RELAY (FRA). 8.00 a.m. 80.5km/3660m.
Change of entry fee to £66.00, pre-entry. **Other details unchanged.**

SUN. MAY 29

MYNYDD MYFYR (FRA). CS. 11.30 a.m. 6.5km/125m
Venue: Trefonen Village Hall, nr Oswestry, SY10 9DY. £6.00, on day. PM. Over 14. Records: T. Davies, 19.05, 2003; f. A. Wright, 22.58, 2005. Medal to all finishers. Prizes for 1st in all age groups. Mixed terrain, ideal introduction to off road racing. Details: Richard Foggin, Plas Gwyn, Church Rd, Minera, Wrexham, LL11 3DA. Tel: 07432 647936. Email: richardfoggin@googlegmail.com. Website: oswestryolympians.com.

MON. MAY 30

ILKLEY TRAIL (FRA). CM. 11.30 a.m. 11.1km/220m
Venue: Ilkley Pool, Denton Rd, Ilkley, LS29 0BZ. £10.00 pre-entry, £12.00 on day. Teams. ER/PM. Over 18. Records: T Adams, 38.52, 2014; f. J Buckley, 45.40, 2011. Juniors: Entry on the day only. Under 8s 500m; ages 8-18 1.5km. Starts from 10am. Treats for all finishers. Details: Lawrence Basham, 37 Moor Park Drive, Addingham, Ilkley, LS29 0PU. Tel: 07891 001592. Email: lawrencebasham@gmail.com. Website: www.ilkleyharriers.co.uk.

THU. JUN 23

BEAMSLEY BEACON (FRA). BS. 7.15 p.m. 8.8km/335m
Venue: The Swan Inn, Addingham, LS29 0PF. GR SE 077 498. £4.00, on day. Registration takes place at the Swan Inn. LK/NS/PM. Over 16. Details: Lynda Hargreaves, 15 Wheatley Lane, Ilkley, LS29 8BW. Tel: 07973 713258. Email: lynda.raj@tiscali.co.uk. Website: www.wharfedaleharriers.co.uk.

SAT. JUN 25
DARTMOOR BEER AND BACON (FRA). BM. 12.00 p.m. 10.3km/300m
Venue: The Fox and Hounds Hotel, nr Lydford, EX20 4HF. GR SX525866. £20.00 pre-entry, £25.00 on day. Enter at www.eventbrite.co.uk. PM. Over 18. Local beer, food, live music afterwards. Camping, bunkhouse and hotel accommodation available on site. See Facebook for details. Details: Rees Jenkins, 2 Marley Park, Brampford Speke, Exeter, EX5 5DX. Tel: 01392 841195. Email: reesjenkinsbt@gmail.com. Website: www.facebook.com/events/889879451130617/.

TUE. JUN 28
CALTON CRAWL (FRA). BS. 7.30 p.m. 8.8km/244m
Venue: Calton Village Hall, ST10 3JX. GR SK104502. £5.00, on day. Teams. PM. Over 16. Records: J Ross, 32.45, 2013; f. K Bailey, 39.05, 2009. Details: Rod Campbell, Silverdale, Terpersie Road, Tullynessle, Alford, AB33 8QR. Tel: 01975 562184. Email: caltonfellrace@live.com.

SUN. JUL 3
SKIDDAW (FRA). AM. 12.30 p.m. 14.5km/823m.
Change of venue to: Keswick Football Club, Lower Fitz Park, Keswick. GR NY 266239. **Other details unchanged.**

THU. JUL 7
RANGERS ALDERMAN'S ASCENT (FRA). AS. 7.30 p.m. 8.5km/402m.
Change of website to: www.saddleworthrangers.co.uk/upcoming-events. **Other details unchanged.**

SAT. JUL 16
WARTON CRAG (FRA). CS. 2.00 p.m. 9.3km/183m
Venue: Archbishop Hutton School, Back Lane, Warton. GR 499724. £4.00 pre-entry, £5.00 on day. Numbers collected on day. PM. Over 16. Records: N. Leigh, 37.08, 2010; f. M. Hyder, 44.05, 2010. Juniors: Fell race for 9 to 15 yrs, 2.10 p.m. Part of Warton Sports Day. Other races for adults and children on sportsfield. Details: Dave Deason, 11 Westover Road, Warton, Carnforth, LA5 9QT. Tel: 07769 588179. Email: d.deason@hotmail.co.uk. Website: www.wartonfellrace.blogspot.com.

SAT. JUL 23
NORTH BOVEY FAIR (FRA). BS. 3.00 p.m. 5.5km/260m.
Change of date, all other details unchanged

SUN. AUG 7
WORSTHORNE MOOR (FRA). BM. 11.00 a.m. 10.9km/274m
Venue: Gorpel Rd, Worsthorne, nr Burnley, BB10 3NH. GR 878324. £5.00, on day. Registration from 9am at Crooked Billet. PM. Over 18. Records: T Cornthwaite, 37.43, 2014; f. M. Wilkinson, 42.34, 2012. Juniors: U8-U16 (age on 1st Jan). Start immediately after senior start. Registration location as for seniors. Entry £1 on the day only. Details: Neil Worswick, Tattersalls Farm, Hurstwood, Worsthorne, Burnley, BB10 3LG. Tel: 07919 091174. Email: worswickfreddie@aol.com. Website: www.claytonleemoors.org.uk.

THU. AUG 11
KINGS CHALLENGE (FRA). BS. 7.00 p.m. 9.6km/360m
Venue: The Kings Arms, Silsden, BD20 0JY. GR SE 042 465. £4.00, on day. Registration at the Kings Arms. LK/NS. Over 16. Details: Lynda Hargreaves, 15 Wheatley Lane, Ilkley, LS29 8BW. Tel: 07973 713258. Email: lynda.raj@tiscali.co.uk. Website: www.wharfedaleharriers.co.uk.

MON. AUG 15
PEEL HILL (FRA). BS. 7.00 p.m. 5.8km/160m
Venue: Peel Fishyards, IOM. £5.00 pre-entry, £4.00 on day. Sign on from 18:15. PM. Over 16. Records: L. Taggart, 22.31, 2010; f. J. Lee,

26.32, 2013. Out and back course. Race 2 of the No Rest For the Wicked week of six races in six days. Details: Barry Moore, 5 Fuschia Ave, Ballawattleworth, Peel, IM5 1WY. Tel: 07624 456108. Email: manxperson@hotmail.com. Website: www.sportsdesk.im/nrftw.

SUN. AUG 28
TOUR OF NORLAND MOOR (FRA). BM. 10.30 a.m. 10.1km/270m.
Race cancelled due to flood damage

SUN. AUG 28
LITTLEBOROUGH LIONS WINDY HILL REVERSE (FRA). BM. 11.30 a.m. 14.5km/390m
Venue: Littleborough RUFC, Rakewood Road, Hollingworth Lake, Littleborough, OL15 0AP. £8.00 pre-entry, £10.00 on day. Please pay by Bank Transfer or by cheque to Littleborough & District Lions Club. ER/LK/NS/PM. Over 18. New Race. The course follows the reverse route of the "Cannonball" Windy Hill Fell Race held in February. Details: Fred Day, 4 Shaftesbury Drive, Wardle, Rochdale, OL12 9LS. Tel: 07715 047997. Email: fredday@hotmail.co.uk. Website: www.littleboroughlions.org.uk.

SAT. SEP 17
SCAFELL PIKE (FRA). AS. 1.00 p.m. 7.2km/914m.
Change of entry fees to: £10.00 pre-entry, £13.00 on day. **Other details unchanged**

SAT. SEP 24
ESKDALE SHOW (FRA). BS. 2.00 p.m. 7.1km/312m
Venue: Eskdale Showfield, next to King George IV (CA19 1TS). GR SD149996. £3.50, on day. Includes all day entry to the Show. U16s free. Free car parking. Teams of 4. NS/PM. Over 16. Records: N Woods, 38.00, 2013; f. A Keates, 46.22, 2013. Juniors: U8(over 6), 0.8km/15m; U10/U12/U14, 1.6km/60m; U16, 3km/150m. . Details: Steve Ashall, Woolpack Farm Cottage, Boot, Holmrook, CA19 1TH. Tel: 07837 099525. Email: race@westlakesadventure.co.uk.

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.

NON FRA RACES - SCOTLAND

The dates of some of the SHR races has changed since the handbook went to press. Check the SHR website www.scottishhillrunners.uk for the latest information.

SUN. JUL 24. OCHIL'S 8 HILL RELAY.
Venue: Alva, Clackmannanshire. See website for more information. Leg 1 6.7km, leg 2 4.6k, leg 3 11.4km. Details: Edel Mooney, The Clearic, Main Street, Fintry, G63 0XB. Tel: 07796 101638. Email: edelmooney@talktalk.net. Website: ochils8relay.simplesite.com.

NON FRA RACES - WALES

SAT. APR 23. MOEL WNION. AS. 7.5km/540m
Venue: Ysgol Llanllechid GR 621676. See race website for more information. Details: Ross Roberts, School of Sport, Health and Exercise Sciences, Bangor University, Holyhead Road, Bangor, LL57 2PZ. Tel: 07834 818553. Email: ross.roberts@bangor.ac.uk. Website: www.eryriharriers.org.uk.

FROM THE CHAIR

NICK HARRIS (CHAIR)

When 13 runners formed the FRA back in 1970 I have no doubt that they had no idea how the organisation would grow to one that is 6000 members strong and organises over 500 races. In recent years new developments have come along – Inter Counties; English schools championship; coaching courses; Wilderness first aid courses to add to our existing work.

Now the Committee have decided it is time to look forward to our 50th Anniversary and to do this we will be having our first

plan, including a financial plan, to make sure that we continue to meet the needs of our members and other fell runners.

To help start the process members have recently been asked to complete a survey to help us find out what you think we should be doing. The survey is still live at bit.ly/FRA2016. Thanks are due to member Barny Crawshaw for help and expertise in putting this together. The draft plan that follows will be available for member comment, most probably on the AGM date

of 10 July.

Members will have noticed in the last Fellrunner that I was holding two posts due to no one else standing as Secretary at the 2015 AGM. I am delighted that this situation has been resolved and that Steve Cliff, Bowland, already co-opted onto the Committee as Race Liaison Officer, has been appointed to the post. Steve and I have known each other, and run together, for over 20 years and I am looking forward to working with him.

SECRETARY'S CORNER

STEVE CLIFF (SECRETARY)

INTRODUCTION

Hi everyone

You may have seen on the FRA website, and I am delighted to say, that I have recently been voted to the position of Secretary of the FRA by the committee.

I have been on the committee for nearly 12 months prior to this role, acting as Race Liaison Officer (RLO) - a position I have thoroughly enjoyed as it helps me get out there and meet more of you, and to get a whole range of views on all things to do with mountain and fell running.

The RLOs now number six, and we will be in touch with over 50 races this season - seeing if we can help, providing support and advice (if needed), and getting your feedback.

The RLO role is open to everyone. If you fancy becoming an ambassador to our sport in your area then please get in touch and I will explain the role a little more. It isn't too onerous and it really gives you an appreciation of what great things people are doing.

In case anyone doesn't know me ... a bit of background - I have been fell running for 40 years, more recently on

long distance challenges - either doing them (JNC in 2015) or helping others to complete them.

Wynn and I have also been organising fell races for over 20 years, most notably the Anniversary Waltz, Teenager with Altitude (strictly for seniors!) and the Anniversary WA! junior races; and also the British Fell Relay, when it was held in Bowland - my home club. We assisted with over 20 OMM events, and multiple long distance challenges, including BG's, Paddy Buckley's, Ramsay Rounds, Joss Naylor Challenges and others across the UK.

I am absolutely passionate about our sport, to the point where we moved our family home to the Lakes eight years ago.

Looking forward, I think the role we all have to play in the coming period is crucial to where we take the FRA, as we approach our 50th Anniversary in 2020. The committee are pulling together some ideas, and by the time this edition of The Fellrunner goes out, many of you will have completed the member's survey.

If you have something big on your mind about our sport, then please feel free to email me at secretary@fellrunner.org.uk.

Meanwhile I look forward to serving you as secretary over the next few months, after which I hope you will vote for me to stay in the role for another 12 months at the July AGM.

See you out there.

Steve



Two busy meetings have been held at Preston on 6 Dec. 2015 and 21 Feb. 2016.

Key discussions, at both meetings, were focused on the Committee asking 'what next?' for the FRA, as we head towards our 50th Anniversary in 2020. This led to two proposals

- To survey members and
- To produce both a strategic plan and a financial plan, each for the first time.

Members will be consulted on key 'big ideas', whilst the Committee will also track more day to day operational issues. I would encourage as many of you as possible to provide input through the survey.

At the February meeting Sharon Taylor

of Westerlands CC presented a report on planning for the 2016 British relay, to be held at Luss in Scotland. Alan Brentnall, relay referee, was present. It looks a well-planned event in a beautiful part of the world, with excellent facilities for the event.

At the same meeting we had a report that Lancashire AA had not ensured that their fell championship was registered with the FRA, as required by UKA rules. We agreed not to recognise the event and, at the time of writing, we are trying to resolve the issue with England Athletics.

Both Committee meetings included reports from a wide range of topics:

Jon Broxap and Scoffer will be retiring from the Championship Sub-Committee

later this year. Thanks were extended for the sterling job done since time immemorial. It was noted that there has been some interest to date from members to take up their roles. Other interested parties are reminded that they should put their nominations into the General Secretary by the end of May in time for the July AGM (see notice later in the Fellrunner).

It was reported that there were a large number of entries accepted for the first English Championship race at Black Combe, however, potential problems had been averted and everyone that wanted to attend did (Secretaries note: I attended Black Combe and feedback from runners

was very positive in the lead up to the race and afterwards ... although there seemed to be quite a few issues finding the route!).

Races had been agreed for the 2016 Championships and both the Junior Inter Counties and senior Inter Counties events. The Junior IC will be incorporated as part of the Stretton Junior Championship on 2nd July. The Senior IC will be incorporated into the Moel Eilio race on 14th May.

It was agreed that there are to be 'continual development courses' for coaches.

It was reported that considerable progress has been made supporting Race Organisers (RO's) by (i) assigning a Race Liaison Officer (RLO) to Championship Races, (ii) RLO's reaching out to new races / race organisers to offer them support, (iii) monitoring compliance of race organisers with race rules, and (iv) receiving feedback from RO's on how rules and guidelines might be improved in the future. The approach taken by RLO's is to work with, listen to, and learn from RO's; and, where required, to offer support. Feedback from RO's has been very positive with both the spirit of the venture and the overall support by the RLO's.

It was agreed that procedures for financial management within the Committee, would be tightened, in particular for the future planning of

expenditure. This will continue form part of the overall strategic review to make sure that we focus FRA funds on what is important to our sport. A financial report will be presented to the AGM in July.

It was reported that continual efforts are being made to make progress with landowners on access issues, and some significant steps have been taken in the Lake District. The National Trust have agreed a process for registering Lakes races, the assignment of a single point of contact (a ranger) to a race, and agreement to a one-off payment by the FRA to cover all races in the Lake District National Park. Race Organisers have been sent details of what they need to do in 2016 to make use of this process. A full report on Access and the Environment can be found later in the Fellrunner

The successful production of the first Fellrunner produced by David McCabe, the new Editor, was reported. The committee welcome David to the team.

Following the success and positive feedback of the first Wilderness First Aid Course, plans are being laid to run further courses, including one to be held on 16 – 17 April at Woodhead Barn, Northern Peak. Thanks were given to Ian Winterburn and Newlands Village Hall for the events.

Administration of the Membership Administration has been moved "in-house"

to the Membership Secretary (Charmian Heaton). Thanks were given to Debbie Thompson for their work to date, and their future support through Si Entries. Considerable progress was made on issues surrounding "First Claim Clubs". A full report from the membership Secretary can be found later in the Fellrunner.

There are ongoing discussions with the team who organise the navigation courses. It is important that these hugely successful and popular events get the support they need from the FRA.

A comprehensive report was produced on the success of our international teams, details of which can be found later in the Fellrunner. International Mountain Running also reported that the U20 Training Camp will be held on 8 – 10 April at Betws-y-Coed. The 14 – 16 Day Camp, was held at Sedbergh and proved a very successful event. The Trial for the World Youth Cup (uphill only) will be held on 21 May at Sedbergh.

Planning is well under way for the 2016 AGM to be held on 10 July. The Advanced Notice for the AGM is included in this edition of the Fellrunner.

Lastly Steve Cliff was appointed at the February meeting to take over from Nick Harris as General Secretary. Nick will continue as Chairman.

Steve Cliff / Nick Harris



11-13th March 2016

**Kettlewell Hostel,
Wharfedale**

22-25 September 2016

**Elterwater Hostel,
Ambleside**

FRA Basic Navigation Courses

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.

COACHING

GRAEME WOODWARD (COACHING CO-ORDINATOR)

Price Drop

To keep in line with England Athletics pricing strategy, the Fell / Trail LiRF courses now cost £140 for FRA members and £160 for those who aren't. Anybody who has already paid £160 and is a FRA member will be reimbursed.

What are the different coaching courses that the FRA run?

The FRA, in association with British Athletics, run fell specific versions of the standard courses delivered by England Athletics. The entry / leader level is called the Fell / Trail LiRF (Leader in Running Fitness) and the more advanced course is the Fell / Trail CiRF (Coach in Running Fitness). All courses are delivered by licensed England Athletics tutors who are also fell runners.

The Fell /Trail LiRF is an off road contextualised version of the standard LiRF. It is a one day course with no assessment and then provides insurance cover to take groups running off road. It covers why people run, warm ups, main sessions, cool downs, some drills, uphill and downhill running technique, introductions, instruction, demonstration, safety, energy systems, planning and barriers.

The Fell CiRF takes 4 days over 2 weekends plus an assessment day. It covers an individual to coach athletes on the fell and involves pre course, an exam and a practical assessment. It focuses on the 'How 2' skills of coaching (feedback, analysis, demonstration etc) plus a lot more detail on technique, drills, S&C, planning, H&S, drills etc. Please note that the requirement to do a diary / logbook has now been dropped.

2016 COURSE DATES

Fell / Trail LiRF

| | |
|---------------|--|
| 23rd April | Longshaw Moors, Peak District Nr Sheffield |
| 15th May | Kendal, Cumbria |
| 22nd May | Broxton, Nr Chester, Cheshire |
| 27th November | Mytholmroyd, West Yorkshire |

Fell / Trail CiRF

25/26th June 2016, Weekend 1 – Longshaw Moors, Peak District Nr Sheffield

8/9th October 2016, Weekend 2 – Mytholmroyd

Application forms are available on the FRA website under Events / Coaching.

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.

Future Strategy

The FRA is currently reviewing future strategy and we would like to know what the FRA membership would like to have provided in the next few years, including the location of current courses and what coaching development is needed by existing coaches. To research this, in the near future, a questionnaire will be sent to all those who have attended a FRA coaching course and the results from this will guide future provision. Please get in touch if you don't get one by the end of April.

Any questions, get back in touch.

Graeme
graemewoodward@hotmail.com

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Richie Johnson of Mynydd Du, making it look easy at the Llyn y Fan race in September 2015

ANDREW BLACKMORE, DICK FINCH AND CRAIG JONES (ON BEHALF OF WFRA COMMITTEE)

Greetings from Wales. Let me start by summarising the outcome of our 23rd South Wales Winter Hill Series. The 5 from 8 race format was retained by the inclusion of a September event, Llyn y Fan as we had lost the Dare Valley fixture. Llyn y Fan was also in the 2015 Summer Series so had a high quality field, but 4 of the top 5 that day failed to complete enough winter fixtures to figure prominently in the final table.

Peter Ryder, (Brycheiniog) the eventual male series winner laid the foundations for his series win, (518.77 points) with a runaway victory at Fan Fawr netting him 110 points and then placed in the top three for his other four appearances including another win at Craig Yr Allt. Second and Third place in the series were Matt Stott and Ben Moon, (both MDC) who had close battles at the front with Peter and also Daniel Hooper, Paul Murrin, Chris Jones, Andrew Tuckey and Charlie Lowther.

The women's series winner Clare Dallimore, (MDC with 426.72 points) was far more clear-cut as her nearest

competitor was over 70 points behind and she was first woman in all of her 5 races. Helen Brown (Mynydd Du) was a close competitor but only appeared 4 times. Anneliese Loveluck, Lucy Baker and Bev Tucker had quite a close series between them.

In total there were 291 competitors for the series but sadly 169 only competed in one race, possibly something to do with trying a fell race and finding it hard, let us hope that on reflection these people come back again.

The series could not happen without the outstanding efforts of all the race organisers and their marshals, in particular Martin and Kay Lucas for being ever willing trig point marshals and John Chidlow the almost omnipresent race timer. Thanks also go to the series organisers: Andy Blackmore, Dick Finch and Vanessa Lawson but none of this would be possible without the hard work of the Winter Hill Series Supremo, Dom Shields. Summarised results for the Series are as follows:

Women

- 1st Clare Dallimore
- 2nd Anneliese Loveluck
- 3rd Lucy Baker
- LV40 Bev Tucker
- LV50 Rona Davies
- LV60 Caroline Dallimore

Men

- 1st Peter Ryder
- 2nd Matt Stott
- 3rd Ben Moon
- MV40 Daniel Hooper
- MV50 Peter Williams
- MV60 John Aggleton
- MV70 Lloyd Griffiths

Now that the Winter Series is over and spring is in the air, thoughts turn to the start of the 2016 Open Welsh Championships, (sponsored by Inov-8), the North Wales Series, (sponsored by Cotswold Outdoors) and the South Wales Series, (jointly sponsored by MDC, Chepstow Harriers and RA Chilton).

First up is the demanding Cribyn on Saturday 16 April – a 'short', but it certainly doesn't feel like that! It is 8.9 km long with 950 metres of climb split into three climbs, there's an interesting choice of line for the second ascent up the north face of the Cribyn. The more direct the line, the steeper the climb. You also tackle Pen y Fan, the highest peak of the Brecon Beacons, with its initial craggy drop-off before a fast run-in back to the Camp. With little route marking,

The following races are to be included in the Open Welsh Championships:

| | | | |
|----------|------------|-------------------|----------|
| Saturday | April 16 | Cribyn | (Short) |
| Saturday | May 14 | Moel Eilio | (Medium) |
| Saturday | June 11 | Pedol Cwm Pennant | (Long) |
| Sunday | June 26 | Tour de Calch | (Medium) |
| Saturday | August 6 | Llanthony Show | (Short) |
| Sunday | October 23 | Clwydian Hills | (Medium) |

a recce is recommended. Only £5 entry on the day, finding the race start can be as challenging as the race itself, so allow plenty of time to locate Cwm Gwdi Camp, a few miles north of Brecon town.

Moel Eilio, follows a month later – a truly classic race in the Welsh calendar and not to be missed. Entry online is available for Eilio due to the expected popularity this year as it'll also be an Inter-counties counter.

Next up is Pedol Cwm Pennant which is fast becoming another classic. 16 miles with just under 6000 feet of climbing, taking in the summits of Moel Hebog, Moel yr Ogof, Moel Lefn, Tal y Mignedd, Craig Cwm Silyn and Garnedd Goch. All taking place in the splendid hidden valley of Cwm Pennant. This year the race will be part of the British fell running championships.

Back to South Wales for the brand new Tour de Calch on Sunday 26 June which explores Pen Cerrig Calch and environs. An AM event (13 km/630 m), Pen Cerrig is known for its plateau scattered with limestone rocks with more rocks on its flanks amongst acres of grass. Organiser Andy Creber says a recce would be worthwhile, and there's a helpful map on the website. £5 on the day from the welcoming Farmers Arms in Cwmdu.

The Llanthony Hill Race has been an integral part of the popular Llanthony Show for a dozen years now. This one is pretty well marked and a lot of it is in sight of spectators at the Show – a fine day out for all the family. 16 year-olds can have a go, and there are lots of novelty (madcap and frankly bizarre) races in the arena for adults, children, and dogs including the sack and three legged races - all finished off by the infamous 'beer race'. The Llanthony area is known for its delicious 'real cider' which is much in evident – especially towards the latter end of the Show. The fell runners often have to weave their way through the



*John Aggleton of MDC, still upright.
Unknown runner, not upright!*

gymkhana horses and boxes on the way out and back, while some back-markers have been known to appear from behind the beer tent. 3.5 miles including a nice ridge run along the Offa's Dyke trail, a fair chunk of the 1,100 feet of climb is achieved by clearing the Showground and the steep pastures above it. Entry free to all Showgoers.

The series concludes, as it did last year with the Clwydian Hills race. A reminder to those planning to get stuck into any of the Welsh series' this year, they are all open championships and everyone is welcome; but if you want to benefit from a prize you must be a member of the WFRA to be eligible. Your membership supports grassroots fellrunning in Wales.

MEMBERSHIP MATTERS

CHARMIAN HEATON (MEMBERSHIP SECRETARY)

Since my appointment as Membership Secretary at the AGM in July last year I have so far attended three committee meetings, driven 1,630 miles and written countless emails in pursuit of my FRA duties which have been very rewarding. Being recently retired I have now taken on the manual administration of membership which has been managed for us by Debbie Thompson at Sportident. I want to thank Debbie for all her hard work on our behalf and hope that I can live up to her high standards.

First Claim / First Claim Other Status

My work in conjunction with England

Athletics to clarify the status of fellrunners who are members of another club for alternative disciplines (such as road or XC), is almost complete. This has been a very worthwhile exercise to protect the eligibility of these runners to compete on the fells for their chosen club and I am very grateful for the help and support from the long suffering club membership secretaries.

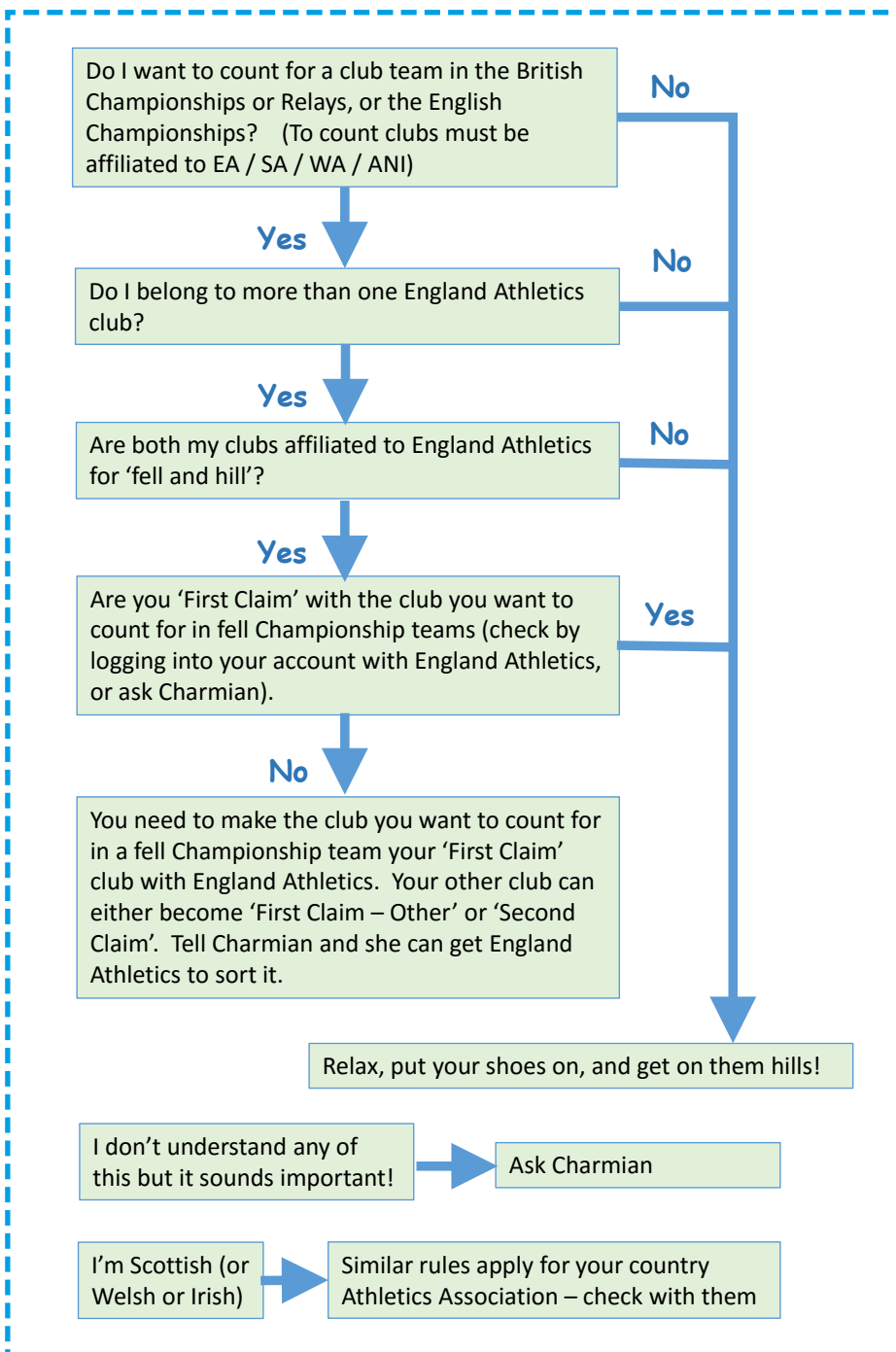
If you are currently a member of more than one club and think you might need some clarification then have a look at the flowchart and don't hesitate to contact me on membership@fellrunner.org.uk if you

need any further help.

Housekeeping

If you move house, then please remember to update your address in SiEntries to ensure that you continue to receive your annual Handbook and Fellrunner magazines. I have also been asked about payments which have left members' bank accounts and have then been returned. These are invariably old Standing Orders which will no longer work and they need to be cancelled with the bank.

Charmian Heaton
membership@fellrunner.org.uk



ADVANCE NOTICE OF ANNUAL GENERAL MEETING

STEVE CLIFF GENERAL SECRETARY, APRIL 2016

The Annual General Meeting of the Fell Runners Association Limited will take place on Saturday 10 July 2016 at 14.00 at Rossendale Harriers club room, Marl Pits Leisure, Newchurch Rd. Rossendale, Lancashire BB4 7SN. References in the notes below to articles are to the company's articles of association which can be found here:

www.fellrunner.org.uk/pdf/committee/12_fra_constitution.pdf

Members are asked to note that prior to the AGM there will be a discussion on the draft FRA plan at 13.00. Light refreshments will be available from 12.30 from members who notify the Secretary of their intended attendance.

- 1. Agenda:** a full agenda for the meeting will be made available in due course and will follow the framework set out in article 16 of the articles. The notice containing the agenda will be given on the FRA website as provided for in article 61. It will be published in the magazine if the timing of the printing of the summer edition makes this practical but this is unlikely. Formal notice will be available in late June 2016 to comply with the 21 days' notice requirement in the articles.
- 2. Resolutions:** resolutions, including a proposer and seconder, to be put to the meeting must be notified to the General Secretary by Friday 27 May 2016.

- 3. Accounts:** The accounts of the company to be approved at the meeting will cover the period 1 January 2015 to 31 December 2015.
- 4. Election of the Executive Committee** – subject to changes in 2. above:
 - a) The officers of the Executive Committee described in article 22 (a) will be elected in the usual way, and nominations for any of these positions, including a proposer and seconder, to be notified in writing to the General Secretary by Friday 27 May 2016. All members of the Executive Committee must be members of Clubs affiliated for fell running to UK Athletics.
- 5. Voting:**
 - a) Voting arrangements for members are detailed in article 20.
 - b) English Clubs which are affiliated for fell running to UK Athletics and are represented at the meeting are entitled to two votes each.
 - c) Each member will have the right to appoint a proxy in accordance with article 15. A proxy form will be available to download with the notice of the meeting.
- 6. Open Discussion:** in accordance with article 16, an open discussion will follow the formal business. This is an ideal opportunity for the members to express views on any aspect of our sport.

ACCESS AND ENVIRONMENT

CHRIS JONES (ACCESS OFFICER)

I'm writing this after running a very enjoyable Stan Bradshaw Pendle Round. I mention this because, unfortunately like some other races recently, part of the course had to be rerouted this year to deal with environmental impact – in this case to mitigate damage to saturated farming land which the run in to the finish usually crosses.

As mentioned in previous articles, the general impact on the environment of events taking place on them (not just fell races) is a growing issue where races take place on sensitive landscapes and this has resulted in further races cancelled this year and some in jeopardy. That said, these issues can hopefully be dealt with to secure the races in some form or another, and I'd encourage race organisers to contact me with issues as and when they arise.

Discussions between the FRA and National Trust regarding the National Trust's new licensing system in the Lakes, have concluded with an overarching arrangement, to take care of payment of the event licensing fees and also the voluntary donation to Fix the Fells. Race organisers have been advised and guidelines provided to (hopefully) make the application process as simple as possible. It looks like this system is now going to be rolled out nationally - the National Trust in the Peak District recently held a consultation evening. I'll update race organisers directly as and when things develop.

The Forestry Commission tell me that they will be reviewing their events licensing system this summer. In the meantime, if anyone wishes to feedback on, or discuss

any events they have over Forestry Commission land, please contact me.

The British Mountaineering Council have notified us of a BMC Crowdfunding campaign they are launching on 14 March called Mend Our Mountains which will be of interest to fell runners. Currently they have the backing of Chris Bonington, Doug Scott, Julia Bradbury and others. See for further

details - www.thebmc.co.uk/will-you-help-to-mend-our-mountains

They are aiming to raise at least £100,000 for upland path repair work in 8 of our National Parks. The BMC Access & Conservation Trust has already committed £1000 to each of the projects.

Chris Jones (Access Officer)
access@fellrunner.org.uk

Fix the Fells

Following the floods, we have surveyed 145 paths so far. These surveys have taken place as a priority in the high impact areas (north and east Lakes) but across the whole upland area. These surveys have been undertaken largely by our amazing volunteers. They were quick to offer to help as soon as the floods hit and we set some guidelines for assessing the paths and they started to tackle them straight away and in the continuing very poor weather. We also used information from LDNP and NT Rangers and from the Fell Top Assessors as well as group called the Kendal Fell Walkers.

All this information has been added to our (very) long list of paths that need repairs.

There are nearly 30 severely damaged paths identified so far. This means they have been swept away, or landslides have covered them or they have turned into gullies. Catbells is a good example of one of the most damaged paths as a group of kind fell runners discovered and kindly helped out.

Other paths include Coledale Hause, Swirls to Helvellyn, the Wythburn path to Helvellyn, paths to and from Grisedale Tarn including Dollywagon Pike.

There are many more paths with a lesser degree of damage but damage that will require repair at some point before things get worse. This ranges from water having weakened stone pitching or damaged path drains or left smaller gullies.

Unfortunately, there is no funding available as yet for flood damage for the paths. This means work cannot



start properly until 2017. In 2016 we are beginning some of the work by diverting other funds but there is a limit to what we can do at this point until we know the level of funding we will receive. The LDNP are putting in a bid to DEFRA for all flood damage and some of the path repairs will form part of that. We are also working with

the National Trust (our lead partner) to see how we can raise funds.

Fell runners are one of our core groups of fell users and are exactly the kind of people who we would love to become long-term volunteers. We ask for a minimum commitment of 12 days a year (very flexible about how and when these are done) as we invest quite a lot in training. This is the most helpful type of volunteering. There are occasions where short-term projects just need a lot of hands to help (such as Catbells) but this is only occasional. Any help is always gratefully received though!

We always need help fundraising - via challenge events or any other method people can think of. Any offer here is welcome, and we appreciate the work already done by the fell running community.

The obvious point of fell runners keeping to the paths wherever possible is also always appreciated. We do understand that some path surfaces are better than others for running on though so if runners choose not to keep to the path then please don't run just on the edge of it as this causes erosion and the path to widen. It is better in these circumstances to keep further away from the path (assuming it is safe of course).

Finally - helping us spread the word about what we do and why it is important and letting us know about any areas of damage they are aware of.





Bingley Harriers & AC



A DATE FOR YOUR DIARY

**THE FELL RUNNERS ASSOCIATION
ANNUAL PRESENTATION EVENING**

WILL BE HELD ON
SATURDAY 12 NOVEMBER

AT THE
RENDEZVOUS HOTEL
IN SKIPTON

- Three course meal
- Awards presentation
- Live music entertainment
- Tickets £26 each (available later)
- Hotel accommodation

**More details in the
Summer edition of
'The Fellrunner'**

On the same day as the **Harriers v Cyclists** event in Bingley, run or ride. See the Fixtures Calendar for more details or www.bingleyharriers.co.uk/events/harriers-vs-cyclists/

David Weatherhead 07527 696996 dtwace@aol.com

» BY OWEN MILLS

Fell Legends



There was a spectacular evening of inspiration at the Brathay Trust on 1st April, where hundreds of fell runners heard and had chance to ask questions of three of the greatest fell runners ever. When asked by an FRA Junior if they had any tips for junior fell runners, Joss Naylor opened up the reply with a strong emphasis on enjoyment, and keeping going. Billy Bland and Kenny Stuart joined in too with some really helpful comments about being self-motivated and not worrying if you sometimes don't win, the message was "just keep working hard at it and success will come."

Joss will be raising funds for Brathay Trust in June by running from Caldbeck to Wasdale in his 80th year, to celebrate the life of his father.

www.brathay.org.uk/caldbeck-to-wasdale

More on this event in the summer. Were you there? Did you see it live? Can you offer a full write up? Contact editor@fellrunner.org.uk



Juniors

New for 2016, many of you will have noticed that the age category cut-off date for junior FRA races was changed from “age (at midnight at the end of) 1st January at the beginning of the year of the race” to “age (at midnight at the end of) 31st December just before the beginning of the year of the race”, keeping all other junior age categories the same (i.e. u8, u10, u12 etc.) So this meant that only children with birthdays on 1st January would end up running in a different age category for 2016. This minor change seems to have been implemented without any major objection or difficulty, and hopefully the next change (not to be implemented until the 2017 season) will be just as simple.

Describing the next step now, will allow time for clubs and race organisers to plan for the 2017 season well in advance, as these next changes will involve (minor, mostly administrative) alterations to race entry forms, race permit applications, race information (route maps, registration data, results etc.), and where applicable, to trophies. Many junior clubs also manage junior championship tables which use FRA (and/or other athletic body) age categories, so this advance notice will allow club junior volunteers to plan ahead for 2017 and for some clubs, simplify their championships so FRA age groups are the same as others. There may be a need for a brief explanatory note on websites or other data sources where clubs or race organisers maintain record race times for junior races.

Most other forms of athletics (xc/international mountain running/ track/road) use u9, u11, u13, u15, u17 categories, and use a reference date of midnight at the END of the year of the race. The age categories, in everything except what we call them, are identical. So the change to be implemented for the 2017 season, is to simply change the name of each category, (See Table 1.).

Whilst FRA strongly encourages all race organisers and clubs to adopt the new labels (which are mandatory for the Junior FRA English Championships), there remains some flexibility for FRA

permitted races to use alternative age group cut-offs such as “age on day of race” (applies to some historic and traditional races) but this does of course make using such races in club/regional championships complicated as children move from one age category to another at some point in the year. BOFRA will maintain its “age on 1st May in year of race” providing some variety still.

2016 JUNIOR CHAMPIONSHIPS

Take a look at the list of races for 2016 in the list below, but also do please check the FRA Juniors Facebook Group and Fell Junior website for further details and potential changes (www.felljunior.org.uk/).

In order to qualify for the much sought after hoodie (for completing 6 races) or t-shirt (for completing 4 races) juniors must become members of the FRA either individually or as part of family membership.

- 16 April Todd Crag, Ambleside
- 07 May Hawskwick, Wharfedale
- 14 May Malham, Keighley & Craven
- 11 June Turner Uphill, Broughton
- 18 June Clougha Pike, Bowland
- 02 July Stretton, Mercia

Here’s a preview from the first race’s organiser, Eleanor Knowles of Ambleside AC, who also advises that would-be entrants check the host club website for last minute details ([Todd Crag Junior Races - Ambleside AC](#)). We hope that the footbridge repairs will be fully complete by the time of the race but please do check as the Cumbrian storm damage was extensive and repairs are still ongoing in many areas.

Table 1.:

| EXISTING CATEGORY (label in use for 2016 season) | | NEW CATEGORY (label coming into use for 2017 season) | |
|--|-------------------------------|--|-------------------------------|
| Age as at 31st December 2015 (i.e. end of year before the race) | | Age as at (end of) 31 st December 2017 (i.e. end of year in which race occurs) | |
| Label | Date of birth | Label | Date of birth |
| Under 8 | After 01/01/2008 ^A | Under 9 | After 01/01/2009 ^A |
| Under 10 | 01/01/2006 to 31/12/2007 | Under 11 | 01/01/2007 to 31/12/2008 |
| Under 12 | 01/01/2004 to 31/12/2005 | Under 13 | 01/01/2005 to 31/12/2006 |
| Under 14 | 01/01/2002 to 31/12/2003 | Under 15 | 01/01/2003 to 31/12/2004 |
| Under 16 | 01/01/2000 to 31/12/2001 | Under 17 | 01/01/2001 to 31/12/2002 |
| Under 18 | 01/01/1998 to 31/12/1999 | See note | ^B |

- A. All juniors must be aged over 6 years old on the day of the race
- B. The under 18 and under 23 categories are under review for 2017. Please contact the FRA Junior Co-ordinator if you are able to manage races and/or championships for this important group transitioning from junior to senior runners or have suggestions on how to improve uptake for this age.

TODD CRAG

“The Todd Crag junior race, held annually in Ambleside, is a great early-season race to warm up the hill legs! Opening the FRA Junior Champs this year for the first time, juniors will run straight from Rothay Park, across ‘under Loughrigg’ and tackle the steep pitch of the Loughrigg track. The rapid and unrelenting rise of this track not only gets the blood pumping right from the start of the race, but it also (if you have energy to look over your shoulder!) gives a sudden and rather glorious view of Ambleside nestled beneath Wansfell. Aside from the U8 runners (who remain on the main track), the juniors continue their climb, first over the stone stile and then up the grassy track towards Todd Crag summit on the Ambleside end of Loughrigg. Once atop the hill, the lucky older runners (U14+) gain the benefit of a fast grassy gallop across the top to Lily Tarn,



weaving between hillocks, past tiny tarns and amongst the old bogs and bracken. The courses are not especially long but (we’ve been told) are tough and challenging. A real fell race in miniature, you will climb a proper Lake District hill, find your way

up and down steep sections, rocky paths, boggy patches, and round tarns. And you will especially enjoy the super-fast descent of the track, sprinting to glory in the lovely Rothay Park. There’ll be cakes, drinks and real inside toilets. What’s not to like!?”

HAWKSWICK

SU THOMPSON



Saturday, May 7, 2016

The second race of this year’s FRA Junior Championship continues in picturesque style with a visit to a quiet but beautiful corner the Yorkshire Dales, in the hamlet of Hawkswick. Organised by Wharfedale

Harriers, this new set of races creates new routes up and around Hawkswick Moor. As might be expected, there is a full set of junior races from U8 to U18, with the added bonus of a senior race. The senior race will traverse the ridge, cross to the trig and then climb to Middlesmoor Pasture, taking in the spectacular views of both Wharfedale and Littondale, before a fast descent to the finish.

To add extra gravitas to the event, it is also the 21st Junior Yorkshire Fell Championship race.

In addition, there will be a full set of refreshments including home-baked confectionary and drinks for all. So, whatever the weather, this will be a good day to be in the heart of the Yorkshire Dales.,



PHOTOS © SUTHPMPSON



2016 FRA England Fell & Mountain 14-16 Development Squad

13th March 2015, 10:00 – 16:00, Sedbergh School

It was a glorious spring day with snow still on the hills for this year's pre-season junior development camp at Sedbergh School on Sunday March 13th.

This camp, which is an annual event, was aimed at those running in the U16 age group, an age group for which there is potential International representation for the first time and aims to give information

Athletes are invited to apply who have placed in the top ten of any FRA Championship race, or are county standard cross country runners or display fast time on the track or road.

In short, young runners who are keen to develop their potential through learning more about topics including injury prevention, recovery strategies, training & race planning, performance psychology and running technique from experts.

It is also an opportunity for coaches to learn more about the requirements for International standard racing and training as well as a chance for runners from different clubs to get to know each other better & have an enjoyable shared experience.

After introductions, 25 juniors went out into the sunshine with physiotherapist Jenny Birch to look at developing running style. Exercises, activities & drills were introduced to not only run faster, but also to reduce the chances of injury through strengthening & aligning running style.

After a short break, Chair of Selectors Anne Buckley talked about the various International opportunities available for this age group and the pathway to achieving that with slides showing England & GB



Testing

juniors racing in Italy, Bulgaria & at the World Championships in Wales last year.

This was followed by former FRA U12 & U18 Champion, GB mountain runner & GB tri-athlete Jack Willis giving a fascinating & inspiring talk on his experiences going through age groups to senior level in fell & mountain running.

Some of his key points were –

- there have been many ups & downs, highs & lows, important to keep going and learn from each experience

- Running can take you to some wonderful places, make great friendships & have fantastic experiences, not all about results
- Recently did the 3 Shires fell race, had a shocker of a race but loved every minute. Remind yourself regularly about why you run beyond results
- Used to get very nervous but now links performance to preparation, so a poor race an indicator of preparation improvement rather than ability
- Was once shaken being beaten in an International race he expected to win. Now does not create those expectations, is more open & flexible adapting to how each race unfolds.
- Have learnt far more from losing & failures than winning, always opportunities to learn & improve
- Run races because you want to run them not because you have to
- Above all have fun & enjoy the experience



Jack Willis

Jack stayed throughout the day adding insights and providing examples from his experiences to make all the information being passed on come to life.

Another short break and Anne Buckley provided input on training effectively for long term development including short, medium & long terms planning.

A short quiz revealed some current



Rebecca



Training Diaries

attitudes to training loads, recovery, over reaching & managing school & club demands with ambitions.

Key points from this input were-

- Staying healthy. Sleep, diet, strength & conditioning, personal hygiene, recovery.
- Working on form. Drills, strength, efficiency, physio input, feedback from a good coach
- Planning training. Weekly patterns, key ingredients, flexibility, recovery, increases (v gradual!) training diary.
- Peak for races. Routines, volume v intensity, speed, SLEEP!

Jenny then returned after lunch to introduce

some simple physiological tests to diagnose & measure weaknesses then highlight exercises to address those weaknesses. This was a very practical session with very practical and helpful exercises to measure progression.

Following Jenny there was a session on psychology & performance. After a short, yet challenging, introduction with juggling balls in groups, some key points were made around concentration & managing distractions.

This was followed by input on –

- Managing arousal states. Understanding how performance is linked to arousal levels & managing those states to obtain

The last presentation of the day was from Rebecca Robinson, GB Mountain runner & GB marathon runner about her journey from junior home international at Sedbergh to now.

Key points from Rebecca's excellent talk were –

- Life doesn't go in a straight line! Things go wrong & often don't go to plan. Don't worry. Stay at it, learn and try again.
- Don't forget the people who provide you with support, who drive you to races and training who are with you when things don't go to plan. They are worth their weight in gold!
- Planning. Have a plan or a system that you believe in & that is shaped from personal experience & others expertise.
- As long as you give your all there is no more you can do.
- Running can lead to wonderful friendships and fantastic experiences, an opportunity to travel around the world and compete in places would never have visited otherwise.

Rebecca then led a question & answer session.

We then did some personal profiling & goal setting before bringing the day to a close.

The feedback has been overwhelmingly positive. The day was seen to be inspiring with a great deal of learning and awareness being raised plus a lot of banter & fun being had both with athletes & coaches who attended.

Finally I'd like to say thank you Rebecca, Jack, Jenny, Anne, Carol Evans & Debbie Copley for all the preparation they did for their presentations, also the flapjack, cake, tea & coffee they supplied! Also and significantly to Jon Richardson of Sedbergh School for his support & the use of his classroom, which is a superb venue & perfect for this camp.



Juggling and Concentration

British and Irish Junior Mountain Running Championships & Junior Home International

Betws-y-Coed, Wales, 19 September 2015



England Junior Home International teams

PHOTO © SPORT PICTURES CYMRU

England's junior mountain runners successfully defended the overall team title they won in Ireland last year by winning the team competition in 3 out of 4 races.

Performance of the day came from Danny Lawton (Trafford) who won the U20 title in his second ever mountain race having snatched the last spot in the England B team at the trial race 4 weeks earlier. The A team was led home by William Battershill in 4th place, also running only his second mountain race. William was backed up by Oscar Meanwell and Chris Richards to secure the team title.

In the U20 Junior Women's race Olivia Sykes led the England team home finishing in a superb second place on her England debut. Elizabeth Apsley won the individual bronze medal and with Bella Williams in 6th England were clear winners.

Alfie Thompson was a convincing winner of the U17 Junior Men's race and with team mates Jimmy Lund and Thomas Nelson in 5th and 6th it was again an England team victory. Nathan Smith running for England B had a superb run to take individual bronze.

The U17 Junior Women finished second in the team race to a strong Scotland squad but Lauren McNeil secured an individual bronze on her England debut. She was closely followed by team mates Holly Page in 4th and Juliet Downs in 6th.

This strong England squad contained 2 sets of siblings including 3 members of the Byram family, twins Lucy and Erica and older brother Lewis, who all run for Holmfirth. Ellen and Juliet Downs of Stockport ran in the U20 and U17 races respectively.

These junior races preceded the World Mountain Running Championships in which the Great Britain and Northern Ireland team was the most successful team globally, winning team medals in every race as well as 3 individual medals. See: <http://www.britishathletics.org.uk/media/news/2015-news-page/september-2015/19-09-15-wmrc-report/>

Results:

U17 Junior Women (4.7km, 250m climb/descent):

| | |
|---|-------|
| 1. Laura Stark (Scotland) | 21:39 |
| 2. Emily Nicholson (Scotland) | 21:46 |
| 3. Lauren McNeil (England A / unattached) | 21:51 |
| 4. Holly Page (England A / Dartford) | 22:15 |
| 6. Juliet Downs (England A / Stockport) | 23:10 |
| 8. Amelia Lancaster (England B / City of Sheffield) | 23:19 |
| 9. Lucy Byram (England A / Holmfirth) | 23:35 |
| 10. Jemima Elgood (England B / Ilkley) | 23:51 |
| 11. Erica Byram (England B / Holmfirth) | 23:58 |
| 12. Imogen Burrow (England B / Helm Hill) | 24:09 |

Teams:

| |
|----------------------------|
| 1. Scotland 8 [1,2,5, (7)] |
| 2. England 13 [3,4,6 (8)] |
| 3. Wales 30 [9,10,11] |
| 4. Ireland 39 [12,13,14] |

U17 Junior Men (4.7km, 250m climb/descent):

| | |
|--|-------|
| 1. Alfie Thompson (England A / Leicester Coritanian) | 18:30 |
| 2. Joseph Crutchley (Wales A) | 18:44 |
| 3. Nathan Smith (England B / City of York) | 18:52 |
| 5. James Lund (England A / Keighley & Craven) | 19:06 |
| 6. Thomas Nelson (England A / Wharfedale) | 19:17 |
| 7. Elliott Matier (England B / Eden Runners) | 19:22 |
| 9. Jacob Steele (England B / Dallam) | 19:38 |
| 21. Jack Byrne (England B / Helm Hill) | 20:49 |

Teams:

| |
|----------------------|
| 1. England 8 [1,3,4] |
|----------------------|



Alfie Thompson, British U17
Mountain Running Champion

PHOTO © SPORT PICTURES CYMRU

- 2. Scotland 18 [5,6,7,(12)]
- 3. Wales 25 [2,10,13]
- 4. Ireland 35 [9,11,15]
- 5. Northern Ireland 38 [8,14,16]

U20 Junior Women (4.7km, 250m climb/descent):

- | | |
|---|-------|
| 1. Megan Carter-Davies (Wales) | 22:29 |
| 2. Olivia Sykes (England A / Holmfirth) | 22:36 |
| 3. Elizabeth Apsley (England A / Stockport) | 22:39 |
| 4. Heidi Murray (England B / Lancaster & Morecambe) | 22:46 |
| 6. Bella Williams (England A / Lincoln Wellington) | 23:07 |
| 7. Ellen Downs (England A / Stockport) | 23:30 |
| 8. Hannah Russell (England B / Helm Hill) | 23:53 |
| 10. Ellie Crownshaw (England B / Hallamshire) | 24:57 |
| 13. Sophie Whittaker (England B / Bury) | 25:17 |

Teams:

- 1. England 10 [2,3,5,(6)]
- 2. Wales 15 [1,4,10, (11)]
- 3. Scotland 24 [7,8,9]

U20 Junior Men (8.9km, 500m climb/descent):

- | | |
|--|-------|
| 1. Danny Lawton (England B / Trafford) | 37:30 |
| 2. Ross Gollan (Scotland) | 37:51 |
| 3. William Battershill (England A / Erme Valley) | 38:23 |
| 4. Oscar Meanwell (England A / Borrowdale) | 38:49 |
| 5. Chris Richards (England A / Helm Hill) | 38:57 |
| 7. Lewis Byram (England B / Holmfirth) | 39:25 |
| 9. Callum Davidson (England B / Rossendale) | 39:51 |
| 11. Chris Law (England A / Holmfirth) | 40:23 |
| 18. Jack Hindle (England B / Blackburn) | 42:27 |

Teams:

- 1. England 9 [2,3,4,(8)]
- 2. Scotland 13 [1,5,7, (14)]
- 3. Wales 27 [6,9,12, (13)]
- 4. Ireland 36 [10,11,15, (16)]

NB. Open runners and B team runners are deleted from the results before calculating the team scores.

Full results: www.tdl.ltd.uk/race-results.php?event=2113 (U17JW, U17JM, U20JW)

www.tdl.ltd.uk/race-results.php?event=2114 (U20JM)



England U17 Junior Men top the podium: left to right: Thomas Nelson, Jimmy Lund and Alfie Thompson

PHOTO © SPORT PICTURES CYMRU

3 Rifugi Relay

Collina di Forni Avoltri, Italy, 16 August 2015

Report by Andrew Douglas (the following weekend Andrew secured his place in the GB team for the World Mountain Running Championships where he went on to finish in an amazing 6th place contributing to the team bronze medal for GB)

When arriving in the small hamlet of Collina in the foothills of the Dolomites, you may be forgiven to think the Tre Rifugi relays may just be a fairly low-key race, with a handful of competitors. This couldn't be farther from the truth! Despite its remote location and narrow, windy mountain roads, this tiny village puts on a superb event, attracting teams from across Italy and central Europe, as well as a few British gate crashers! The stunning, rugged mountains that surround Collina give a flavour of what to expect from the race - short, steep and technical ascents/descents with a fair bit of scrambling across various rock-faces.

The first leg was a short and sharp 4.5km with 700m of ascent, with the first 2km on asphalt road before taking on steep, narrow trails up the mountain. A lot tougher than it seemed on paper, and I was to pay the price for starting a bit too enthusiastically as the energy-sapping trail section took its toll. However I managed to keep us in contention with the 3rd and 4th-placed teams handing over to Tom in 5th place. Emmie on the women's team had a stormer

of an opening leg and gave the girls a huge lead - one which they would maintain for the entire race and complete in a new course record! Ricky brought the men's team home on his downhill-only leg, finishing very strongly to take the team up to 4th place - incidentally, Ricky ran the fastest downhill leg of the day to take pride of place in the history books of the race.

With over 120 teams competing and plenty of spectators to line the course, Tre Rifugi really lived up to its billing as a one of the key European Mountain Races in the calendar. The relay-format gave it a fantastic team feel and being able to cheer the third-leg runners as they came hurtling down the hill added to the excitement of the event. The organisers are clearly passionate about it and each year this is rewarded with a great strength in depth with the teams participating. We were extremely well looked-after by our hosts Tony and Maria, and most importantly made sure that Ricky and I were never short of ice-cream and tiramisu, obviously key to a mountain-runners dietary requirements!

| Leg | Distance | Descent | Ascent |
|-----|----------|---------|--------|
| 1 | 4.5km | | 739m |
| 2 | 3.8km | 232m | 397m |
| 3: | 4.7km | 891m | |

Results

Men

| | | |
|------|------------------------|---------|
| 1. | CORRINTIME | 1:13:20 |
| | DE MATTEIS Bernard | 30:07 |
| | DE GASPERI Marco | 26:50 |
| | DE MATTEIS Martin | 16:23 |
| 2. | U.S. ALDO MORO PALUZZA | 1:14:51 |
| | STERNI Riccardo | 32:19 |
| | PIVK Tadel | 25:29 |
| | MORASSI Alessandro | 17:03 |
| 3. | TEAM LA SPORTIVA | 1:15:55 |
| | ZEMMER Urban | 31:50 |
| | FOLLADOR Alessandro | 27:26 |
| | TAVERNARO Michele | 16:39 |
| 4. | GRAN BRETAGNA (GBR) | 1:16:23 |
| | DOUGLAS Andrew | 32:27 |
| | OWENS Tom | 27:42 |
| | LIGHTFOOT Ricky | 16:14 |
| 104. | ENGLISH LEGENDS (GBR) | 2:17:49 |
| | BRINDLE Brent | 56:40 |
| | KENNY Triss | 47:41 |
| | SHERBOURNE Tom | 33:28 |

Women

| | | |
|----|---------------------|---------|
| 1. | GRAN BRETAGNA (GBR) | 1:29:42 |
| | COLLIDGE Emmie | 36:22 |
| | PAGE Holly | 33:51 |
| | BRINDLE Lindsey | 19:29 |



Andrew Douglas Leg 1



Emmie Collidge Leg 1



Holly Page Leg 2

Fastest legs:

Leg 1

Men

| | | | |
|----|--------------------|------------------------|-------|
| 1. | DE MATTEIS Bernard | CORRINTIME | 30:07 |
| 2. | ZEMMER Urban | TEAM LA SPORTIVA | 31:50 |
| 3. | STERNI Riccardo | U.S. ALDO MORO PALUZZA | 32:19 |
| 4. | CAGNATI Luca | TIMAUCLEULIS | 32:19 |
| 5. | DOUGLAS Andrew | GRAN BRETAGNA (GBR) | 32:27 |

Women

| | | | |
|----|----------------|---------------------|-------|
| 1. | COLLINGE Emmie | GRAN BRETAGNA (GBR) | 36:22 |
|----|----------------|---------------------|-------|

Leg 2

Men

| | | | |
|----|---------------------|------------------------|-------|
| 1. | PIVK Tadel | U.S. ALDO MORO PALUZZA | 25:29 |
| 2. | DE GASPERI Marco | CORRINTIME | 26:50 |
| 3. | MULLER Claudio | TIMAUCLEULIS | 27:10 |
| 4. | FOLLADOR Alessandro | 3 TEAM LA SPORTIVA A | 27:26 |
| 5. | OWENS Tom | GRAN BRETAGNA (GBR) | 27:42 |

Women

| | | | |
|----|------------|---------------------|-------|
| 1. | PAGE Holly | GRAN BRETAGNA (GBR) | 33:51 |
|----|------------|---------------------|-------|

Leg 3

Men

| | | | |
|----|-------------------|----------------------|-------|
| 1. | LIGHTFOOT Ricky | GRAN BRETAGNA (GBR) | 16:14 |
| 2. | DE MATTEIS Martin | CORRINTIME | 16:23 |
| 3. | MOSENA Luca | ATL. SAPPADA – PLODN | 16:28 |
| 8. | GALE Phil | (GBR) U.S. COLLINA | 17:22 |

Women

| | | | |
|----|-----------------|----------------------------|-------|
| 1. | CUFER Ana | SD NANOS – SLOVENIJA (SVN) | 19:26 |
| 2. | BRINDLE Lindsey | GRAN BRETAGNA (GBR) | 19:29 |



GB 1st foreign team



Ricky Lightfoot fastest descent



GB 1st women with Tony Tamussin



GB with organiser Tony Tamussin

International Mountain Running Opportunities 2016

2015 was an incredible year for British Mountain Running culminating with all four teams winning medals in the World Championships in Wales in September. Great Britain were the most successful nation overall winning seven medals in total (no other nation won more than five).

Other highlights from 2015:

- Emma Clayton, in winning individual bronze at the European Championships, won the first GBR senior uphill medal since 2002 and only the second ever
- Robbie Simpson in finishing 4th at the European Championships was the best ever placed GBR senior man in an uphill event
- Robbie Simpson won the first ever individual world medal by a senior man for GBR, and led the team to the first ever GBR team medal
- GBR won two individual medals in the senior women's event with Emmie Collinge winning silver and Emma Clayton winning bronze

International opportunities for athletes are set out here by age category, with details of who to contact for further information.

PHOTO © SPORT PICTURES Cymru



Clayton, Collinge, Tunstall

Seniors

Event: 13th WMRA Long Distance Mountain Running Championships, Podbrdo, Slovenia

Teams: Great Britain and Northern Ireland

Date: 18 June

Trial: 3 Peaks Race, 30 April

Event: European Mountain Running Championships, Arco, Italy

Teams: Great Britain and Northern Ireland

Date: 2 July

Trial: Whinlatter, 28 May

Event: Snowdon International, Llanberis, Wales

Teams: Home Countries

Date: 16 July

England Trial: Whinlatter, 28 May

Event: Senior Home International (included in British Athletics trial for World Championships)

Teams: Home Countries

Date: 30 July

England Trial: Skiddaw, 3 July

Event: World Mountain Running Championships, Sapareva Banya, Bulgaria

Teams: Great Britain and Northern Ireland

Date: 11 September

Trial: Keswick, 30 July

U23 on 31.12.16 (born in 1994, 1995 and 1996)

Note: U23 athletes are eligible for all senior events above.

Two places in each of the Home Countries men's and women's teams for the Senior Home International on 30 July are reserved for U23 athletes.

England opportunities:

Events: Smarna Gora Mountain Race, Slovenia, 1 October (up and down)

Hochfelln Mountain Race, Germany, 25 September (uphill only)

England Trial: British Athletics Trial for World Mountain Running Championships, 30 July

U20 on 31.12.16 (born in 1997, 1998 and 1999)

Event: European Mountain Running Championships, Arco, Italy

Teams: Great Britain and Northern Ireland

Date: 2 July

Trial: Whinlatter, 28 May

Event: World Mountain Running Championships, Sapareva Banya, Bulgaria

Teams: Great Britain and Northern Ireland

Date: 11 September

Trial: 30 July

Event: British & Irish Junior Mountain Running Championships Incorporating the Junior Home International, Keswick, England



Robbie Simpson



Danny Lawton

Teams: Home Countries
 Date: 17 September
 England Trial: Turner Uphill, 11 June AND Keswick, 27 August

U18 on 31.12.16 (born in 1999 and 2000)

Event: International Youth Cup, Janské Lázně, Czech Republic

Teams: Home Countries
 Date: 25 June
 England Trial: Sedbergh, 21 May

U17 on 31.12.16 (born in 2000 and 2001)

Note: Athletes born in 2000 are eligible for the Great Britain and Northern Ireland U20 team for both the European and World Mountain Running Championships (see U20 section) and the International Youth Cup (see U18 section).

Event: British & Irish Junior Mountain Running Championships Incorporating the Junior Home International, Keswick, England

Teams: Home Countries
 Date: 17 September
 England Trial: Turner Uphill, 11 June AND Keswick, 27 August

Great Britain and Northern Ireland Selection

Further information is available on the British Athletics website: www.britishathletics.org.uk/competitions/mountain-running-challenge/

Please contact the Chair of Selectors if you require any further information: Sarah Rowell (tel: 07712 051002, email: sarah@srowell.co.uk).

England Selection

Further information is available on the England Athletics website: www.Englandathletics.org/page.asp?section=611 and FRA website: www.fellrunner.org.uk/international-fell.php

Please contact the Chair of Selectors if you require any further information: Anne Buckley (tel: 07817 681826, email: annembuckley@yahoo.com).

Scotland Selection

Further information will be available shortly on the **scottishathletics** website: www.scottishathletics.org.uk/athletes/performance/selection-policies/international-handbook

Please contact the Chair of Selectors if you require any further information: Malcolm Patterson (email: malcpat@yahoo.co.uk).

Wales Selection

Further information is available on the Welsh Athletics website: <http://www.welshathletics.org/>

Please contact the Chair of Selectors if you require any further information:

Arwel Lewis (tel: 07772302411, email: arweleryri@gmail.com)

Northern Ireland Selection

Further information will be available shortly on the **NIMRA** website: www.nimra.org.uk/

Please contact Anne Sandford if you require any further information on anrunning@hotmail.co.uk

Training Camps:

England, Scotland, Wales

Age Group: 16-19 years

Date: April and August

Contact: Neil Wilkinson on neil@w1run.co.uk

Masters

World Masters Mountain Running Championships
 27/28 August, Susa, Italy

OPEN TO ANYBODY!

See: www.stellinarace.it/en/



U20 Women at Junior Home International. Sykes, Williams, Apsley

Races Amongst the Alps

Anne Buckley, who has trained with the best, has an excellent running record on all surfaces. With thirteen international vests, she is well placed to chair the England Selection committee. Here she discusses with Neil Shuttleworth the development of her own athletic career, standards in the sport and how the selection process works.

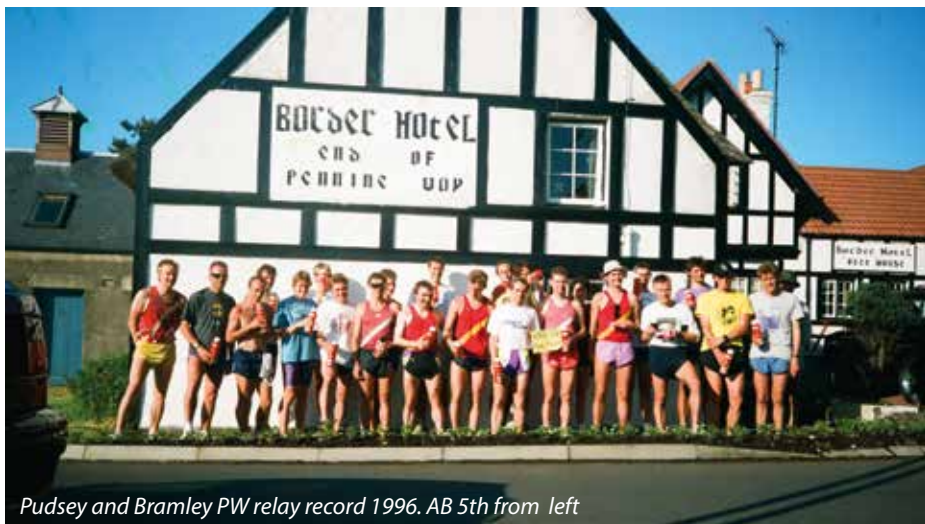
Last summer in Zermatt they remembered the triumph and disaster that befell the first ascent of the Matterhorn 150 years ago. After conquering the seemingly impregnable mountain Edward Whymper and the two Peter Taugwalders, father and son, watched as their four companions fell to their death.

In recent summers Zermatt has very pleasant memories for Anne Buckley. She has a clear image of that iconic mountain in her mind's eye. The Matterhornlauf starts in the village of Zermatt at 1,605 metres, and in 12.5 Km rises through Zmutt, a hamlet at the foot of the Zmutt Glacier, to finish at Schwarzsee, 2,580 metres. From here mountaineers can go to the Hörnli Hut and climb the 4,478 m high Matterhorn. In 1997 she was on form. The elite entry included Switzerland's Isabella Moretti, twice a past winner, Caroline Reiber and Alessandra Olarte, a Columbian, and Anne won handsomely defeating Moretti, second a minute down. Two months before Moretti had been third in the Europeans, when Anne was 16th. Anne returned in 1999 for a marvellous third. So Zermatt conjures up happy memories.

Born in 1967 on the Wirral, Anne moved to Nottinghamshire at the age of 8. "I always ran cross-country as a child, and got great



Anne Buckley - Euro Champs 2007



Pudsey and Bramley PW relay record 1996. AB 5th from left

support from my first two running clubs – Ruddington AC and Sutton-in-Ashfield Harriers before going to Manchester University. My brother Alan came through Ruddington and went to University at Newcastle so he joined Gateshead. He continued to be a loyal member until he moved to Leeds for his Ph D in 1997. He was training with and living with Leeds City people so it made sense for him to join in the end. He has a GB vest from the 2007 World Cross-country. We encouraged our father, George who is now a top V75."

At Manchester University she studied German and Maths, and in her second year, 1986/87, was captain of the Cross-country team. After graduating she taught at Leeds University where she is now a full-time lecturer in German and Translation Studies.

With Leeds City she won the Northern 5,000m title (1991) in 17:07, and two years later ran 35:51 for 10,000m. Her best road times include 33:44 10Km and 55:41 for 10 miles. She trained at lunchtime with internationals Veronique Marot, Angie Hulley and Sarah Rowell, and shared a house with a group of runners including Jack Maitland. "They all did fell running. I had a great time with Pudsey and Bramley. We were Northern Cross-country champions in 1997 and I did lots of relays with them, Ian Hodgson, British Fell Relay."

"Sarah and I were the only two women in Pudsey and Bramley's record breaking Pennine Way Relay team in 1996, and that record still stands. That was a 24-person relay team and we did 28 hours for the whole of the Pennine Way. It was broken down into very small bits. We had to average under six minute miles for the whole Pennine Way. As well as running ability, it was to do with the excellent organisation on Gary Devine's part that we got that record. He no longer had the Mohican at that point.

This year is the 20th anniversary of the record," reflects Anne.

A superb shot of Anne and Sarah winning the Oxenhope Straw Bale race in 2000 shows the fun side of the sport. "Yes, we won it and beat all the blokes, but I guess it was a bit of a cheat as we had half pints and the blokes had pints."

Why gravitate towards fell running? "I'm not a fell runner, more of a mountain runner. I do not like running on rough terrain, and I enjoy the races in Europe, particularly the uphill only races where you are running on a nice path rather than on rough terrain. An exception was the 1997 Bens of Jura Race when I came third behind Nicola Davies and Angela Brand-Barker. It was a bit rough for me, but a lovely Island. I've had problems with my feet in recent years so nowadays I like to catch cable cars down mountains."

Do you think you achieved your



Anne Buckley Worlds 2015

potential? "My best ever performance would be my 10 mile time 55:41. But as far as winning is concerned - the Northern Cross-country in 1997. Yes, I would regard that as one of my highlights. Fifth in the National Cross-country the following year, again I feel quite proud of that performance. Winning the Marathon on New Years Day 2000 was obviously good, although the time wasn't great. Winning the Matterhornlauf in 1997, that was the first time I had beaten Isabella Moretti, the strong Swiss runner. I regard that as one of my best runs. (Moretti was 3rd in the 1997 Europeans, and in the WMRT 9th, 1994 and 7th, 1995.) I can't separate them."

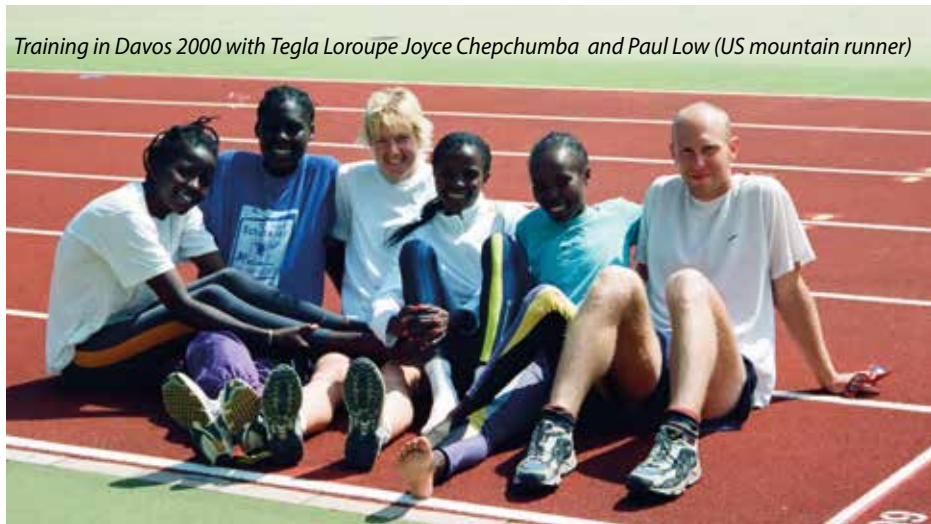
What training did you do then? "When I was marathon running the highest I got to was 110 miles a week, but if I look back to my training diaries now it was up and down, especially if I was tapering. When I did the World Cups I was training on hills to replicate the event. At that point I'd be writing down my training times, not miles. You'd run up a mountain for an hour but it may only be five miles."

She has a vast store of memories from international races: "Alaska was the main memory. I travelled round Alaska with Angela Mudge for three weeks before the race. It was an amazing experience to see Alaska. We may never have gone there in our life but for the World Championships being there. It gave us the opportunity to see an amazing place. That was good. I was really pleased to be the first Brit at Cauterets in the 2007 Europeans at age 40. That was the last time I ran for GB. I got injured in 2008, and never really got back after that."

In 2000 Anne won the Hamilton Marathon in New Zealand, and achieved the distinction of being the first female to win a marathon in the new Millennium (2:43:54). "The Millennium Marathon is the only marathon I did. I had planned to run



Winning Matterhornlauf 1997



London in 1998. I was in very good shape. After being fifth in the National I did a half marathon in 75 minutes. Then found I had a stress fracture and never started the marathon. So I had another go in 1999 building up, and did that one on New Years Day," says Anne. She continues, "I wanted to run Berlin in autumn 2000, but I went off and trained in Davos, Switzerland with a group of African runners. It included the then World Record holder Tegla Loroupe (pb 2:20:43, Berlin 1999), and Joyce Chepchumba, Olympic Marathon bronze medallist, Sydney 2000 (pb 2:23:22). (At this point I was hourly paid, and term-time only, so I did not have to work in the summer.) I over-trained and was out then for three years. The World Mountain Running in Alaska was my come-back."

After joining the England Selection committee in 2011, Anne took the chair in 2012. Her diplomatic skills saw her entice an exiled Scot onto the committee: "Neil Wilkinson brings valuable experience and expertise to the committee. As an athlete he has finished in the top 10 in the World and European Mountain Running Championships, and as a senior physiotherapist he is able to offer advice on

exercises, drills and injury prevention. He team manages the England Under 20 men and does a very good job."

One wonders is selection truly a committee decision? "Absolutely. Selection is truly a committee decision. I chair the England Selection committee and am a member of the GB Selection that Sarah chairs. It is within our remit that we must make sure that every member of the committee has contributed to the selection decision and given their opinion. It's usually a sensible discussion where a consensus is reached. Selection is based mainly on trial races and the GB women at the 2015 Worlds were phenomenal. You can't afford to miss the trial. We haven't got a situation we had years ago when Carol Greenwood or Sarah were so much better than anybody else. When they could say 'I can't do the trial race because I am racing out in Switzerland, will you select me anyway?' I was in that position a couple of times: I was racing in the Alps and was selected without doing the trial, but the quality of the GB team is now so high you'd be taking a huge risk."

Are you also conscious of the decline in athletic standards generally in your time? "With regard to the decline in athletics - if



World Mountain Running Champs Alaska 2003



Winning Millenium Marathon Hamilton NZ 2000

we are talking about females, I'd say we may be witnessed a decline in the late to mid nineties, but since then, there has been an increase in standards. If you look at depth in women's distance running we've got more good women and there's more depth than there was 20 years ago. The standard in the women's competition has definitely increased in the last ten years. The men's are beginning to improve now," says Anne.

How does she fit it all into a busy life? "I have a full time job. I used to coach three athletes. Now it's just two, although with one of them it's more of an advisory role. I've always got too much to do." Factor in the commentating and announcing she has done at recent World and European Mountain Running Championships, and you can see Anne's diary is pretty full.

Although currently carrying an injury, in the recent past Anne has been quite race fit. In 2012 was 20th in the UKA Mountain Running Trial at Glenridding and ran in the European Masters (4th V45), and in 2013 was 23rd in the UK Trial at Keswick, and 5th in the World Masters (V45) in Telfes, Austria. "This year I'd like to do the World Masters in Italy. I would recommend it to everybody. It's on the 27th/28th of August 2016 in Susa. A beautiful place and a great race. In the past it has been an invitation race. It's run on the trails where the Partisans defeated the Nazis in World War 2 and it was the great nephew of the Partisan leader, a wealthy businessman, who invited athletes from all over the world to compete in the race. It's uphill only and they carry tables up and wine so you can have a party at the top. There's a rough Land Rover track so you can run or walk down or get a lift."

Win or lose Anne will take it all in her stride and take home in her memory bank the event's ambience, the camaraderie and breath-taking views of another exquisite Alpine valley.

Some of Anne Buckley's races in 1997

| Date | Event | Venue | Result |
|---------|------------------|------------------|----------|
| 25 Jan | Northern CC | Durham | 1st |
| 16 Feb | Scottish CC | Perth | 3rd |
| 24 May | Bens of Jura | Isle of Jura | 3rd |
| 15 June | Skiddaw Trial | Keswick | 3rd |
| 6 July | European MRT | Ebensee, AUT | 16th |
| 13 July | Danis Berglauf | Lenzerheide, SUI | 2nd |
| 26 July | Snowdon | Llanberis | 2nd |
| 17 Aug | Schlickeralmlauf | Telfes, AUT | 4th |
| 31 Aug | Matterhornlauf | Zermatt, SUI | 1st |
| 7 Sept | World MRT | Upice, CZE | 12th |
| 28 Sept | Hochfelln | Bergen, GER | 2nd |
| 19 Oct | British Fell Rly | Pendle Hill | 1st team |

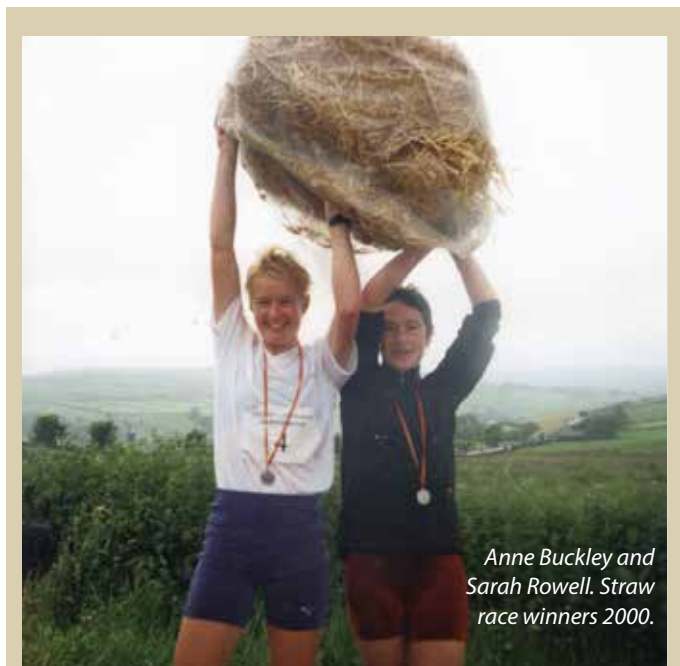
World Mountain Running Trophy results:

6 WMRT vests/appearances + 2 Euro MRT

| Year | Venue | AB | Team |
|------|------------------------------|-------------|------------|
| 1991 | Zermatt, SUI | 17th | 5th |
| 1995 | Edinburgh, SCO | 23rd | 3rd |
| 1996 | Telfes, AUT | 13th | 3rd |
| 1997 | Upice-Male, CZE | 12th | 4th |
| 2003 | Alaska, USA | 22nd | 6th |
| 2006 | Bursa, TUR | 33rd | 6th |
| 1997 | <i>Euro - Ebensee, AUT</i> | <i>16th</i> | <i>2nd</i> |
| 2007 | <i>Euro - Cauterets, FRA</i> | <i>18th</i> | <i>8th</i> |



Above: England Mountain Running Team Telfes 1996 Bronze"
Below: Pudsey and Bramley Hodgson Relay 1996



Anne Buckley and Sarah Rowell. Straw race winners 2000.

Carol Greenwood (née Haigh)

As a 20 year old in 1986 she swept the board being head and shoulders above the rest. That year the petite, self-coached Holmfirth Harrier was the Northern CC Champion, shared the English Fell Running title with Dianne Ellerton (Newcastle), and won both the Uphill Trial at Keswick and the Snowdon race by the proverbial country mile. Her season ended at Valtellina in Italy winning the World Cup, her proudest moment. She married Allan Greenwood and in 1993 won the English Fell Running title for a second time. That year she was 3rd in the Worlds; five years later she was 10th. A prolific racer, she still holds a number of records as witnessed by a quick perusal of the FRA Calendar. An impressive record.

(A short profile on Carol appeared in THE FELL RUNNER Summer 1987, page 16.)



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A Sense of Perspective

45 Years of the FRA

In homage to Bill Smith (1936-2011).

(All photographs are from his collection) Graham's history of the FRA is being serialised over 4 issues. This is the third issue describing the 1990s.

PHOTO © BILL SMITH



Graham Breeze (then Skyrac), 1st V60 at Turnslack (2005)

1990s: BUSINESS AS NORMAL

As the FRA entered its third decade and membership passed 3000 many matters, as illustrated by reports in *The Fellrunner*, had become routine. Of course there were issues that seemed to be important at the time they arose, such as the implementation of Ben Nevis Race entry limits; but looking back these issues only generated excitement at the time and, like so often in this story, change merely preceded the new normal. Twenty years on it seems to this observer that the full FRA Committee spent many, many hours discussing matters of detail, such as Championship race selection, before eventually establishing sub-committees to deal with detailed matters that are generally better dealt with by small groups and best dealt with by very small groups.

The creation and use of sub-committees, whose members need not be appointed by AGMs and so can be co-opted as required, to deal with Finance, Disciplinary, Safety and other matters meant that eventually the full FRA Committee only needed to meet quarterly, rather than twice as often as before, whilst dealing with a much higher overall workload. It also reached decisions

with speedier consensus and fewer "rattle-thrown-from-pram" resignations, sometimes even in mid-meeting.

1990: UKA FELL & HILL RELAY CHAMPIONSHIP

Of course new initiatives were introduced along the way, such as computerising production of *The Fellrunner* or broadening the English Championships to recognise Lady Vet 40 and Open Teams from 1992. One notable development was the introduction of a "British Relay Championship" to supplement the three existing and popular relays founded in the mid-1980s (Calderdale Way Relay, Rossendale Way Relay and Ian Hodgson Mountain Relay).

The IHMR had been first held in October 1986 and then annually until the 1989 event when it was held in conjunction with the inaugural "British Relay Championship" (so run in pairs that year). Having got a "British Relay" established the organisation of this new annual event was then offered to different clubs to spread the workload and geographical location. The 1990 event was hosted by Pennine Fell Runners in Edale and limited to 35x6-person teams, the 1991 event was in North Yorkshire, 1992 at Threlkeld. Scotland (Wanlockhead) hosted for the first time in 1993 (and then 1999, 2005, 2010 and 2016) and Wales (Llanberis) in 1995 (and then 2001, 2008 and 2013).

The format of the event is now established with perhaps the most interesting element being the navigational leg which prosaically came about in 1991 simply because access problems meant that the checkpoints could not be revealed until race day. Since 1990 the event has grown to become, arguably, the annual day of celebration for fell and hill running including up to around 1200 competitors. Inevitably after more than 25 years the event has returned to the same geographical areas, but not necessarily the same routes, and, certainly in England, all the classic fell running strongholds have been visited thanks to the volunteer efforts of local clubs.

Clearly the "British Relay" is a massive exercise that generally can only be undertaken by large and well-organised clubs (or smaller clubs in combination) prepared to take on the challenge but it epitomises all that is good in fell running: fell runners volunteering to do something great for their fellows. And, of course, this being fell running, accept that taking on

the task does not provide immunity from carping criticism, often from those who have no experience of, or are ever likely to have, the responsibility for organising this massive and joyous event which displays fell running organisation, team spirit and competitiveness at its best.

1991: CAROL MATTHEWS

On Easter Monday 1991 during a leg of the inaugural (and only) Welsh Waters Reservoir Relay held in the Brecon Beacons, Carol Matthews (Penarth & Dinas Runners) failed to complete solo runner Leg 4 (6 miles/1000 ft., Open Mountain + Ridgeway + Lanes) from a mass start, and was not found until 10.30 am on the following day. Carol Matthews was inexperienced as a fell runner, weather conditions and visibility were poor and she had drifted away from the race route. The fastest runner on Leg 4 took 45 minutes.

The FRA had registered the event but this had been sought too late for an entry in the 1991 *Calendar* or *The Fellrunner*.

The Inquest lasted 3 days, 23 witnesses were called and relevant matters were subjected to forensic examination after which the Coroner reached a conclusion of misadventure (i.e. accident). Carol's death attracted media attention including a Parliamentary Question in the House of Commons to the Secretary of State for Wales. After the Inquest lawyers for the family attempted to pursue a case of negligence against the race organiser, but without success.

Insurance cover for Race Organisers then was less comprehensive than it is today and it is worth recounting that, in addition to financial support provided by the FRA, an appeal was made in *The Fellrunner* for contributions from FRA members to meet the legal costs of the Race Organiser. Gratifyingly these were met in full.

The FRA set up a group, headed by the then Chairman (Dave Hodgson), who was of course familiar with the circumstances surrounding the death of Edward (Ted) Pepper in the 1978 Three Peaks Race, to review the FRA safety requirements, including seeking external advice.

The most tangible outcome was that the FRA purchased 10 CB radios for use by race organisers but more significantly in terms of "hearts and minds" was the banning of a runner shortly afterwards from FRA races for 6 months for not carrying appropriate kit in a race which, by coincidence, was also

in the Brecon Beacons. And then the first of Mike Rose's powerful essays on safety, *The Safety Issue*, in *The Fellrunner* of June 1993, essays which, in my view, have informed FRA Committee attitudes towards safety ever since.

MIKE ROSE (1938-2003)

In its 45 year history around 170 people have served on the FRA Committee, some, and for different reasons, more memorably than others. Most credit should perhaps be reserved for the founding fathers, or for Jonathan Broxap who has given 30 years of service, or Madeleine Watson who was the 14th Chair but the only woman so far to lead a still male dominated (80% of members) sport, and Mike Rose.

Mike joined the Committee directly in 1991 as Secretary, succeeding Selwyn Wright after his election to Chairman and he served as Secretary until January 2003 when he resigned because of his failing health. So Mike served the FRA Committee for most of the decade here under review.

I decided to stand for the FRA Committee after a conversation with Mike and I archived his committee papers after his death. Mike was a towering presence with a clear view on how the Committee should conduct its business and serve the membership. He was industrious, knowledgeable and, refreshingly, he did not suffer fools gladly. He could be touching, mischievous and scurrilous-but he was generally wise.

An insight into Mike's way, notably on safety, can be gained from his columns *Rambling Rose* in *The Fellrunner*. After Mike's health collapsed, Alan Brentnall, who had been appointed Asst. Secretary under Mike in 2000, was elected as Secretary and maintained the standards Mike had established for a further decade until he stepped down in 2011. As others have said, to ask when faced with a problem, "What would Mike have done?" usually served one well.

A long and worthy tribute to Mike is contained in *The Fellrunner* of October 2003.

1992: BAF? WHAT WAS BAF?

From 1982 the FRA had been formally affiliated to the AAA, a body that could date its overseeing of athletics back to 1880. The British Athletics Federation came into being in 1992 to act as the single governing body for the whole of the UK. Each branch of athletics was to be responsible for its own affairs through, in the case of fell running, a Fell and Hill Running Commission (FHRC). The impact of BAF on the different home countries varied but it was viewed at the time as being an "excellent deal" for the FRA. The FRA had 3 of the 7 seats on the FHRC including the then FRA Chairman (Selwyn Wright) and two ex-Chairmen (Norman Berry, who later became BAF Chairman and Danny Hughes, who later became BAF Secretary). One of its responsibilities was the British Championships.

However after its sudden disappearance following administration in 1997 it was succeeded by UK Athletics (in 1999) and the FHRC expired along with BAF to be replaced by the UKA Fell & Hill Running Policy & Support Team (PST) which in turn has been succeeded by other bodies such as the Competition Management Group, the UKA Mountain Running Advisory Group (MRAG) and UKA Endurance Advisory Group. The duties of these various bodies have not always been the same but I imagine it is a comfort to FRA members to deal with an FRA in 2016 that looks very like the FRA of 1970 – although the faces have changed.

1995: A CENTURY TO RESOLVE

The BAF does not feature again in this account except for one matter that should have been sensational news but was actually received at the time with indifference, despite a "Freedom at Last!!" headline in *The Fellrunner*. This was a single line addition to the BAF rules, agreed in its Council in January 1995, which allowed runners to compete in Fell/Hill races, which were unpermitted, as amateur events. These few words, now long forgotten, ended the split in fell running that had lasted for over a century and had caused the immeasurable bitterness, unhappiness and injustice alluded to earlier in this story.

It all now seems so very long ago.

THE EXPANDING CALENDAR

I have referred earlier to the first *Calendar* issued in 1970 which listed around 40 races on 4 stapled sheets of paper in which the first race listed was the 6 ¾ mile Worcestershire Beacon from Great Malvern on 14th March. This was, in the words of Bill Smith, "not a fell race but a tough cross-country event included because it was considered to be of interest to fell runners". It eventually lapsed from the Calendar although the event is still held, as the Worcester Athletic Club Beacon Race, every October.

Mike Rose, as many of us will remember him. Borrowdale 2001

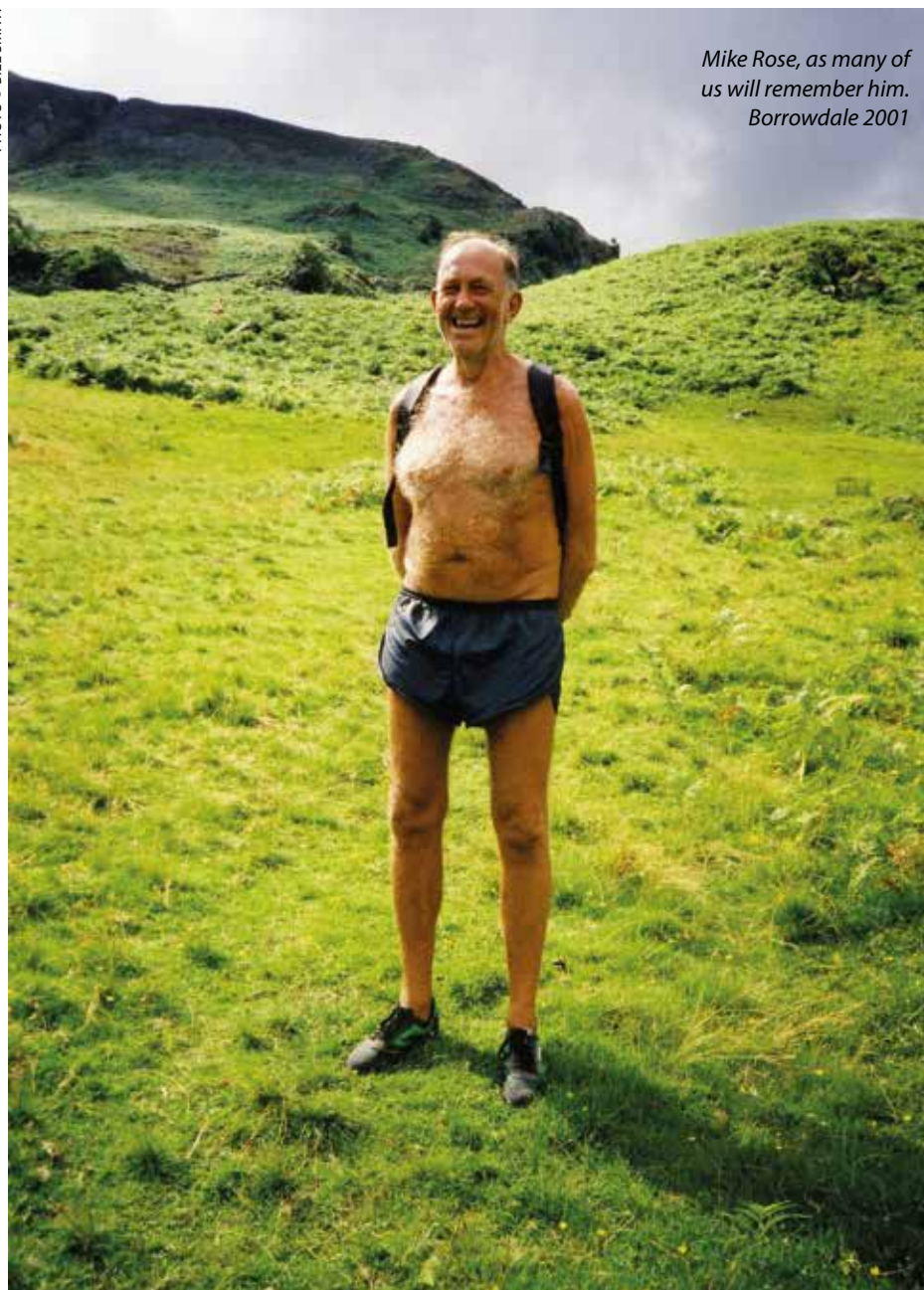


PHOTO © BILL SMITH



John Taylor, on his way to victory in the Wardle Skyline Race, April 2002

The Beacon at 425 metres is the highest point in the Malvern Hills and allegedly is the highest point travelling due East until one reaches the Urals but may be better known to fell runners for gracing the cover of the *Millennium Fixtures Calendar & Handbook*.

Perhaps of more current interest is the second listed and still held Rivington Pike race, held on 28th March 1970, which can now claim to be the oldest "FRA Registered" race in the FRA Calendar in addition to its status as "probably the second oldest amateur fell race of all", dating from 1893 (i.e. excluding the earlier "professional" event).

Until 1985 the Fixture Calendar continued to be just a stapled, printed list of races but from 1986 it moved to the current A5 format since when it has been transformed by additions such that the Handbook elements now occupy more pages than the race listings. The first major addition was the *FRA Rules For Competition* and then in 1989 contact details for some Committee Members. In 1992, following the death of Carol Matthews, *Safety Requirements For Fell Races* appeared followed by the *FRA Constitution* from 1994. *The Access*

& *Environmental Guidelines for Fell Race Organisers*, prepared by Matt Simms and first considered by the Committee in 1993 (at around the time North West Water were pursuing an access charge), appeared in the newly entitled *Handbook & Fixtures Calendar* in 1996 along with a summary of race insurance. The *Welfare Policy* appeared in 2008.

This list of major additions is of interest because it illustrates the changing emphases within the sport. In that context, whilst further consideration of the circumstances and consequences of the death of Brian Belfield will follow later, it should be no surprise that the Handbook has been further expanded since his death in 2012 to include sections on *Hypothermia* and *First On The Scene*. And also the *Requirements and Rules* that apply to Race Organisers so competitors are now aware of the duty of care that they are owed as they make their way to the race start-line.

In short, for twenty years it was thought that a list of races was all that runners needed; for the last twenty years runner safety has mattered much more.

Things change and sometimes for the better.

JUNIORS

The opportunities for and growth of junior fell running has been a good and developing story.

In the late 1980s several people were involved in developing the junior side of fell running. These included the late and exceptionally talented John Taylor (1969-2002) whose death from cardiomyopathy led to the formation of the John Taylor Foundation For Young Athletes.

However it was Dave Richardson in the early 1990s who introduced a proper structure for junior fell running and he was eventually appointed as the first formal Committee Junior Co-ordinator in which post he served until 2001. The First Junior Championships, the first Junior Pages in *The Fellrunner*, Training Weekends/Workshops, the English Schools Fell Championships, the first Junior Home Internationals, Juniors going to the World Trophy and other events in Europe like the Marco Germanetto Races in Susa, Black Forest Teenager Games in Germany, World Youth Challenge, International Youth Cup ...all have arisen from nothing.

And it is worth recording even just the individual Gold Medals won by English Juniors in the World and European Trophy/ Championships: Victoria Wilkinson (1997), Karrissa Hawitt (2003), Laura Park (2008), Annabel Mason (2012) and Georgia Malir (2014).

Junior fell running has had its difficult times but the opportunities are now the richest they have ever been and the post of Junior Co-ordinator, currently held by Owen Mills, is one of the most respected on the FRA Committee reflecting the transformation brought about by outstanding past Co-ordinators like Richard Lecky-Thompson and Duncan Richards.

The late Pete Hartley once told me that of all the photographs he had published in *The Fellrunner* it was one of a junior race that had prompted the biggest and most positive response to his work; and somehow that just feels right.



Victoria Wilkinson (Bingley), first girl in the Five Cloughs Junior race, 1993



Karrie Hawitt and (her late) coach Mike Hancock, after the 2002 Thievely Pike Race

1994: JUDITH TAYLOR

On 3rd April 1994 Judith Taylor (Clayton-le-Moors) died of hypothermia in the Kentmere Horseshoe race held in severe weather conditions. Judith was well equipped and experienced but was found in the late evening below The Knott, well off the race route to the north of High Street, possibly on a planned escape route from strong south winds and snow/sleet.

It was almost twenty years before anyone else died of hypothermia in an English fell race and perhaps because of this and her popularity, her name has resonated throughout the sport. Her story is told in the booklet; *Judith's Run*, written by Phil Taylor.

The Coroner was satisfied that Judith's death was accidental and recorded a verdict of misadventure ("misadventure" meant that Judith deliberately undertook a course of action which she would have known to be hazardous and which in her case led to her death, in contrast with a totally unexpected "accident").

Some of the Coroner's observations are well worth recalling. He wrote:

"I fully appreciate that it is impossible to regulate and control all sporting activities so as to completely avoid the risk of injury or even death to the participants. (But) in the case of organised sporting events, there is a clear duty or responsibility upon the organisers to ensure that those risks are minimised. (Anyone) participating in an organised sporting event (is) entitled to assume that the organisers will take reasonable safety precautions and organise the event (so participants) are not exposed to unnecessary risks or dangers."

After the Inquest the FRA made changes to its safety requirements in the light of the Coroner's comments in areas such as provision of an alternative route for use in adverse weather for courses which traversed



Carol Greenwood (nee Haigh, Bingley) on her way to victory in the 1988 Bentham Gala race. Carol was the 1986 English Champion and winner of that year's World Trophy.

BEYOND THE CHANNEL

Having noted the Gold Medals won by English Juniors in the World and European Trophy/Championships it is perhaps appropriate to consider their senior counterparts. For English fell runners the two best known annual mountain running championships (previously trophy) are the World (from 1985) and the European (1995) events and Great Britain sends teams to both. The Home Countries used to send teams to these events and this approach, before the era of GB teams, did yield World Gold Medals from the outset across the range of disciplines. (See Fig.1) However a Great Britain team was clearly more likely to gain greater success than Home Country teams and be better funded - a not insignificant factor when events are held in Alaska or New Zealand - and

eventually common sense prevailed.

Perhaps because the terrain for these events is not viewed as "fell", but at best trail and sometimes just uphill, hardened fell runners have generally viewed them as peripheral to mainstream fell running activities. Although presumably that parochial view has not troubled those runners who returned from abroad with Gold Medals.

A more recent development has been the growth in commercial/challenge/adventure races, all of which have provided attractive alternative opportunities, glory and financial rewards to top runners beyond the traditional UK fell calendar scene. So whilst traditional fell running, other than with regard to safety etc., has changed little over the last 45 years, the world outside fell running certainly has.

| | | |
|------|--------------------------|--|
| 1985 | Male (Short Course) | Kenny Stuart |
| 1986 | Female | Carol Greenwood (Haigh) |
| 1992 | Male Team (Short Course) | Robin Bergstrand/Mark Croasdale/Martin Jones |
| 1997 | Female Junior | Victoria Wilkinson |
| 2003 | Female Team | Tracey Brindley/Angela Mudge/Lyn Wilson (Scotland) |

Fig.1

high ground, up to date local weather forecasts for competitors, procedures for abandonment, warnings on the dangers of hypothermia, role of marshals, race monitoring and runner support.

Following the changes made immediately after the death of Judith Taylor two more significant safety revisions were made in the years up to the major review of 2013 conducted after the death of Brian Belfield. These two changes illustrate that revised rules have been implemented in the light of experience, or a challenge to the rules, or a lack of clarity: and not just following a death.

The first change followed the 2002 Coniston race after which the carrying of specified kit became mandatory, rather than advisory, for some categories of race. Then in 2007 the FRA clarified that a Race Organiser had the right to demand competitors carry any additional equipment deemed appropriate.

At the Inquest into the death of Brian Belfield in the 2012 Buttermere Sailbeck race, held in September 2013, the Coroner said that he had researched the recommendations made by his predecessor at the Inquest into the death of Judith in 1994 and checked each against the current FRA Handbook to test if the FRA was an organisation that took safety seriously and had the integrity to implement Coroners' recommendations.

He announced that he had concluded that the FRA could be trusted and went on to make seven recommendations to improve safety in fell running which the FRA accepted and implemented from January 2014.

Safety rules, including kit requirements, have become increasingly

PHOTO © BILL SMITH



Memorial Cairn on Mearley Moor commemorating Judith Taylor, and Alan Heywood, a fellow Clayton runner, who also died in tragic circumstances in 1994.

defined and demanding over the decades; but that has been inevitable if the starting point when the FRA was formed in 1970 was to have neither.

1997: INTER-COUNTY CHAMPIONSHIPS

One new initiative towards the end of the decade was a new competition organised by the FRA in conjunction with the UK Counties Athletics Union. The idea underpinning the event was to provide a stepping-stone for elite runners between club and international competition. The first event was held in poor weather at the Buttermere Sailbeck race in 1997. This was perhaps a surprisingly tough choice for a pilot event but 13 counties competed, the UKCAU was favourably impressed and the Championship continues from a different venue each year.

FRA MEMBERSHIP - VALUE FOR MONEY?

Life on the FRA Committee has its lighter moments and in 1997 an accounting audit revealed that two members had been paying the (then) £9 annual subscription by

Standing Order every month for some years. Whilst the Committee was heartened to believe that this was because the two individuals felt FRA membership was excellent value at twelve times the normal price, in conscience it decided to offer Life Membership to the two members and return the considerable overpayments. Perhaps this whimsical tale illustrates the end of an age of innocence because as the decade closed, "internet" appeared for the first time in FRA Committee papers with a proposal to set up a FRA website from 2000.

From which was born, for better or worse, the FRA Forum.

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Are you broken?

A few tips about fractures

What is a fracture

"It's a break, not a fracture!" This statement is often heard, but it isn't quite accurate. A fracture is the medical term for a broken bone. Most fractures are due to trauma – a fall or impact, but they may also be due to a medical condition affecting the strength of the bones, or due to increased, repetitive loading of a bone such as in a stress fracture.

Some of the various categories of fractures are:

- **Complete** – the bone has broken all the way through
- **Incomplete** – the break doesn't go all the way through from one side of the bone to the other
- **Greenstick** – usually occur in children when the bone 'bends' and may crack at one side, but it isn't broken into 2 separate fragments
- **Simple or closed fracture** – the bone breaks but doesn't break through the skin
- **Complex or open fracture** – the bone has broken and is sticking out through the skin or a wound on the skin exposes the broken bone
- **Non-displaced** – the bone may be broken all the way through or just part way through, but it remains in the correct alignment
- **Displaced** – the bone breaks into 2 or more parts, and the bones are no longer in line
- **Comminuted** – the bone is broken into 3 or more pieces
- **Pathological** – the fracture has been caused by a medical condition which has caused weakness of the bones.
- **Stress** – usually caused by repetitive loading of a bone rather than direct trauma
- **Avulsion** – when a tendon or ligament tears away from the bone pulling a fragment of bone with it

The site of a fracture and the damage caused to the surrounding tissue could mean that a fracture is very serious. If blood vessels or nerves are involved, or if an infection develops in the bone, dangerous complications can occur.

Symptoms

The main symptom of a fracture is **severe pain**. If it is in the lower limb it may mean you are unable to walk, although fell runners tend to have fairly high pain thresholds, so don't think it can't be broken if you can walk on it. I know several runners who have finished races with a fracture.

Sometimes you feel **light-headed, faint or nauseous**.

The pain is in an **unusual place** for a sprain or strain – there may not be obvious ligaments, tendons or muscles in that area.

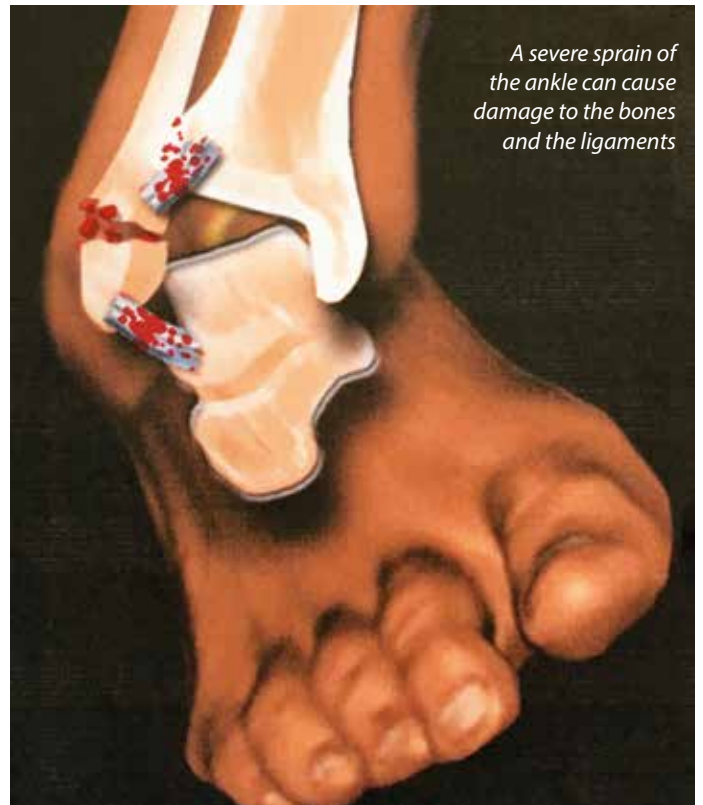
There is often a **deep, aching pain** when resting.

There may be **swelling or bruising**. This can appear relatively quickly after the incident.

You may **hear a crack** or feel a **grating sensation** at the site of the pain. I assessed an individual after a race when he had experienced acute pain at the outside of his hip. He had been told by a medical support team that it was muscular, but he was aware of a grating sensation and it was incredibly painful to put weight on the leg. X-rays revealed a fracture of his thigh bone and he could feel the bone ends rubbing together.

It is often **painful to move** the area affected.

The area **looks wrong** – it may look deformed or twisted.



A severe sprain of the ankle can cause damage to the bones and the ligaments

Diagnosis

If you suspect a broken bone, you need to go to an A and E department to be accurately diagnosed and treated appropriately. Be aware that some fractures may not show on x-ray until there is some healing present, which may be 6 weeks after the injury – especially stress fractures. If there is any doubt, it may be necessary to have an MRI or CT scan which is more detailed. If your symptoms remain acute despite being told there isn't a broken bone, you should return for a second opinion or you might have an undiagnosed fracture which may not heal correctly.

Treatment

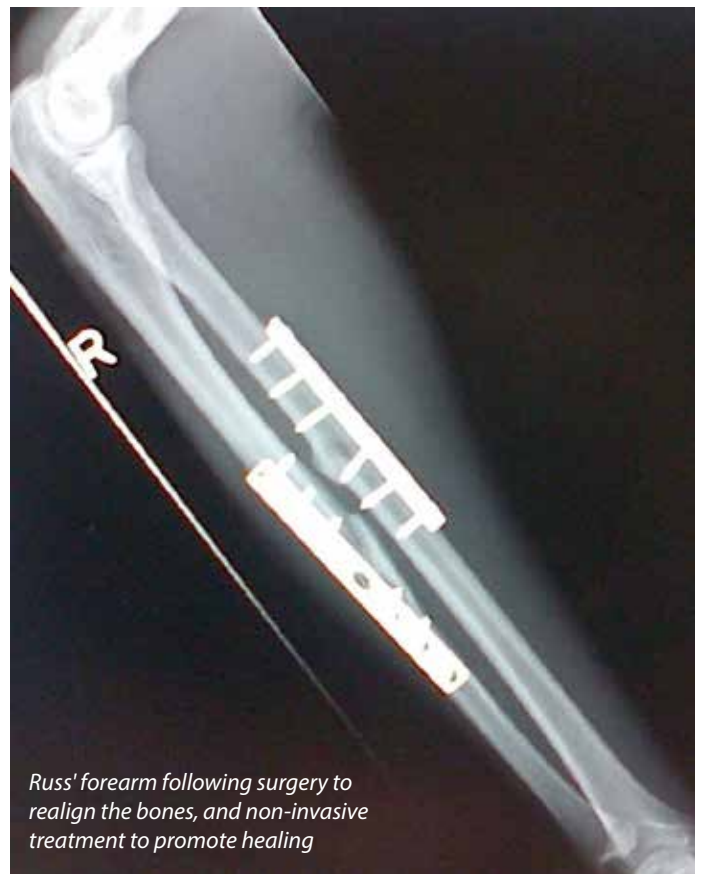
The aim of treatment is to put your bones into the correct position and prevent them from moving until they heal. This may require surgery to put the bones back into line with plates and screws to maintain their position whilst they heal, or it may just require a plaster of paris (POP) cast. It is becoming more common to use braces or supports which can immobilise an area more effectively, whilst allowing some stress to still be transmitted through the site of injury. This slight stress through the fracture site seems to stimulate the formation of new bone tissue and encourages it to be laid down in the right directions.

Recovery and Rehabilitation

Most broken bones repair in around 6 weeks, but this varies depending on other factors, for example, age, the type of fracture, which bone is affected etc. When a bone is broken, there is often



Russ' fractured forearm before treatment



Russ' forearm following surgery to realign the bones, and non-invasive treatment to promote healing

damage to other tissues in the area. If sufficient force has been applied to break a bone, ligaments, muscles, tendons, as well as nerves and blood vessels may also be affected. Immobilising the area for a fracture means these injured tissues repair with fibrous scar tissue, causing all the familiar problems that are present when soft tissues are allowed to heal with no flexibility. Add to that, the general stiffness of the joints which haven't been moving normally and muscle weakness due to immobilisation in the plaster or brace, and it is no surprise that there are still problems after the bone has healed. Research has shown that after an upper arm fracture, individuals still report problems 18 months after the injury – but not at the site of the fracture – they complain of shoulder joint stiffness from being immobilised in a sling.

It is important to try and avoid as much of this stiffness and weakness as possible, so exercises should be carried out during the period of immobilisation. The Orthopaedic Consultant or Physiotherapist dealing with your fracture should be able to provide you with some advice depending on the type of fracture and what it is safe to do. Ignoring their advice could affect the healing or alter the bone position so you must be guided by their expertise.

Once the bone has healed, it is important to regain full joint range of movement and full muscle strength in the affected area. Many assume that once freed from their plaster, braces or crutches, they will be resuming sport almost immediately but it is essential that rehabilitation is carried out sufficiently before commencing running. Returning to running whilst some of the muscles are not working or firing properly, or running compensating for an injured area can lead to further complications and other injuries. Many athletes have returned to running following one fracture only to suffer another fracture or injury within a short period of time. Appropriate rehabilitation is crucial to avoid further setbacks.

Footwear, running surfaces, biomechanics, training schedules, strength and conditioning, diet, and general lifestyle are all things that need to be taken into consideration. Recent research has suggested that skipping is beneficial following a fracture. The frequency of the vibration transmitted through the bone whilst skipping seems to stimulate further strengthening of the bone. It is also important to eat calcium-rich foods such as milk, yoghurt and cheese, and to consider your vitamin D intake. Vitamin D helps to maintain healthy bones and can be got through certain foods such

as oily fish and egg yolks, or from sunshine. Given you aren't running outside when you are injured, you may not be exposing your body to the levels of sunlight that you are generally used to, which can result in a deficiency. If you aren't getting enough vitamin D from diet or the sun, it may be worth considering vitamin D supplements. As mentioned, it may be that other tissues have been damaged at the time of the fracture. This can often be the cause of ongoing pain or restriction in movement long after the bone has repaired, but you still assume the bone is causing the problem. For example, a severe twist to the ankle can fracture the bone, but the ligaments around the ankle and in the foot may also be damaged at the same time. Unless these other areas are treated appropriately, they will continue to cause pain and restriction and prevent a return to sport. Somebody suitably qualified should be able to diagnose the cause of ongoing symptoms and determine whether there is still a problem within the bone, or whether the symptoms are being caused by other tissues

When it goes wrong

If you continue to experience pain or swelling, or if you are unable to rehabilitate as expected, it may be that the fracture hasn't repaired correctly. This may be referred to as non-union if there is no repair, or delayed union. The consultant dealing with your fracture must first try to determine if there is a reason why the bone hasn't repaired and if there are underlying reasons these must be addressed if any treatment to repair the bone is going to succeed.

In some cases it is possible to use non-invasive methods to stimulate bone repair such as low level ultrasound, laser therapy or pulsed electro-magnetic energy. There is now considerable evidence and many case studies to support this treatment, but unfortunately it is often still unavailable on the NHS.

If non-invasive options aren't an option or timings are crucial, surgery might be necessary to improve blood supply to the affected area, to stabilise the bones if they aren't being sufficiently immobilised, or to allow for a bone graft to introduce healthy bone cells from another part of the body. Fractures can remain unhealed for a long time, and I have certainly seen cases more than 18 months after the original injury when there is still no healing taking place. If the area remains symptomatic and is still preventing you from

returning to activity after an acceptable time for the bones to have healed, return for further medical advice.

Non-invasive treatment can work!

Dr Russ Wrigley, a physiotherapist working with me, suffered severe fractures to both of his right forearm bones. His arm was almost folded at the fracture site, resulting in severe damage to the nerves and blood vessels as well as the soft tissues in the area. He required surgery to realign the bones, and metal plates and screws were used to hold the bones in place. 3 months later he had x-rays to check the progression and as he didn't receive any feedback he assumed all was well so began to rehabilitate to regain the strength. He also resumed playing badminton. The area remained painful, but he assumed this was acceptable due to the severity of the injury. 4 weeks later he was informed that there was no healing taking place between the bones of the radius. The consultant dealing with his injury suggested that a bone graft would probably be necessary to promote healing. This would entail further surgery to remove bone from his pelvis which would then be put into his arm. Russ discussed it with me and we decided he should try non-invasive treatment before contemplating further surgery. He began to use a low-intensity ultrasound machine (Exogen) and laser therapy on a daily basis, both of which are known to accelerate bone repair in new fractures and help stimulate healing when there is delayed or no bone repair. His arm was re-x-rayed 6 weeks later and the bones were healing. He didn't require any further treatment and the bones repaired completely.

Stress Fractures

I have decided not to go into any detail about stress fractures in this article as it is a subject which needs to be dealt with separately. They are more common in road runners, but given many of you do some road training (especially in winter), or run on firmer terrain at certain times, it is an injury which can still be experienced by fell runners. They will be covered in a future 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



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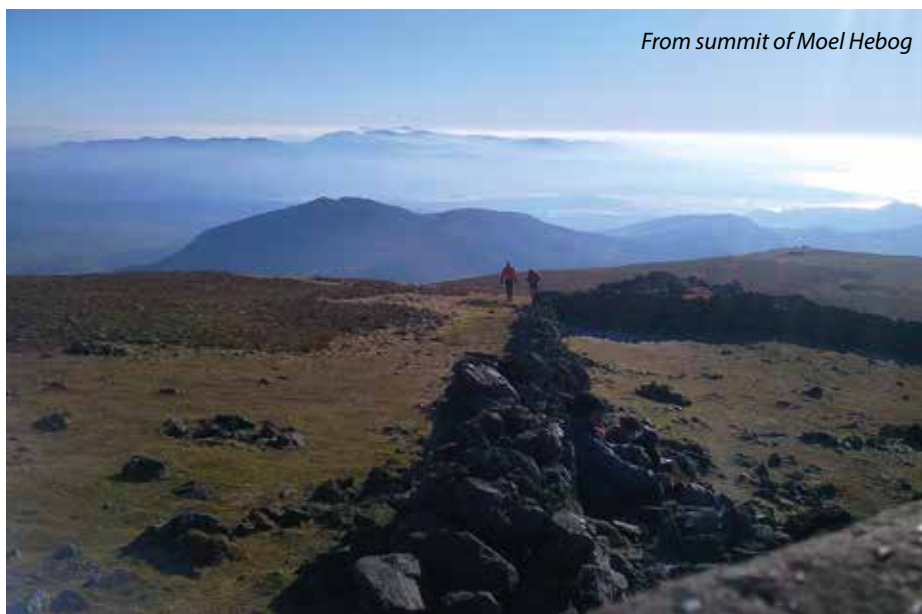


► BY MATTHEW ROBERTS

PEDOL CWM PENNANT

(AL) 24KM/1700M – SATURDAY 11TH JUNE

PHOTO © MATTHEW ROBERTS



From summit of Moel Hebog

The fourth running of what may well become a classic fell race, 16 miles with just under 6000feet of climbing, taking in the summits of Moel Hebog, Moel yr Ogof, Moel Lefn, Tal y Mignedd, Craig Cwm Silyn and Garnedd Goch, all taking place in the splendid hidden valley of Cwm Pennant. This year the race will be part of the British fell running championships and therefore we expect a cracking event. The present records are held by Macclesfield's Simon Harding and Eryri's Andrea Harding and, no disrespect to these two, but I expect a good 10 minutes to be knocked off both records of 2.40 and 3.03 respectively.

The race HQ is the Cwm Pennant Hostel, where it's possible to stay before and after the race. Parking is limited so car share if possible. Parking is at nearby Bryncir farmyard and will cost £2 per car (including camper vans). Pre-entry will be £10 and entries go live at www.fabian4.co.uk from the 1st February. Hot drinks and cakes are available before and after race at the hostel. There will be free soup for all runners immediately after the race whilst an evening meal is available at an additional cost at the

hostel. The Hafod Brewery from Mold will be on site all day and night providing ales, etc, in its mini bar.

Contributions from race entry will be made to Ysgol Golan community centre. Accommodation is available at the hostel - www.cwmpennanthostel.co.uk and riverside camping at Tynllan campsite.

Can I ask that if you're planning any reccies of the route, take into consideration the remoteness of the valley and think before you randomly park up for the day. If you park at the hostel then please let them know, whilst if you park at any of the tiny privately owned car parks at the head of the valley to respect the owners request for a small parking fee. It's down to the landowners that the race is allowed to take place.

PEDOL CWM PENNANT RACE DESCRIPTION AND CHECK POINTS

This is a behemoth of a race and the only running of any event in the magical valley of Cwm Pennant. The race measures in at **16 miles** with **6000ft** of climbing. This will be a serious undertaking for the majority of athletes so come prepared. The going

is rough in parts, navigation could be very tricky in low cloud and water is scarce on the route. This is sheep country so absolutely no dogs! Park as instructed on arrival. There will be tea / coffee, cakes and refreshments available at the hostel before and after the race as well as changing facilities with the River Dwyfor nice and close for a post race dip. As the race entry form stipulates you need to have completed in two category A / B long races or at least two category AM races beforehand. Come prepared with full kit and possibly a spare water bottle.

Start: Cwm Pennant Youth hostel 1100hrs GR: 524437

From the hostel head along the minor road as directed until reaching a farm gate at 534441. Follow an old grassy track onto marsh land and continue on to the old Cwm Pennant tramway. From here, cross the tramway and head in a NE / ENE direction, keeping to the LHS of the wall, past Cae Bach until arriving at an iron, farm gate. Go through the gate and veer left or NNE and follow the quad / 4 x 4 tracks, after 300metres and veering slightly right a 6ft wooden farm gate is reached. Go through the gate and take a sharp right or SE, follow the vague trods / 4 x 4 track which climb steadily through the field. Continue onto GR 552451 and go through any of the many large gaps in the wall. From here, roughly follow the wall to the NE, crossing a further two damaged walls, after the final wall veer right or E, and descend slightly to the stile and CP1.

Checkpoint 1: Ffridd Isallt stile. GR: 557456

Cross the stile and head NNE across rough ground until a second stile. The second stile is at GR 556456 will take you onto the flanks of Moel Hebog. Next head NE to the final stile at 558460. **NOTE – the route is marked from the start up to this point.** In poor visibility navigation from here could be tough, but roughly head NNE for checkpoint 2. There will not be a dibber here to prevent any stile queuing!

Checkpoint 2: Summit of Moel Hebog, 782metres. GR: 565469

From the summit of Hebog the route now follows most of the Paddy Buckley route (for those of you familiar with this). Head NW dropping steeply to Bwlch Meillionen, avoid veering off to the SSW or ENE. Reach the Bwlch at GR 560475. From here climb through a cleft in the rock heading NW and reach the rocky summit of Moel yr Ogof at GR 556479 and 655metres.

Checkpoint 3: Summit of Moel yr Ogof, 655metres. GR: 556479

Continue along the ridge crossing a stile at GR 555479. Continue along the ridge, skirting to the left of the rocky tors of Moel Lefn before arriving at the small cairn and checkpoint 3.

Checkpoint 4: Cairn to West of Moel Lefn, 638metres, GR: 552486

From the summit of Moel Lefn head NNE, this section is rocky and rough so take care, especially in wet conditions. **Be sure not to navigate N, NNW, NW or W as this will take you to the sheer cliffs of Craig Cwm Trwsgl.** The route snakes its way through Craig Cwm Trwsgl arriving at Bwlch Cwm Trwsgl at GR 552497. Importantly here, follow the signage and don't head NNE into the woodland! The route now veers around the eponymous Y Gyrrn before arriving at checkpoint 4, Bwlch y Ddwy-elor.

Checkpoint 5: Bwlch y Ddwy-elor, 420metres, GR: 552504

This is roughly half way. This will be the first official water and refreshment point so get fuelled up. Next comes the second biggest climb of the route as you head NW towards Trum y Ddysgl. Importantly at GR 543514 you do not head NE to the summit but head SW towards Tal y Mignedd.

Checkpoint 6: Below Trum y Ddysgl, 700metres GR: 543514

The next section has one particularly dangerous section at GR 540513. On your NW side there's a sheer drop of hundreds of feet so take care. The next section is the best running of the route but also the route highlight as you head W to the summit and enormous obelisk of Tal y Mignedd and checkpoint 5.

Checkpoint 7: Mynydd Tal-y-Mignedd, 653metres, GR: 535514

From the obelisk head SSW, at GR 534508 there's another tricky and rough rocky descent which can be avoided with local knowledge. Again take care in wet conditions. Arrive at Bwlch Dros-bern before readying for another tough, steep and rocky climb. The route veers NNW before skirting back onto the ridge and heading WSW for the rocky plateau of Craig Cwm Silyn. Avoid veering off to the N or S here. The



next section could be tricky in low cloud but basically head SW for the trig point of Garnedd Goch, you'll hit a wall at GR 519499. Stick with the wall which will lead you to the summit and checkpoint 6.

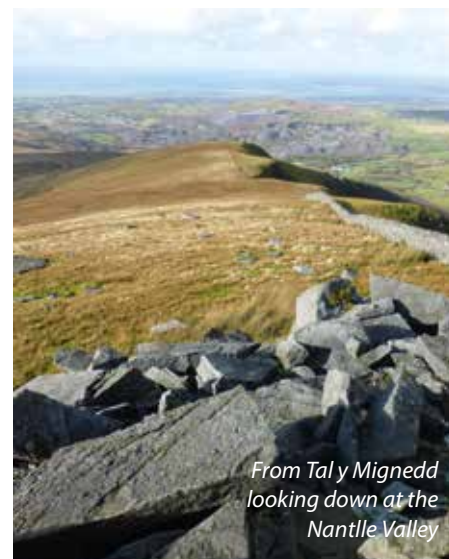
Checkpoint 8: Garnedd Goch, 700metres, GR: 511495.

Here comes the wildest part of the whole route as you head down Cwm Ciprwrth. This Cwm has no real paths, occasionally you'll come across a good sheep trod, especially the closer you get to the river. But basically, it's your own line down to the stile / river crossing at GR: 520480. The only rule being that you **MUST** stay to the rhs of the valley wall flanking the eastern side of the Cwm or there'll be an instant DSQ.

Checkpoint 9: Cwm Ciprwrth stile, GR: 520480.

From here on the route will be marked, but in essence it follows a Tir Gofal path down to a restored water mill before hitting a grassy track which snakes on down to the road just beyond Ciprwrth and the minor road. This will be the second main water and refreshment point, from here you have just over 3km of 'highly enjoyable', undulating road running. Follow the main road and

markers to the S, avoid both left turns at GR 531458 and GR 532454. Continue along the road until GR 525446, this will be marked and you'll cross a stile and a bridge before heading SE and S to Beudy Parc farm. Run through the farmyard, following the markers before hitting the track at GR 527442 and running the last 670 metres to the finish at the Hostel.



British Athletics Fell & Hill Running Relays 2015

BY PETER BROWNING

Course planners view

Clayton le Moors Harriers last hosted what was then the annual FRA Relays Championships in 1997, as part of their 75th anniversary celebrations. The event was held at the Pendleside village of Barley with the event centre in the field at Barley Green. I was asked to be course planner for the event, and although it was successful, in those days the relays were a lot less sophisticated than they are now. Keeping things simple, legs one and four followed the route of the traditional Pendle Fell Race, and leg two followed the route of the now defunct Half Tour of Pendle. Only leg three, which was the navigation leg, took runners to parts of Pendle Hill not usually visited by race routes. On a lovely early autumn day, a good number of teams took part, with both the Open Mens and Ladies categories being won by Pudsey and Bramley, and the Mens Vets by Kendal AC. Interestingly, both Clayton's mens and ladies teams finished fourth!

I was delighted to be asked in early 2014 by Mike Wallis, to reprise my role as course

planner for the British Athletics Relays which Clayton had agreed to host once again in 2015.

My brief as I saw it, was to come up with four challenging "A" class fell legs, two short and two medium, with a total winning time of around three hours thirty minutes. Rather than use existing race routes as we did in 1997, I was very keen to take the runners to parts of Pendle not usually visited. The run out and return sections inevitably had to follow some existing routes, but once on the fell I was determined that if we had to use current race routes, we would only use them over very short sections and in the reverse direction. Compared to areas like the Lake District or Snowdonia for instance, Pendle Hill is a very limited location, but I was always confident that I could come up with four challenging and interesting brand new legs. 33 years of fell running experience and a bit of radical thinking should do the trick.

LEG ONE: Although the relay, for sheer ease of managing everything, realistically



PHOTO © NORMAN BERRY

requires all the changeovers to be in the same place, there was nothing to say that the first leg had to start there too. With this in mind, we marched the leg one runners across Barley and set them on a course away from Pendle Hill, taking the runners



PHOTO © NORMAN BERRY



alongside Black Moss reservoir and onto paths that even experienced Clayton runners had never been on before. Special permission had to be obtained from Lord Clitheroe to cross a part of his land where no right of way exists, but this was granted, and I was able to present the full face of Pendle at its steepest and most daunting to the runners, taking them up a brand new climb, prior to sending them back down a technical descent and then a climb back up the cart track to Pendle's shoulder. From here, a headlong charge down to the changeover area and leg one was finished.

LEG TWO: Traditionally a pairs leg over a route disclosed in advance, the well-established paths across Spence Moor, Mearley and Ogden Clough seemed to offer a perfect choice. An interesting start through Fell Wood, and later, some serious climbing up to the Memorial Cairn, would be topped off by the fast and furious ascent of "the flags" to the trig point on Pendle's summit. The section from Ashendean Clough to Ogden Clough would allow for some route choice, but elsewhere the use of paths across some testing ground would provide a good challenge. Initially, the route was coming out a little on the short side, so from the Memorial Cairn I dropped the runners back into Howcroft Brook, forcing them to climb and cross the rough untracked "no-man's land" to Ogden Clough. This extra section brought the whole leg out at just the right distance and amount of climb.

LEG THREE: This leg is always the undisclosed navigation leg run in pairs. A good test is required but nothing too

technical, as we are dealing with fell runners rather than orienteers. Route choice between checkpoints is desirable, otherwise you can end up with a procession around the hill. Finally, misty weather can have a huge impact on even the simplest route on somewhere like Pendle Hill. The maps would be issued about half a mile from the start, and the runners could plot their course from there, visiting each checkpoint in alphabetical order. From the first checkpoint in Boar Clough, the runners would have to traverse the hill down onto Worston Moor, and head back south and east before the final checkpoint in Ogden Clough at the Bill Smith Memorial plaque.

LEG FOUR: A fast and furious finale is required on the anchor leg, where very often the whole relay is decided in favour of the runner who wants it most. Starting at the usual changeover point for the last time, the runners would be taken via Boar Clough over the summit to the long descent of the Big End, along a technical contour path, and then back up to the shoulder before the final downhill push past Buttock to the finish.

Even when in my prime some 25 years ago, I could not run anywhere near the pace of the fastest runners, so judging the time these four legs would take the leading teams to complete was very difficult. Nevertheless, having been round each of them several times, I knew they were all about the right length and contained the right amount of climbing, so they should work out. My colleague Pete Booth reviewed the courses for me and provided some invaluable advice and fine tuning, but

essentially they remained unchanged from December 27th 2014, when I finalised leg two in cold snowy conditions. Privately, I was sure all four legs were really good, but until they are actually raced over you can't be sure. On the day, the feedback from the competitors on the four legs was all positive, and I didn't stop grinning for days!

One of my other tasks was to recruit a team of around 30 marshals to go up on the hill and man the checkpoints, some of which required Sport Ident dibber stations. I was hoping for a team of highly experienced fell running volunteers to come forward, and that's exactly what I got. A fantastic bunch of men and women with hundreds of years fell knowledge between them, who knew exactly where and when to be, and would know what to do if any runner got into trouble. Once they had been briefed about their role, both individually and as a team, I knew we could send them up the hill, reassured that everything was in their safe hands. The feedback received from the marshals shows that they enjoyed their day on the hill, and there were many stories of runners arriving at checkpoints from several different directions at the same time.

I need to give special mention to Pete Booth, who as stated earlier, reviewed the routes and came up with some great suggestions. Pete was also responsible for sourcing the fantastic maps from Daltons that were provided to all the runners, and which should become the definitive map of Pendle Hill. In conclusion, I feel that we were able to provide a great days competition and an event to be proud of.

Race Organiser's Report

PHOTO © NORMAN BERRY



It had been 18 years since Clayton-le-Moors Harriers had hosted this event and the 2015 relay was 18 months in the making. In the period between the first planning meetings - way back in May 2014, to the day of the event, a team of 8 met on a monthly basis to hammer out an event we dreamed to hope would honour British Athletics. The team contained a wealth of knowledge with six race organisers and several very experienced runners.

In light of what was to follow I will try to explain the thinking and rationale behind

the choices we made. Let me say however that our first meeting set the tone for what was to follow by way of great teamwork with clearly defined roles from the outset.

It wasn't immediately clear where to hold the event. Potential venues in the Clayton area were studied with respect to the hosting requirements. We needed challenging fell routes, an event centre, start /finish field and sufficient access, capacity and parking for accommodating competitors. We looked closely at areas we knew away from Pendle; (Slaidburn

and Bowland fells, Darwen moors and Gt Hameldon near Accrington); measured each against the criteria before finally deciding on Pendle. We looked at all possible venues around the hill before deciding that due to its existing amenities and the hard parking areas, Barley offered the best event location especially if we were faced with poor weather conditions on the day of the relay.

Next up was to meet up with the Parish Council, farmers and other local landowners to discuss our plans. The villagers of Barley have always been supportive of our races and once again they quickly understood that this was a prestigious event they wished to support. The main concern was numbers attending and parking; and it quickly became apparent that any numbers exceeding 1000 would make it difficult for the village to manage.

The relay has grown in recent years so it was a difficult decision to cap entries at 150 teams. British Athletics had amended the Championship to include a Vet 40 women's category and we chose to support only the four main medal categories. We presented our plans to the FRA committee emphasising that we wanted clubs to enter their best teams for the available categories. We deliberately did not offer entries to any discretionary categories and clubs were asked to prioritise their teams. We knew that this would not please everyone in the fell running community and the lively social media discussions were testimony to this. At one point I was receiving 30 emails a day as well as responding to queries on the FRA forum.



PHOTO © ADRIAN NICHOLLS ANEVENT PHOTOGRAPHY



Our monthly planning meetings continued, race routes were agreed, maps printed, catering sorted, event field layout decided – the weeks sped by - how many portable toilets and loo rolls? How many veggie meals? Where to put dibber points? How to get power to the event field?

The day of the relay dawned chilly but with only light cloud and no forecast of rain. The Clayton machine had actually been working from the Friday afternoon, marking out the event field, erecting marquees, packing the team bags; we reckoned we had everything in hand. Then suddenly the trailer with the power generators became stuck on the track to the event field. We

manhandled the generators into position only to find that they were not able to fully power the SportIdent equipment and screens. Fortunately our local contacts came to rescue and we tapped direct power from an obliging villager living just below the field. By this time a tented village had sprung up on Barley Village green – flags from dozens of clubs fluttered in the autumn breeze and lively banter permeated the village centre.

Marshals briefed and in position we called for the Leg 1 runners to assemble on a track at the other end of the village. I fought through the crowds only to find that whilst I knew where the start line was nobody else did as we had forgotten to mark it! With the first leg runners safely on their way the rest of the day sped by. The leg timings provided by our route planners proved to be spot on; the battle for the leading places was fiercely fought on all legs, with some thrilling changeovers for the spectators on the event field all brought to life by Claire and Denise in the commentary tent.

In the final analysis only 51 seconds separated the first three teams with Calder Valley edging out Pudsey and Bramley and Dark Peak. Ambleside took gold in the female category with a more comfortable margin over Calder Valley. Borrowdale triumphed in the MV 40 race and a special mention to the Dark Peak FV40 team who won the inaugural gold in this category as well as coming in 3rd female team overall.

Thank you to all competing teams –we at Clayton hope you enjoyed running on some of the lesser known parts of Pendle. Our kit check marshals commented that all runners

were properly equipped and took the inspections with good humour. SportIdent commented that this was their first ever relay event with no dibber mix ups. Barley Parish Council and landowners reported no problems. Post event, feedback has been very positive and it was especially good to have the FV40 medal category – one that I hope continues to see growing support from clubs.

A final thank you to everyone associated with Clayton-le Moors Harriers who contributed their time and help in any way. You know who you are and can be proud in the knowledge that you were part of a great day.

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British Fell and Hill Relays

Next issue we will have details of this year's relay to be held in Luss and organised by Westerlands. Having recently had a chat with the organiser it sounds like, as well as a great days racing on tough courses, in classical Scottish style, the relays will be part of a wider weekend of social and other activities – personally I cannot wait.

From the conversation it is also clear that, as befits a British championship event, the four relay legs will all be tough, true fell courses: ones that are designed for experienced fell runners, not those who wish to experience fell running.

It is great to see the popularity of the British fell relays and all of us involved in the background organisation hope that this will continue. However, I would like to re-inforce the point above: the British Relays are first and foremost a fell championship event and therefore, when clubs are selecting their teams, they should please make sure that they select runners who have the experience and skills required to successfully complete an A category fell race, it is not fair on the local RO to do otherwise.

I think everyone would agree that last year's relay was a massive success, with no serious incidents. However feedback from the organiser of the 2015 event was that there were a number of runners taking part who appeared incapable of following a map or coping with the relatively benign

underfoot conditions and that with poor weather this could have proved dangerous.

Those who were there last year will remember the weather that day was great. I went back and around one of the legs one week later and it was a totally different picture: the clag was down as soon as you left the fields, with strong wind, hail and sleet on the tops and a slippery muddy surface underfoot.

We will therefore this year be asking team captains to confirm that all team members have the required knowledge, fitness and

experience to cope with an A category fell race. Hopefully this will work as the alternative is to have to start asking runners for details of previous races and no one wants to get to that point.

I know that many clubs have used the relays as a social occasion, or to introduce cross country and road runners to fell running in the past - if that is the priority then there are probably better suited events for this.

Many thanks for your understanding and help with this.



Experience counts for athletes and marshalls at the 2015 relays

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Hypothermia

First hand accounts

Introduction

The FRA continue to work towards both personal safety and self-reliance in our hills. We host the Navigation courses and the more recent Wilderness First aid courses, where Hypothermia is dealt with in detail.

The last Fellrunner article on Hypothermia was well received and led to the FRA producing a Hypothermia pocket guide which was made available to all members and non-members (www.fellrunner.org.uk/documents/FRA_Hypothermia.pdf). The full article is available at: www.everythingoutdoors.co.uk/hypothermia-facts-causes-treatment/

In addition to the accounts which follow two notable bloggers have each published personal accounts of serious hypothermia – Ben Mounsey (about his outing in the Lee Mill Relays), and ‘Fellmonkey’ in a post entitled “Hypothermia as a lifestyle choice”. Both are also worth reading.

This article focuses on one of the things which can go badly wrong in almost any fell race – getting too cold – told in the words of two people who DNF-ed in the 2015 Edale Skyline.

Account 1.

2015 EDALE SKYLINE A RACE TO REMEMBER

By Simon Brearley

I slowly become aware of where I am, in a cubicle in a bright, narrow hospital ward. I’m wrapped in blankets and a plastic warm air duvet and I’m cold and shivering. Oddly I’m not surprised even though I’ve no recollection of how I got to be here. In due course a nurse explains that I’m in Wythenshawe hospital emergency ward, brought in by Yorkshire Air Ambulance after suffering extreme hypothermia during a fell race. She points to a number on a white board – “that was your temperature when you arrived” – 29.5 degrees! Over the next few hours my temperature steadily rises. I stop shivering and try to piece together what happened.

It’s the start of the 2015 Edale Skyline, I’ve driven down with my mate Ian and we’re now lined up in the starting field. It’s drizzling but not cold, however the Race Marshall warns that very wet and windy weather is forecast for later with wind chill on the tops at -11 degrees. I think I’ve misheard – surely not that cold! We’re away and I struggle to maintain the pace up the long pull to Ringing Roger but then settle



Picture 1. The front of the field at the start of the Edale Skyline 2015. A variety of clothing choices!

well in the run over to Win Hill. Ian is a short distance behind so I wait to check he’s OK and then set off on the great descent into Hope.

The pull up Lose Hill is warm work, the weather is fine even some blue sky! I eat a bar as I walk up then set off along the ridge past Hollins Cross and onto the to the check point west of MamTor. I’m feeling OK and wait for a few minutes for Ian, but getting nervous about the cut off time at the Jacobs Ladder checkpoint I set off before he appears. Going up Rushup Edge to Lord’s Seat the weather has changed, the clouds are down and the wind is picking up.

By the time I reach the turn NW to head for Brown Knoll it is pretty unpleasant, with fierce rain squalls and gale force wind. However I’m moving well and join a group of around 6 runners as we run across the tussocks and bog as best we can. The wind and rain get worse and it gets cold but I’m reluctant to stop to don waterproofs trousers or add a fleece under my waterproof top – in the conditions I’m keen to stay with the group. By the time we reach Brown Knoll I know I’m cold and am relieved to be able to turn away from the wind which now pushes me rapidly along the flagged path to Jacobs Ladder.



Picture 2. The middle of the field at the Edale Skyline start. More conservative dressing by the middle-pack runners!

Past the checkpoint I'm still cold but reckon that with the wind behind me I'll warm up and I'm still running OK, keeping up with nearby runners. I stop briefly for something to eat – quite a struggle now as my hands are too cold to tear the wrapper. I pass Crowden Towers then some time after that (timescales by now are hazy) I recognise that I'm in trouble. I consider getting off the plateau and out of the wind, but when I stop and look at the terrain it looks impossibly rough and confusing so I stay on the path – probably the best decision I've ever made.

Beyond that point it's difficult for me to recall much – I'm sitting with 3 or 4 people in front of me, one appears to be on a phone; then I'm shouting at faceless people in orange because I'm cold and uncomfortable and they're not helping me! Then I'm waking up in a hospital ward shivering and wrapped in blankets. After some time Ian (who was timed out at Jacobs Ladder and who himself suffered mild hypothermia) and my son Colin arrive at Wythenshawe. Colin had been at a cycle sportive near Bradfield earlier in the day and had arranged to meet me at Edale. Waiting for my non-arrival at the finish he was able to fill in some of the detail.

I had initially been helped along by some of the other runners as they headed up to Grindslow Knoll until the race sweeper Marshall arrived. He sent the runners on to save them from the cold and guided me down into Grindsbrook out of the wind and into a shelter; he described me as functioning but grumpy. The air ambulance was called, landing a couple of hundred metres below the tent and the Edale Mountain Rescue team (who were having a pretty busy day) stretchered me down to the helicopter and off to Wythenshawe Hospital.

As a precaution I was kept in overnight and discharged early the following morning feeling physically well but mentally shaken. Jayne, my wife, drove me over to Edale to pick up my car – a calm sunny day with the moors looking benign and beautiful!

It's now 12 months on and the 2016 Skyline is looming. I'm still bugged by what happened, the gap in my memory and thoughts of what I should have done – after all I'm not a novice fell runner. Eat and drink more – yes; I know I'm guilty of pushing on and not bothering to fuel up regularly; Believe what we are told at the start about conditions – be alert to weather changes and get more clothes on early – waterproof trousers and fleece don't help when they are in your sack! Should I have bailed at Jacobs Ladder? I'm not sure, yes I was cold but I was running OK and the wind and weather were behind me and you don't enter these events without some determination to finish them. The one decision I got right (though not entirely rationally) was to stay on the course and not try to find my own way down. Had I done that the race safety system would have

found me eventually but probably too late for me to tell this tale.

So I survived to tell the tale but only because of many others; my fellow runners, the race Marshalls, Edale Mountain Rescue team, Yorkshire Air Ambulance, the staff at Wythenshawe Hospital and the race organisers. I owe them all an enormous debt of gratitude.

Account 2.

EDALE SKYLINE

29 March 2015

By Anonymous
Background

I am very familiar with the area and know the route of the Edale Skyline fell run (sufficiently well not to need to consult the map and compass that I was carrying). The conditions were cold and wet, although the rain held off until just before Mam Tor where the wind picked up. The conditions were certainly not harsh at all (at least in comparison with previous runs and walks in the area) but were certainly less than ideal, with cold, wet and windy conditions especially as the race progressed, and more so on the exposed hill-tops.

At the start the weather was changeable and it looked as if it would either turn sunny or rain would set in (or perhaps more likely it would change between the two during the course of the race). I set off wearing full cover leggings, a short-sleeved t-shirt, a long-sleeved t-shirt, a vest, a buff around my neck and another on my head as a hat, and Sealskinz Ultra Grip gloves which are waterproof and breathable. I had contemplated wearing my waterproof top at the beginning but on balance it looked as if there would be showers early on and clear skies later. I normally get over-heated when wearing too many layers and this is often exacerbated with a waterproof top.

During the race

Things were going satisfactorily and I was running well (walking the steeper uphill sections) and up to Hollins Cross there were

no problems. I was not feeling cold or tired. Approaching Mam Tor I was feeling very hungry but didn't slow down to eat and carried on with a view to eating before too long. At the time I was running at a pace that was not conducive to eating cereal bars, and eating and running can disturb breathing a bit. Ascending Mam Tor the wind increased and it may have started to rain slightly. I would normally walk that section but in trying to keep pace with other runners just ahead of me I ran / walked rather than ran. This may have tired me out a bit and coupled with increasing hunger on the descent off Mam Tor the bounce started to go from my legs. If I had been on my own I would have slowed down to eat and also put on the waterproof top with the wind picking up and rain appearing to be likely for the next section of the race.

At Mam Nick I was feeling hungry and a little cold. Rather than slowing down to eat and put my waterproof top on I pressed on trying to keep pace with a group of runners slightly ahead of me. The intention had been to sort myself out as I went along but I never quite caught up with the others and didn't get around to eating or putting extra layers on. The wind picked up and it started to rain, slightly at first but then more so, and by then I was already damp so putting the waterproof on may not have done much good. After Lord's Seat things were improving since it was then downhill and I picked up speed but the ground was very waterlogged with some deep puddles.

On the gradual ascent of Brown Knoll the going got noticeably tougher. The ground was even wetter than usual for that area with deep puddles, some more than knee deep, and the continued immersion in cold water would have had a dramatic cooling effect. Normally on this section I would zig-zag back and forth to avoid the deepest mud and standing water. However, in taking a more direct route the exposure to almost constant fairly deep water and mud would have had a cooling effect. It was also hard work ploughing through the



boggy conditions and involved more effort than previous walks and runs in the area. Switching back and forth to avoid the worst of the boggy areas may have actually been a less tiring tactic.

Not far from the top of Brown Knoll, after battling the mud and water and trying to run at too fast a pace uphill, I encountered a particularly deep and muddy grough where I sank to about mid-thigh level. It involved a lot of effort with my then dwindling reserves of energy and after scrambling onto the bank at the far side I decided to stop to regain my breath, have something to eat and put my waterproof top on (and all three could be achieved at the same time before continuing). It took a while to get my cereal bar out of the wrapper due to cold hands. I was eating that and about to put my waterproof on when some other runners encountered me and decided that I looked in a sufficiently poor state that they would assist me to the next checkpoint. They supported me to that point where I entered a tent to rest. In sitting there and not moving I probably became even colder. I think things deteriorated on the way down Jacob's Ladder and to Edale. I was certainly feeling worse as time went on and my core temperature was probably reducing even though I was then being rescued.

My view is that in stopping to administer to myself my temperature would have dropped quickly due to the lack of activity of walking / running. Just before I stopped my temperature would have dropped due to the deep water that I had been wading through. Apart from cold hands I didn't feel particularly cold or pass through the shivering stage - my situation must have come on suddenly on Brown Knoll when wading in the deep cold water - the prolonged submersion of my legs in the water must have had a sudden cooling effect. (Apparently runners don't always go through the shivering stage whilst running, as the muscles are already working).

At that point in the tent I understand that Mountain Rescue took over, administered to me and assisted me to walk down Jacob's



Ladder to a waiting Landrover. On the way back to Edale they checked my pulse, etc and looked after me. At Edale I went by ambulance to Sheffield North General Hospital where various medical staff monitored me; looked after me and warmed me up with a Bair Hugger. This is a device which surrounds the patient with an air-filled duvet at a temperature of about 40° C or 45° C to gradually induce warming. After gradually warming up in the hospital I was discharged a few hours later.

Cause and effect?

A combination of tiredness, cold, hunger and adverse conditions conspired to lead to my suffering from hypothermia. It is not entirely clear what the relationship between all the factors was. To an extent the causes and effects are inter-related and each exacerbated the others. On Brown Knoll I was feeling very hungry and tired, and opted to run uphill to keep up with others, whereas if I had been on my own I would have chosen a slower pace. My legs seemed to go weak fairly quickly which I attribute to "bonking" but the cold may have also caused some weakness.

Getting stuck in some very deep mud and the effort of getting out probably tipped the balance. I decided to stop and get my breath back; eat and put my waterproof on. My fingers were quite cold and I found it difficult to get my stuff sorted out and opening the cereal bar was quite

challenging. In sitting down and sorting myself out I undoubtedly got a lot colder since I had stopped moving and generating heat internally. If I had had a bit more energy before I stopped it was not far to the top of Brown Knoll and then the easy and fast running on firm ground to Edale Cross might have enabled me to generate more heat internally.

What could the organisers have done differently?

My view is that the organisers did all that they could to organise the race professionally and responsibly. There were Marshals at checkpoints along the way and Mountain Rescue were on hand. The kit-checks were thorough and ensured that everyone had the kit that they needed.

What could I have done differently?

The weather was not severe enough, which led to my downfall! I have run and walked in much worse conditions and been cold but okay. The day started off looking changeable and a lot of other runners started with waterproofs on. I have tried that before and got far too hot too quickly and then been wet from sweat, so have found that wearing less you start cool but soon warm up.

I did the same route as a recce a few weeks earlier and the weather was worse and raining when I set off. On that occasion I wore a waterproof top from start to finish. Between Mam Nick and Edale Cross the winds were very fierce and the rain was heavier (certainly much worse than on the day of the race) and although feeling cold in parts of the route I was okay. I also wore a thick woolly hat on my recce instead of a buff as a hat on the day of the actual race. On the recce I carefully avoided the deepest mud and water and was able to avoid going more than ankle deep in water and avoided the deep groughs by zig-zagging left and right to keep to more solid ground. I also went more at my own pace and ate more during the run / walk.

I can think of several examples from my long walks, etc in the hills, etc where I have been walking in adverse conditions in just a t-shirt and been warm. Upon stopping I have cooled down quickly and then even with extra layers, hat, scarf, gloves and



Not much left in the sack for this runner, soggyly approaching the finish of the Edale 2015!

The Stages of Hypothermia & Responses

coat it has taken more than half an hour of walking again to warm up after stopping for sandwiches and soup. Given identical conditions again I feel that the following steps would have enabled me to complete the course in a satisfactory manner:

- Wearing a waterproof top at the beginning (or at least putting it on before the ascent of Mam Tor where the wind and rain started or at the very least at Mam Nick when things worsened)
- Eating more on the way around (there was spare food unconsumed at the end over and above the emergency rations that I had planned to eat on the way)
- Sticking to my own pace rather than pushing on from Mam Nick (I normally fall behind on the uphill sections but tend to overtake people on the downhill parts and after Edale Cross the running is easier with less uphill and rough ground)
- Trying to avoid the deepest water and bogs on Brown Knoll in particular by zig-zagging around which is time-consuming but maybe quicker overall since it is perhaps less tiring than sinking into the bogs and fighting to get out.

Thanks to:-

I am very grateful to all those who helped me including the runners, Marshals, Mountain Rescue and the medical staff in the ambulance and the hospital.

CHAIN OF DISASTER

Ian Winterburn

I'd like to thank the 2 contributors for coming forward and passing on these personal and very graphic accounts of their ordeal, hopefully we can all learn lessons from their experiences.

The Chain of Disaster was first published on the Forum before the Skyline accounts were received. Here is a "hypothetical" scenario. It is not based on any real event I know about. However it could happen; when things go wrong on the hill it is rarely one mistake but usually follows a chain of disaster. Many MR call outs and near misses are due not to one bad decision but to a series of them.

Let's take a typical example:- a big hill race, AL, 21 miles 4500ft, listed as 'experience required'. It certainly requires good mountain craft, with bad weather forecast, a long time in the hills, tricky navigation. Let's go through a series of decisions by our made up runner.

- Decision 1 - in the valley before setting out.
"I'll get away with light-weight waterproof, single thermal and a vest, hat and gloves. I'll be moving fast so will be warm enough. The Race Organiser is asking runners to carry a bivvy bag but they aren't doing a kit check so I won't bother, I'll take 8 jelly babies and gel for an emergency".
- Decision 2 at 10 miles, The route turns in

| Normal Body Core Temperature | | | |
|------------------------------|---|----------|--|
| 37.5C | <ul style="list-style-type: none"> ● Feel Cold ● Still alert & able to help oneself ● Numbness in arms & legs | | Additional clothing Exchange wet for dry clothing Food and warm drinks – avoid caffeine and alcohol Purposeful activity Get off the hill with supervision if possible |
| 35C | Mild Hypothermia <ul style="list-style-type: none"> ● Shivering ● Incoherent, mumbling, stumbling, grumbling, apathetic or irrational; may appear drunk ● Denies there is a problem | Mild | Shelter Additional insulation, exchanging wet for dry clothing Food and warm drinks Purposeful activity when able Encouragement May be able to walk off with supervision if no other concerns |
| 33C | Moderate Hypothermia <ul style="list-style-type: none"> ● Uncontrollable shivering ● Increased confusion ● Increased incoherence, mumbling, stumbling, apathetic or irrationality ● Increased heart & respiratory rate | Moderate | <ul style="list-style-type: none"> ● Shelter ● Gentle handling to prevent sending cold blood to the vital organs ● Additional insulation ● Food and warm drinks if able to swallow ● Evacuate rapidly but smoothly ● Consider calling Mountain Rescue ● Should be checked out in hospital on evacuation |
| | Severe Hypothermia <ul style="list-style-type: none"> ● Muscle stiffness ● Shivering stops ● Collapse ● Semi-conscious | Severe | <ul style="list-style-type: none"> ● Shelter ● Gentle handling ● Additional insulation ● No food or drink if unable to swallow ● Maintain an airway ● Call Mountain Rescue ● Rapid but smooth evacuation to a hospital |
| 32C | <ul style="list-style-type: none"> ● Unconscious ● No response to pain ● Slow pulse, breathing may be difficult to detect ● Skin cold; may be blue/grey in colour | | <ul style="list-style-type: none"> ● Shelter ● Additional insulation ● Maintain an airway ● Treat gently ● Call Mountain Rescue |
| 28C | Cardiac Arrest <ul style="list-style-type: none"> ● No obvious breathing ● Pupils dilated ● May appear dead | | |

to the wind and it starts to snow. "It's getting chilly but I'm racing and don't feel too cold, I'll push on. If I get colder I'll put my gloves on".

- Decision 3 (possible place to drop off and retire) you notice one of your shoes has started to split, You decide you'll be all right, you've wrapped a bit of lace around the boot to hold it together, you push on.
- Decision 4 You gain height and continue heading into a strong wind and clag, Time to get the compass out, you then realise that when you messed about with your laces your hands got really cold and you haven't warmed up since. You really struggle to get the compass out because the zip puller broke off your bum bag last week and you haven't repaired it yet.

Luckily you had put your thin gloves in a pocket so you struggle to get them on, you also realise you're getting tired but you've eaten your jelly babies over an hour ago. Your hands are so cold you can't use them properly so you can't open your bum bag to get the gel out.

- Decision 5 Another possible bail out point, the last safe one, only 5 miles to the finish, one small climb in 2 miles then flat, the last 2 miles down hill, barely 40 minutes running. You are feeling rough but 5 miles! You push on.
- Decision 6 just starting up the last climb your lace snaps and the boot splits, you have to slow down because you can't run, you didn't put a spare thermal in and the kit you have on is wet due to sweat,

you start to shiver violently, there's no one around so irrationally you decide the time has come to get off the hill by the quickest route. Instead of heading down the ridge you head off at 90 degrees and suddenly you are on a steep boulder field, you're feeling a bit dizzy and slip and there is a terrible sound from your ankle.....

At any point the chain could have been broken, you could be sat in the village hall having a brew with your mates enjoying the banter.



What to carry in the bum-bag

I guess that most fell runners tend to keep stuff in their bum-bag from race to race, and in my case that means that it normally has a fair complement of bar wrappers, empty gel sachets, and possibly a glove or two hidden away in the folds of the waterproofs. But what should we carry as a matter of routine? It obviously depends on the weather, the length of the run, and whether we are alone or in company. Ian Winterburn has a few guidelines:-

Solo training.

No matter what the degree of familiarity with the run the bum bag contents should at the very least reduce the onset of hypothermia which, after all, is what will kill you. As Joe Simpson proved, if you can keep warm you can descend a remote alpine peak with serious broken limbs and limited food over a number of days, yet exposure will kill if you are a near stark naked fell runner on Ilkley Moor lost in foul weather, and in a matter of hours. So good body cover, spare gloves and especially headgear would be my priority and the limitations of the bum-bag suggest that any additional room should be filled with energy food (Jelly Babies etc).

For a solo run you are primarily thinking of yourself – which is not to say that you wouldn't stop to help someone else in difficulties, but most people don't carry a serious first aid kit just on the off-chance that they might come across someone needing a triangular bandage! The main requirement is to keep yourself going, and to have some options if the run has to be cut short.

Body cover needs to be selected according to the weather, but most people would take an extra garment (or perhaps an extra layer) more than they hope to use, just in case! The extra gear may not be needed if the run goes as planned, but is there to cope



Some people have big ones, and some have small...

PHOTO © ANDY HOLDEN

with the three perils - unexpected weather, unexpected route choice (also known as getting lost), or an injury that forces you to slow down or take a long walk off.

Something to eat is pretty important if the run takes you over a meal time, as no fell runner likes to miss their scoff. As well as any planned food, a small packet of jelly babies or similar is a good item to put in the bag and just leave there, to help keep you going if the dreaded bonk starts to set in. And fluid is an essential to keep you going if it's hot. People have very different requirements for fluid, depending on how much they sweat, so choice of a bottle or camelbak arrangement is a personal one. In many areas you may find water along the way, and the squeamish can carry water purification tablets (get them from Boots, apparently they work, but you need to give them 30 mins to kill the bugs). Routes like Ennerdale and Wasdale famously lack

natural water and need advance planning.

Compass and whistle are items that often get left in the bag for months, and a decision on whether to carry a map depends on how familiar you are with the area. There may seem little point in carrying a map round a route you have done many times, but be sure that you could get yourself safely off the hill if you had to abort half way round, and if injured are able to give a grid reference to Mountain Rescue. These days a phone is virtually a must, even if it is most likely to be used to get the other half to pick you up at some unexpected spot. Roll on the promised improvement in phone coverage! It is worth going through the process of registering your phone for the Emergency 999 text service, (look up www.emergencysms.org.uk). This allows you to text for help when you have a poor signal, and the information to give is the same as if you were calling for help. Needless to say someone should know where you are going and when to panic.

There is a range of other items which might be worth carrying in certain circumstances. A torch is pretty obvious if you're pushing it to get home in the light, and is invaluable to signal to MR after dark. Money might be useful if you have to come off the hill unexpectedly and can make your way to civilisation. The purist will always carry a foot of gaffer tape as a matter of principle (and I've seen it used to great effect if a shoe decides to fall to bits). A bivvi-bag (the small Sol type) takes up very little room, and could repay the effort of carrying it if you become immobilised and have to wait for rescue.

Longer runs and groups.



Does my bum-bag look big in this

PHOTO © ANDY HOLDEN



... but most are somewhere
inbetween.

On a group outing (like a leg of a BG), very long training runs or if you're leading a party, more kit may be required. This probably gets you to the rucksack rather than the bum-bag.

For anyone in charge of a party, even if only a regular club training run, some level of first aid kit is pretty important. Elastic bandage (to support a sprain), disinfectant wipes and plasters are the most useful, as we can only hope to do 'running repairs' on the hill, and any more serious first-aiding will have to wait until the victim can get back to civilisation. Party leaders should pass on the message about self-reliance, and encourage people to carry spare kit, and they will perhaps have an extra garment or two to cope with the runner who omitted to bring enough stuff. For anything high or long a 2 or 4 man shelter is easy to carry, very easy to set up, and provides a surprising amount of warmth. A bivvi bag and small sleeping bag gives extra assurance.

Supporting BGs and long rounds doesn't require extra kit, but normally does require extra space in the bag, so that you can carry the gear, food and water of the person attempting the round, who will probably be travelling light and relying on the porters for everything else. If head-torches will be required then spare batteries are also a must, and many long events require you to carry two torches - try getting AA batteries the right way round in total darkness and you'll realise why!

On a long day lan suggests having a dry bag with spare clothes, bivvy bag, food, small torch, and first aid kit. You can decide what is appropriate. It keeps it separate from your main kit and is ready to use quickly. A flask of something hot will repay the effort of carrying it if you're out for a long time.

Races

Organised events whether AS's or mountain marathons, give a different set of priorities, though the basic kit options are the same. Don't assume that the kit the Race Organiser specifies will be enough - make your own decision using the 'mandatory kit' as the starting point. Obviously for an event people want to run as light as possible, and tend to cut the kit they carry to the bare minimum, hence the tendency for front runners to set off in little more than underwear. Many races provide food and water (at least for the front-runners), allowing you to save a few more grams. But basically the kit choice is the same, and you should carry one layer (wind or water-proof) more than you expect to need.

The focus in mountain marathons is to be self-supporting over perhaps 36 hours, which takes you out of the realm of bum-bags. A running-friendly rucksack is needed to carry the extra gear, such as a bivvy bag, extra dry base layer, and perhaps a lightweight down jacket, which will not be heavy but provides a great deal of warmth.

Put it on!

The key point about all kit is knowing when to use it.

A debate amongst organisers of Mountain Marathons is the increasing tendency of teams to "run wet", sorting themselves out at the overnight camp. Some events introduce rules stipulating that gear must be worn in the event of poor weather. The worry is that the fast guys tend to be experienced, know their limitations, and can cope with minimal kit, but their actions are copied by less able teams who underestimate the challenge, get seriously tired and end up in trouble. Such teams may make it to the overnight stop, but get cold so quickly after arrival that they have to pull out.

So there are a couple of guidelines which can help if things turn nasty. The first one is to put kit on early, resisting the temptation to push on regardless. Many runners get into such a state that they can't open the bag to find a gel or a jacket, and then can't open packets or do zips up. The second one is that in an emergency you should stick to the race route if at all possible. If you can carry on to the next marshal point then you can at least make someone else aware that you have a problem, and if you can't then the race route is the where any rescuers will look first.

Choice of kit is a very personal one, but a quick look at the weather forecast and an appropriate choice of items to carry can make an outing on the fells a lot more enjoyable.

The FRA Wilderness First Aid Course

14th/15th November

It was an awful situation. A climber had been hit by a falling rock and lay motionless on the ground with his head against a fence at a strange angle. Blood was oozing from the top of his head. Mountain Rescue would be hours away and some sort of action was needed immediately. But what?

This was one of the simulations faced by participants in a 2-day wilderness first aid course instigated and subsidised by the FRA. Held in Newlands, Cumbria with 10 participants, it was ably run by Will Legon an ITC Outdoor First Aid Provider, assisted by FRA committee member Ian Winterburn, 10 years in the Mountain Rescue Service and also a qualified Mountain Leader of many years' experience.

I personally needed a 16 hour Wilderness First Aid qualification towards becoming a Hill and Moorland Leader as part of a vague retirement plan. The motivation of all the other participants was purely altruistic, wanting the ability to be as helpful as possible in the case of any outdoors incident.

There were 16 hours of training, spent partly indoors and partly in the open. The



PHOTO © IAN WINTERBURN

indoor training was sometimes surprising, including topics such as constructing a stretcher out of rucksacks and creating splints from trekking poles! The outdoor training consisted entirely of applying skills in simulated real-life situations. These required Oscar winning performances from participants posing as casualties, having heart attacks, being unconscious or becoming hysterical to give a few examples, while the rest of us tried to apply their new skills in a wet and generally unhelpful setting. I found it very sobering to see how relatively easy it was to treat someone in a classroom environment. The stress of suddenly coming across an unsettling situation outside in bad weather could make you forget very simple and important procedures in the heat of the moment.

Free accommodation was offered in Newlands village hall, and the other participants and instructors ensured a great

atmosphere throughout. A visit to the local pub provided the evening entertainment. The skills learnt went beyond the usual course, taking in kit recommendations for Marshals, how to call Mountain Rescue and the time scale and procedures they follow to get to an accident.

I believe that I was the only participant with no previous first aid qualification whatsoever, and my head is still buzzing, but I am certain that everyone learnt something new and found the course highly stimulating. I found the whole weekend highly constructive and also fun, and would recommend it to all race marshals and FRA members, indeed anyone who takes to the hills. Many thanks to Will Legon, Ian Winterburn and all others involved.

Below: The course involved quite a bit of working outdoors, the rain adding to the authenticity of the exercise.



PHOTO © IAN WINTERBURN

Course participants in one of the exercises – create a stretcher out of rucksacks. (The victim is FRA Treasurer Andy Watts – he signed the expenses before being released!).



PHOTO © IAN WINTERBURN



Memories of the First Lake District Mountain Trial

21ST SEPTEMBER 1952

As soon as I read of the Youth Hostel Association's (YHA) Mountain Trial I was electrified - I knew I wanted to do it. It meant joining the YHA; it meant getting to Dungeon Ghyll; it meant wearing hobnail boots, but there was never a moment's uncertainty that I wanted to compete in the inaugural event.

It took little persuasion to bring on board my friends at Leyland Motors - Roland Moore, Clarence Woodhouse, Harry Eccles, Jeff Page and others. The post war period was still a time when works and police sporting teams held sway in the world of amateur athletics. For example in that era Arthur Scott from Leyland Motors had run the 100 yard dash in less than 10 seconds. We knew we would field a strong team.

As envisaged the Mountain Trial was a walking event requiring competitors to follow a fixed course starting from Old Dungeon Ghyll to the summits of Bowfell, Esk Pike, Scafell Fell and Great Gable before returning to the start by way of Rossett Ghyll. For us in Leyland Motors there was no doubt in our minds we would run it.

For me running was a natural way of getting about. As a child growing up in Blackburn I ran everywhere and whenever I could. At Christmas 1942 when my twin brother Dennis and I were 10 ½ our mother passed away and since it would have been difficult for our father to look after us we ended up at the Harris Orphanage on Garstang Road, Preston. This disrupted my education but in my senior year I attended Wellfield School Leyland. Here I was introduced to athletics. At sports day I was entered in the high jump (an activity that would now contravene every health and safety law created) and did well.

On leaving school after different jobs I decided to apply to Leyland Motors. I did not think much of my prospects as I had heard they only took grammar school lads. But as luck would have it something I said at interview appealed and I found myself as an apprentice on the shop floor.

Leyland Motors not only gave me training and employment but also access to its vibrant sports and social clubs. I quickly realised I had an aptitude for serious running and this was not only recognised but valued. I became a company man enjoying my work on the shop floor but involved in the huge range of activities - mostly outdoor - available at weekends. Through Leyland Motors I ran, walked, climbed and caved in the period I worked there.

The Rambling Club was a key part of my

development as a runner. It introduced me to the Lake District. In the years leading up to the Mountain Trial I regularly visited the hills of Lancashire, Westmorland and Cumberland. I loved the journey up the A6 through Garstang, Lancaster, Milnthorpe, Kendal, Windermere, Ambleside and into the heart of Lakeland - Langdale.

So when in 1952 it was announced that the YHA Lakeland Regional Group was to hold a mountain challenge event to celebrate its 21st anniversary I knew I wanted to participate.

Through our rambling club it was arranged the team would travel up on the bus to the Old Dungeon Ghyll Hotel on Sunday 21st September. We were so fortunate with the weather that day. It was clear with good visibility. With a staggered start determined by pulling out times from a hat I drew second and set out at 11.02am following Peter Fleming of Barrow Holiday Fellowship. The route to Bowfell summit was straight up The Band. This tapped into my strength - I was always a good climber. By the time I reached the first checkpoint I was in the lead striding towards Esk Pike.

Leading the field had its problems though - suddenly I had to make route choices and later I wondered whether I chose the best line from Scafell Pike especially down Piers Gill. I



Maurice in his home in Leyland at the end of August 2015.

not only lost ground to Fleming and Maurice Collett but also to my team mate Roland Moore (the eventual winner) who as he passed me on the way to Great Gable quipped "Why are you walking Maurice?"

After Great Gable it was all descent more or less - past Styhead, across Esk Hause and down Rossett Ghyll with all its ankle turning, rock tripping hazards and then the long drag of Mickleden to the finish and the history books.

Our team Roland, Clarence Woodhouse and I won the first team prize.

Of course then I had little idea that this test - this excursion into the hills - would grow and grow to become the prestigious event it is today. Indeed since Roland Moore cruised past me and onto the winning post all the great names of fellrunning have made the Mountain Trial something to add to their CVs.

So it was a great honour last year to be invited by the organisers to give out the prizes on the 60th staging of the event. It has been sometime since I have been able to run myself but I still get an immense amount of enjoyment attending race meetings and fell running events. Here I would like to pay tribute to my dear friend Peter Knott for his unfailing help over the years by transporting me to venues all over the north. Because of his kindness I am able to feel involved - part of the wonderful camaraderie of runners.



In the "classic" start photo Maurice is 5th from right wearing a hat.

Schofield the Stalwart

Neil Shuttleworth went to Horwich to meet one of the club's unsung heroes

Horwich, a small town that is now home to the once-mighty Bolton Wanderers Football Club, is big on names and records in the fell running world. Paul Dugdale, Martin Jones and Mike Short first come to mind as well as T Pat Campbell, the nine times Rivington Pike winner. Think harder and the Pike race yields long-standing course records that belong to John Wild or Carol Greenwood.

Another name that is writ large in the Pike's race history is Peter Schofield. During Peter's reign as Pike Race organiser he had the pleasure of meeting in 1990 the legend, T Pat Campbell. He chatted to him, and says, "He was absolutely brilliant. A joy to be with. He had nine wins in the 1930s and talked nothing but running."

Born in 1942, Peter was encouraged by Shirley, his elder sister, a useful runner who studied at Wentworth Woodhouse Ladies College in Rotherham and began running in 1955. "I loved to run," said Peter. Soon after starting work at the Railway Workshops in Horwich in 1957, he joined the Horwich Railway Mechanic Institute Harriers, and so began a life-long association with the RMI.

In 1959 Peter became the club's Youth champion. This was ten years into the most remarkable secretary-ship the club has ever seen – Jack Prescott ("JWP") would be Horwich's club secretary for 33 years. He was a good role model for Schofield as he followed JWP in 1981 as Club Secretary until 1992. Today the club recognises the wealth of experience in Peter and Stewart Westhead, honouring them as Joint Presidents.

Peter was a good clubman. In fact, a true stalwart. He won the Fielden Cup, a club handicap race that went from the now-demolished RMI HQ to the Beehive's front door and back twice - 1966 and 1969. In the Club Championships he was also twice runner-up, 1966 and 1967, and 3rd in 1969 and 1972-74. In the 1968 Pembroke 20 mile road race at Huyton, Liverpool Peter placed 81st of the 109 starters. Leading them round the four 5-mile laps was Ron Hill who was untouchable and clocked an awesome 1 hour 36 minutes and 28 seconds. Peter's advice to a novice starting out today would be to read Ron Hill's two-part autobiography, "The Long Hard Road."

By 1978 he had turned his attention to the longer fell events, and completed the classic Bob Graham Round in under the specified 24 hours, which he thinks is his proudest achievement. Club-mates Leo Pollard and Phil Fleming had achieved it before him in the previous two years. In 1981 after Leo completed the inaugural Lakes, Waters and



Peter Schofield (right) meets T. Pat Campbell, the Pike legend and nine times winner.

Meres run, Peter did a similar run. Initially it was a joint effort with Leo, but they had to abandon an attempt, so it was back to the drawing board.

Leo's was from Loweswater to Over Water. A week later Peter did a 114 mile loop that finished 42 hours 38 minutes later back at the same point, Howe End Farm, Embleton. Running into Embleton with all his mates he rates as his best moment ever.

Peter has been RMI Club Secretary, Race Secretary for the Pike Race and a long list of other essential functions that keep a club going such as the Club Chairman. Like many in Horwich he worked at the Railway Works – hence the R in the RMI of the club's Railway Mechanics Institute. A bond of camaraderie was formed in the works with the annual (British) Railways Championships being held for all athletic disciplines. In 1966, for instance, Peter took part in the railways cross-country championships coming 11th and that day Horwich Works had its first team victory. Weeks later he did the road walk at Crewe with an aging JWP.

When the Railway Workshops closed in

1983 a relay run to Downing Street was held. "A petition was taken to Number 10 Downing Street and as the Falklands War was on they only allowed one person inside. I was that person and have a photograph to prove it," Peter recalls. They were not successful, but Peter worked at various units on the site of the old Workshops until 1997. When they closed I asked him if the R would be dropped from the club's title. "No way," was Peter's emphatic reply.

Peter and his wife, Kath had always wanted to live in Cyprus so they moved there, and Peter restarted running with a Hash House Harrier (Dhekelia Army). They returned to the UK and are now regular spectators at the Pike race.

For the Rivington Pike race we see that Peter, with much help from Kath, has been Race Secretary, Programme Steward, and Race Organiser, as well as general factotum. (Now both are Life Members.) Drumming up sponsorship, arranging changing accommodation and co-ordinating officials were just three of their many tasks. One year Peter Watson in his excellent book "Rivington Pike – History and Fell Race" says that the numbers were hand-made by Peter to help the club save money.

And if that wasn't enough Peter was a contestant as well as organiser in 1970s and 1980s. His best days may be a distant memory, but of his 22 consecutive Pike races he ducked under 20 minutes on four occasions: 1973, 19:44; 1974, 19:57; 1977, 19:31, his best ever, and 1980, 19:55. As a measure of the quality in the 1970s he was 40th of 71 runners in 1974, just out-running Tommy Parr (Bolton), now regularly a spectator. For the 1985 Pike Race he was Race Secretary, and Kath handled registration, then recorded the numbers of the 172 finishers. Stalwarts through and through.

Peter got a book off Ron Hill (Pike race winner 1961, 1965 and 1966, and due to run his 40th in 2016) that was dedicated: "Thanks, Peter, for keeping my favourite race alive." The Pike is a short race, but due the dedication of Peter and his fellow organisers it's a race that is sure to be around for a long time, irrespective of the fortunes of that local football club.

THE 26 LAKES, WATERS AND MERES RUN

In July 2011, Dave Makin and Andy Pooler, two members of the Achille Ratti Climbing Club together completed what was only the fifth circuit visiting all the 26 Lakes, Waters and Meres. Mick McGovern has formulated a set of ground rules and guides for future attempts. Further information is available on the internet as a downloadable .pdf file. Mick's contact details are - 21 Top O' Th' Lane, Brindle, Chorley, Lancashire, PR6 8PA. michael.mcgovern@care4free.net



Race Action - Burbage Skyline

The Fellrunner Photography Competition – Spring 2016

PHOTO © COLIN WILLIAMSON



Welcome to the first edition of the Fellrunner cover photo competition!

The panel of judges were overwhelmed with the number of entries received overall with some outstanding shots in each of the 4 categories – Race Action, Behind the scenes, Race Registration and Post Race.

Deciding the winners in each category has been no easy task but we are delighted to announce the winners as follows:

Overall Winner - cover shot

Colin Williamson - Long Mynd Valley

Race Action -

Mick Wall - Burbage Skyline

Jayne Henry - How to stop in a Fell Race

Pre race prep

Frances Berry, Jura

Post race

Jayne Bell - Job Well Done

Behind the Scenes

Richard Davies - The Flag collectors

Phil Hindell - contacting HQ

PHOTO © JAYNE HENRY



Race Action - How to stop in a Fell Race



Pre race prep – Jura



Post race – Job Well Done



Behind the Scenes – Contacting HQ



Behind the Scenes – The Flag collectors

Running Every Day in 2015 for Parkinson's UK

'My Dad lost his long battle with Parkinson's disease in October 2014. In 2015 I will be running every single day to raise money for Parkinson's UK.'

And with that description in the 'about' section on the Facebook page I had just set up to broadcast my cause, I was committed.

At least three miles a day, every day, throughout the course of the calendar year. I had no idea how I would fare as the year unfolded- my runs rarely exceeded four a week, I had two young boys aged one and two who between them had brought regular sleep deprivation and a variety of illnesses into our home, I was no stranger to running injuries and fitness levels were generally lower and the numbers on the weighing scales markedly higher than I'd like.

However, I felt I had to do something to raise awareness and money for the disease which had taken my Dad's life two months earlier, a debilitating and frustrating condition which over time shuts down motor functions as it attacks the nervous system. Dad had introduced me to the world of fell running as a junior, so running every day in his memory felt like a fitting tribute. It was also intended to be a celebration of movement, in defiance of the disease which robbed my father of his.

I am fortunate enough to live in Ambleside, where I was raised- so the majority of runs were on trails and fell. I also took photos of each run, something I enjoyed doing at first as the immediacy



of social media meant I could upload images daily. Doing this after each daily run got to be pretty tedious as the year wore on however! The often atmospheric images taken of the backdrop to my runs garnered a large following on Facebook and Twitter and soon caught the attention of the local press. My cause was featured in the Westmorland Gazette, The Citizen and Cumbria Life magazine.

I started off steady and built up the

mileage and climbing. Early in the year I entered the Three Peaks and Ben Nevis races. At that point I had no idea how I'd do in these races with running every day too. By the end of the year I'd managed 18 races, including every race in the Ambleside AC Club Championship, of which I won the Vet 40 prize!

Halfway through the year, I announced my 'challenge within a challenge'. I was already entered into the Ben Nevis Race as well as the Bradda Niarbyl race on the Isle of Man- there was also a trip to Northern Ireland on the cards to meet my brother. Why not incorporate a visit to each of the highest summits in each country within the UK whilst I was running every day? A trip to Wales was scheduled too, as was a run up Scafell Pike with friends and club mates. The Isle of Man isn't in the UK (unbeknown to me at the time), so Snaefell will have to be a bonus summit! Nevertheless the challenge was met, and I have many happy memories of each country's 'roof'!

In December, with the majority of the year in the bag- Storm Desmond hit. A lot of routes I had been running on all year were suddenly out of bounds as roads and bridges were deemed unsafe. As I write, there is still plenty of work to be done with regards to fixing roads, bridges and properties in the aftermath. .

I have included a month by month account as it appeared on my Facebook page.



JANUARY REVIEW

So in the first month of my challenge, I clocked 118.7 miles, climbed 18,923ft, and spent 20 hours 26 minutes doing it. I had a horrendous cold for a large chunk of the month- which made it tough at the time, but may well turn out to be a blessing in disguise. Because of this, most days I just hit my minimum target of 5km. I may have been a little too enthusiastic from the get-go otherwise!

My legs do get a little sore from time to time, but they've felt far worse from running less frequently in the past. (I still need to stretch more!) I Haven't had the January blues- I usually get a touch of the old S.A.D; in fact I've felt quite positive- as no matter how uninspired I've felt before a run I always feel loads better after it. Most importantly in January I managed to raise £480 for Parkinson's UK!

Many, many thanks to all who've donated and follow my progress here. Next rest day- next January. Until then it's Onwards and Upwards- literally!

FEBRUARY REVIEW

In month two of my challenge I ran a total of 123.4 miles and climbed 22,500ft in 21 hours and 53 minutes.

I've had treatment for shin splints which have eased off a fair bit, providing I keep on top of things with stretching and the foam roller. The less said about the gastroenteritis I contracted towards the end of the month, the better!

Still, I've managed to run every day regardless- pushing the mileage a bit and feeling stronger and fitter all the time.

There is the odd day when motivation is in short supply, but to be honest these are few and far between, most days I can't wait for my run. I just wish I had the time to make each run longer!

The donations on my JustGiving page for Parkinson's UK currently stand at £580. Thanks to everyone who has donated so far. For my part, I'm going to keep on running- so please feel free to keep on giving!

MARCH REVIEW

In March I ran a total of 154.6 miles and climbed 24,631ft in 25 hours and 34 minutes.

The end of March marks the quarter-way point of my challenge, and now we're in British Summer Time the longer days will increase the options for daylight running. Bring on the summer evenings on the fells!

I've pushed the mileage a bit, felt stronger and fitter generally, and until the last week or so been blessed with some pretty good weather.

I'm often joined by running club friends so I'm never short of company, and when out running alone I've been accompanied by the ever increasing signs of spring so it's never a chore. (Although finding the time can be a struggle!)

I also did my first race within this





challenge*, and am optimistic about upcoming races throughout the year.

More importantly, the donations on my JustGiving page for Parkinson's UK currently stand at a whopping £710.50! Thanks so much to everyone who has donated so far. Please like and share my page if you haven't already. See you for a run...?;-)

**Black Combe*

APRIL REVIEW

In April I ran a total of 156.3 miles, and climbed 28,115 ft in 27 hours and 16 minutes.

A good month for runs during which I've been feeling progressively fitter. I did three fell races*, one of which- the Three Peaks, was the furthest I'd run in years: 23.5 miles. In the days leading up to it I was apprehensive- especially in the midst of all this daily running, but it came and it went and as tough as it was, I'm still running every day and I'm now one third of the way through my challenge!

Six months since Dad lost his battle with Parkinson's, my brother Sam and I marked the date with a run up Scandale Pass, Dad's favourite Lakeland setting.

Thanks to all for their generous donations in April bringing my JustGiving page for Parkinson's UK total to £805.50!

Please keep liking and sharing, and I'll keep on running.

**Loughrigg, Anniversary Waltz, Three Peaks*



MAY REVIEW

In May I ran a total of 156.1 miles, and climbed some 35,300 feet in 28 hours 22 minutes.

Tendon troubles from a jarred foot/ankle, a chest infection and a fall on Helvellyn* (which could have been a lot worse so blessings were counted!) have made May challenging, not least because I also did three pretty tough fell races culminating in last weekend's Duddon Valley race which is an 18 mile 'superlong' Lakeland Classic. (In other words: bloody tough!)

And yet... the daily run continues, and my relationship with it strengthens. In case you were wondering... I'm not sick of running- I still love it! Good job really isn't it? What will my run bring me tomorrow? Not sure yet, but a bit of summer weather would make a welcome backdrop after a fairly drab May.

The most important thing is the donations on my JustGiving page have already exceeded my initial target of £1000 for the year and now stand at £1045!!!

Thanks also to anyone who has liked and shared my page:-) Let's keep putting it out there. Nearly halfway and there are some big things on the horizon!

**Helvellyn & the Dodds race. Also did Coniston, Duddon*



JUNE REVIEW

In June I ran a total of 157.3 miles, and climbed 28,522 feet in 27 hours 42 minutes.

The all important halfway point has been

reached!

Business as usual in June- I've been chipping away daily and still managing a few longer runs but no races. I have a few coming up in July, plus an announcement to make about the next six months... see my six monthly review for details!

Donations on my JustGiving page now stand at £1151.00!

Thanks also to anyone who continues to follow my runs on this page:-) Let's keep getting it out there. Now over halfway, with some big challenges to come!

SIX MONTH REVIEW

During the first 6 months of 2015, I ran 181 times (every single day including 6 fell races)- clocking up 866.5 miles and climbing 152,001 feet in 151 hours 5 minutes. So far I've raised £1151.00 for Parkinson's UK.

During the next six months I am upping my challenge to include bagging the highest peak of each country within the UK.

Thank you for your continued support!

JULY REVIEW

In July I ran a total of 153.1 miles, and climbed 32,558 feet in 27 hours 5 minutes.

5 fell races this month*, one on the Isle of Man- plus a run taking in the Isle of Man's highest peak: Snaefell. I still plan on summiting the highest peak in each country in the UK within this year (and therefore this challenge)- but apparently the Isle of Man isn't in the UK. I won't let that minor detail get in the way of a good challenge however!

Races apart; a stomach bug, a pretty grotty cold and a few old niggles resurfacing such as a sore knee have done their damndest to hamper the daily run, not to mention the usual demands on my time, but I'm still running. EVERY DAY! Did I mention that?

Donations on my JustGiving page now stand at a whopping £1,256.00!!!

Thanks to all for their generous donations in July.

Thanks also to anyone who continues to follow my runs on this page:-)

* *Tebay, Bradda Niarbyl, Blisco Dash, 40th Kentmere Horseshoe, Rydal Round*

AUGUST REVIEW.

In August I ran a total of 151 miles and climbed 32,999ft in 27 hours and 27 minutes.

Two thirds of the way through...!

I sometimes wonder if I'm making this look easy when each day photos of my run breezily pop up on my Facebook page.

Just to be clear.... it's not. (Not always!) My feet hurt. Most days I'm pretty tired. Time is always an enemy, so keeping impending injuries at bay by stretching, foam rolling and doing core strength exercises isn't happening nearly as often as it should. I really need a decent sports massage but I haven't had the time to sort it!

All I can do is remind myself of how fortunate I am to be able to run at all, sore



limbs or not. Towards the end my Dad was unable to get up from a chair without assistance- such as the deterioration of his motor functions due to Parkinson's- so to be able to run freely through such beautiful and challenging terrain is a blessing. A daily blessing.

As was summiting the highest peak in Northern Ireland in August, Slieve Donard, with my brother Sam. The running out there was tough but rewarding and the scenery sublime. This is part of my challenge within a challenge- to climb the highest summit in each country in the UK during a year's running streak. Next up is Ben Nevis....

Donations on my JustGiving page now stand at a whopping £1,338.30!!!

Keep on moving, people.

SEPTEMBER REVIEW.

In September I ran a total of 155.2 miles, climbed 32,036ft in 28 hours and 28 minutes, and lost one toenail....!

Now over 3/4 of the way through!!!

I climbed both England's and Scotland's highest mountains, the latter in the Ben Nevis Race- as part of my 'challenge within a challenge' of summiting the highest peak in each country in the UK during a year's running streak. Only one left to go- and a trip to Wales is on the cards to tackle it; Snowdon at the end of the month.

Two fell races were undertaken in September, the aforementioned (and awesome) Ben Nevis Race in stunning weather, and the tough Three Shires Race in similar conditions.

Scafell Pike was climbed with a great team of club mates and friends. This time though, the weather drew a veil over any views for us that day from the roof of England. I have to say I've been pretty lucky with weather when visiting the rest of the UK's respective highest, so with Scafell Pike being my 'local' and therefore more accessible, I'll happily take that!

People have been extremely generous with their donations on my JustGiving page for Parkinsons UK, which now stands at £1,571.37!!!

Special thanks go to the fellow race competitor who made a very generous donation (anonymously)- he too was inspired by his father- also a victim of Parkinson's- to run the tough as nails Ben Nevis Race also. I only wish I could thank you in person.

OCTOBER REVIEW.

In October I ran a total of 129.4 miles and climbed 23,530ft in 22 hours and 14 minutes.

With October's mild and dry autumnal weather, it's been fantastic to observe the changing colours of the familiar scenery on my daily runs.

The not quite so familiar but certainly no less stunning scenery this month came in the form of Snowdonia, North Wales. My 'challenge within a challenge' of running the highest peak in each country in the UK during a year's running streak, was completed when the summit of Snowdon was reached with a trusty team of friends and club mates. And rather spectacular it was too- despite the strange and surreal sight of a café sat atop such wild and rugged surroundings!

So with that done, there's now just the small matter of completing my original mission- to run every day of 2015 to raise money and awareness for Parkinson's UK.

The shorter days and the imminent arrival of winter weather, the season of bugs, coughs and colds, plus an annoying niggling hip injury that I've frustratingly acquired recently means I can't take anything for granted- even at this stage. However, I'm doing this challenge because I am fortunate enough to be reasonably physically active, unlike my Dad in his later years who was unable to walk or get up



from his chair without assistance.

October also saw the date a year on from the day my Dad lost his battle with Parkinson's. A run with my brother Sam, to Scandale Pass- Dad's favourite spot in Lakeland- marked the date.

People continue to provide a boost to my cause with their generous donations on my JustGiving page which now stands at £1,671.37!!!

The October roll call of thank-you's go to: Darren Moore, Vincent Gregg, Nick & Gill, Phil Poole and colleagues at IPM, an anonymous donor and Anna Acton who also recently lost her Dad who inspired her to run, to Parkinson's.

Keep moving people.

NOVEMBER REVIEW.

In November I ran a total of 129.9 miles and climbed 22,493ft in 21 hours and 45 minutes.

October's mild and dry conditions gave way to a lot of wet weather and localised flooding. I've begun the majority of my runs during November in wet shoes, put it that way!

Niggles and injuries are never far away and the constant aching in my lower back, glutes and hips have me looking forward to getting some rest and rehabilitation. A rest day? Imagine that!

Somehow I managed to run a grand total of 4 races* in November. Not quite sure how that happened...

I can't quite believe I have less than a month to go of what has been an intense yet cathartic year for me. Mind you, at the time of writing that's still 27 days of consecutive runs of at least 5km. Most runners I know would consider that a challenge in itself. (Especially in this weather...!)

I hope you've enjoyed my journey so far and the accompanying pics I've posted here daily. I know Christmas is upon us and we're all a bit strapped for cash, but please consider donating what you can to my

JustGiving page if you haven't already. I've done all this in memory of my Dad, who, as a Parkinson's sufferer needed constant assistance to move, pick things up and eat and drink.

Many heartfelt thanks go to the following for their generous donations in November and early December:

Peter & Lyn Jackson, Gareth, Clare & Baby Samuel, Kirstie Ballhatchet, Vicki, David, Henry & Georgia Harrison, Darren Fishwick, Ben Abdelnoor, Jill Cooper, Les, Emily, Esme & Grace Lakin and Mark Salisbury.

The total on my Just Giving page now stands at £1,876.37!!!

The final push... Let's have it!!!

* *Lakeland Trails Helvellyn Race, Lakeland Trails Ullswater Race, Dunnerdale, Badger Bar Blast*

DECEMBER REVIEW.

In December I ran a total of 123.1 miles and climbed 19,433ft in 20 hours and 32 minutes.

Exactly one month ago when writing November's review and complaining about starting the majority of runs in wet shoes,

I could have scarcely imagined just how much wetter it was going to get. The next morning a river was flowing past our house where there was previously a road as Storm Desmond had put down a record breaking amount of rain overnight with no let-up as the day continued. We were lucky as our home was spared from the floods- many friends and fellow Cumbrians were less fortunate.

And so a stage of local devastation was set for the wettest and warmest December on record.

In so much as it affected my personal challenge, many runs had sections which could now only be 'waded' through, routes I'd been running all year had to be altered due to unsafe bridges, taped off paths and flooded fields.

And yet, I had a challenge to finish- and the ensuing wet runs and festive period saw many of my final runs accompanied by friends and club mates making the final push an exciting and enjoyable experience.

Receiving the Ambleside AC Achievement Award and winning the Vet 40 Club Championship trophy was an undoubted personal highlight.

New Year's Eve at the Badger Bar, Rydal was the perfect end to the year as a huge turnout of friends and fellow runners joined me for the final run up to Loughrigg summit.

And.... that was it done- a full year's worth of running, every day.

I miss it already!

People tell me how proud my Dad would be, and I can only imagine how I'd feel if one of my sons did anything similar in my memory. I have no words for something that overwhelming.

It has been a sustained effort, but a mighty worthwhile one.

Donations on my JustGiving page currently stand at a whopping £4,361.37, and there is still more money to be counted up and added to the total.

Heartfelt thanks to all who have donated and supported me in any way in 2015.

1,707 miles, 315,072ft, 18 races and the highest peak in each country in the UK later. The best year of running I've ever had. I have pushed myself to turn a negative situation into a positive one, and I can honestly say the experience has been extremely cathartic and life affirming for me.

So what did I do with myself on the 1st January 2016? I went for a run of course. Old habits die hard! In fact, adapting to *not* running every day has been a difficult transition! I can now report that I'm not running *every* day, and I'm hoping I can transfer a year's worth of runs towards longer, less frequent outings on the fells as I turn my attention to my next challenge- the Bob Graham Round.

UPDATE: As of 15th Feb, the total on my JustGiving page has hit the £5000 mark!

See you on the fells,

Jim Tyson

- www.justgiving.com/run365parkinsonsUK
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For Dad

From Fell races to Ultras, how important is nutrition?

I've looked back on my year and the changes I've made to my training and nutrition and the results seem to speak for themselves. Last year was my 48th on this planet but my best year ever on the fells and the stats prove it - 1654 miles run, 406,000ft climbed, 37 races with 36 PBs, longest race 106 miles.

I know I'll never be the fastest runner out there but like everybody else who lines up at the start I want to do the best I can and one thing I'd struggled with over the past few years was nutrition on long to ultra distance. I'd run my Bob Graham Round in 2013 and from Leg 2 onwards started to struggle with eating which isn't unusual but I was quite sick afterwards with some bleeding in my stomach. The doctor put it down to having been through an extreme event and nothing to worry about but at the 61 mile Fellsman the following year I suffered badly again with the same symptoms and the doctors warned it could develop into stomach ulcers.

Like most of us in the past I occasionally

used energy gels, mainly for their convenience but found that they cause me to have gastro-intestinal trouble of a different sort with cramps coming on if I use them for more than a couple of hours. This spoiled a brilliant run I was having at the Teenager with Altitude in 2014 and put me off using them. I still occasionally use a gel for a caffeine jolt towards the end of a long race but can't rely on them.

Later in 2014 I ran the TDS ultra race at the UTMB in Chamonix which I'd looked forward to all year, planned a family holiday round and got myself on top form. The first 30 miles went well but then the sickness started after a diet of French UTMB rest stop food, which I can't recommend. This wrecked my race and dropped me from the top 100 to almost abandoning the race. A race doctor with anti-sickness drugs and 3 hrs in the medical tent allowed me to finish. I began to wonder if I should just abandon ultra distance running but the one event I still really wanted to do was the Montane Lakeland 100.

So back to 2015.

I started the year as I usually do at the Kendal Winter League. These are great little races put on by Helm Hill and sharpen you up in the dark, cold months and I had some respectable results, usually sparring with Mike Robinson and Derek Hurton in the V40s.

A decent race at High Cup Nick and some solid Dales recce runs meant I was on good form heading into April but with the Fellsman looming I needed a better nutrition plan. I'd heard a few good reports about Mountain Fuel so went to see my Keswick AC club-mate Rupert Bonington and arranged to trial the Xtreme Energy drink. I'd tried energy drinks from one of the big manufacturers in my cycling days but they were sticky and horrible and ruined the 2003 Etape du Tour in the Pyrenees for me with more sickness woes.

From the outset I liked the Mountain Fuel, it seems to give a slower release energy rather than the spike you get from gels. I started using it before short races and during longer ones and in training. I don't know how they do it but for a carbohydrate drink it doesn't get sticky at all even when you spill it all over the place as you do inevitably do. Best of all though it lies easily on the stomach even through hours of running so I have found I can drink it throughout a 24hr race and literally not get sick of it.

The Fellsman was fantastic and I felt great all the way round, finishing the 61 miles in just 11hrs 59 mins and in 6th place overall with no stomach woes at all. I ran down into Grassington in a beautiful sunset with a beaming smile on my face. This massively boosted my confidence going into May and my favourite race of the year at the Old County Tops with Steve Angus. Again Mountain Fuel was my energy source of choice and I just felt really strong all the way round even on the flog out to Coniston Old Man and back to Wrynose. This was my only non-PB of the year but we were less than a minute behind the previous year's time over 37 miles. We did, however, regain the Vet 90 title and it was my third top 10 placing in 3 years.

Just a week later I had my best fell race result of the year with 4th place at the 15 mile Helvellyn and the Dodds Race where again I used 500ml of Mountain Fuel Xtreme Energy drink rather than the usual 2 or 3 gels I'd use for a race like that. There's no doubt that the psychological boost I'd got from being really confident in my nutrition



LOW RES



played a big part in my good form and I'd started to believe that I could run at the front of the field and not just make the numbers up.

It was only 4 days later when I ran the fast Dovedale course to take second place overall and first vet at the National Police Fell Championships and again just two days after that I had a really strong run at the FRA Championship race at Duddon. I'd started using Mountain Fuel chocolate Recovery Drink and this obviously helped me to get over race days quicker than I used to.

June saw me starting to prepare for the Lakeland 100 with long weekend runs back to back. I used to prepare for ultras doing one ridiculously long run a week and spend my whole time trying to get over it but this time I did two 20ish mile runs back to back at the weekends and this was a much better strategy.

The 27th June was a great day for Keswick AC when Nick Ogden arranged for an attempt on the Vets Team record on the Billy Bland Challenge (Bob Graham Relay). Steve Angus and I were back together on Leg 3 and both powered up by Mountain Fuel had a fantastic run knocking a whole hour off our scheduled time and swooping down into Wasdale from Scafell as fast as I've ever run a descent. We smashed the previous record and came very close to setting a new overall record.

The following weekend I was racing again with the Cumbria Police team at the Snowdonia 7s race over the brilliant 21 mile 10,000ft circuit. Of the four man team we had three Keswick AC runners and set out to beat our arch-rivals the Heddlu from North Wales Police. In grim conditions described by Craig Smith as like being in a washing machine for hours we blitzed round the route taking the win by a big margin and narrowly missing the record, setting the second fastest time in it's 41 year history. I'd tried Mountain Fuel Breakfast for the first time mixed in my porridge at the Youth Hostel and it did the

trick, getting me off to a flying start up to Snowdon summit.

So I arrived at the Lakeland 100 in the form of my life and feeling confident despite a few days off with a chest infection the previous week. I had my kit sorted, the route well recce'd and my nutrition planned out. I set off from Coniston trying but failing to hold myself back and ran swiftly to Wasdale Head in 4th place just ahead of eventual winner Paul Tierney and just behind previous winner Marco Consani. I was wondering what I was doing up front with these lads but I just felt great and thought I'd make hay while the sun still shone. But then it stopped shining and I was a bit slow to put my head torch on from Black Sail Pass and turned my right ankle badly in the gloom landing on the outside of my foot. It hurt like hell but thought I could run it off. Unbeknown to me I'd fractured my 5th metatarsal 20 miles into a 106 mile race.

Now mixing my Mountain Fuel with ibuprofen and paracetamol I carried on through the night dropping to 10th by the half way point at Dalemain and in a lot of pain. There was no way I was stopping so carried on my purgatory through Haweswater, Kenmore, Ambleside, Langdale and on to the finish at Coniston. I'd missed my target of sub 24hrs but I was elated to finish and still in a respectable 15th place and I'd had no stomach problems at all which was a tremendous relief. It was only when I finally went to hospital 4 days later that the fracture was diagnosed and I spent the next month in a pot with only a few cycling outings hunting downhill King of the Mountains to keep me fit.

I am captain of the Keswick AC vets teams for the Hodgson Brothers and FRA relays so I was determined to get back up and running for them. I raced through September and October managing to scrape PBs at the Three Shires and Langdale so perhaps the rest after the Lakeland 100 was a blessing in disguise

The Hodgson Brothers Relay went well

with Craig Smith on our usual Leg 4. We had a good run with all the lines spot-on but overall we slipped a bit to 20th after last year's 14th. At the FRA relays I was back together with Steve Angus for a fast course around Pendle. Steve had the stronger 1st half and I had the stronger 2nd half but we ran well together and enjoyed the day out.

Relieved that I'd managed to get back running for the Relays I felt that the pressure was off and slowed the training off a bit having been consistently exceeding 10-15,000ft of climbing per week in the summer months. I enjoyed the last few races of the year with the Tour of Pendle, Badger Bar Blast, Wild Boar and Wansfell to round things off. Through the year I'd managed to win the Keswick AC Vet 40 Fell Championship and I'm proud to hold the trophy for the next 12 months.

For me it was a brilliant year and I managed to find both physical and mental form that combined to make it my best ever. There were undoubtedly a few things that really helped and these were a change in training strategy to run shorter runs more often, short fast racing early in the year, somehow finding a confidence I've never had and getting my nutrition sorted out for the longer stuff. A big part of this was using Mountain Fuel to give me a reliable way to fuel and hydrate myself on long races without worrying about ending up with stomach problems.

Note: I'm not affiliated to Mountain Fuel, I buy the products and it is also fantastic to be able to support local UK based business.



Twenty years at the KIMM/OMM: You'd get less for murder

Way back, as an eighteen-year old student, happily ensconced in Sunderland Polytechnic's union bar, I got chatting with some 'older guys' whose conversation I'd been ear-wiggling. This was something about navigating your way around the mountains for two-days; something they called a 'mountain marathon'. Somewhat the worse for wear, I said: "I could do that", little knowing only a few minutes later I'd be signed up.

I needed a partner, as this game was for pairs; such was the 'danger' involved. My mate, Andy, was an obvious choice, he had his own tales to tell of the Long Distant Walkers Association (LDWA) 100s: hundred mile walks you had to complete within 40 hours. Not that this was his style; he was one of a rare breed who knocked them off in a day.

The prospect of the Saunders Lakeland Mountain Marathon (SLMM) implied upping my training, not that I wasn't a fit lad; I played rugby and football and ran twice a week, although not competitively. I'd got some experience of competitive 'hikes' but the thought of running for two-days was altogether different, but strangely appealing.

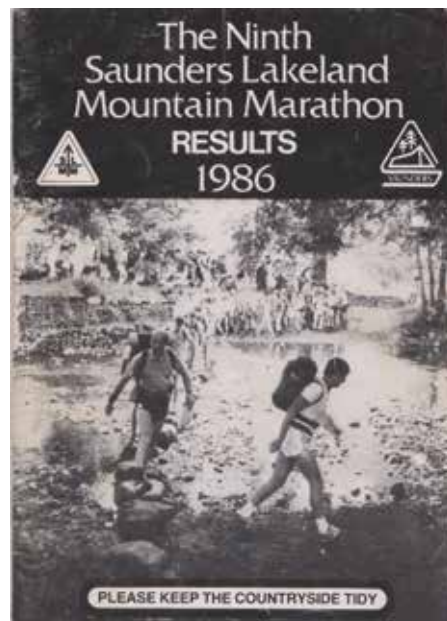
Not that I'd be doing much running. Firstly, equipment (or more specifically, the weight of it), was an issue. Try as I might, ticking the boxes of the mandatory kit list resulted in a pile of gear no day pack could accommodate. So, on that first foray into the world of mountain marathoning, I probably carried 10kg or so and took the dubious honour of having the heaviest pack in the race. Sunday morning was good though; we'd carried kippers and bacon and eggs – something I'd only dream of in years to come, as I committed to getting my pack size down, both in weight and volume, with the concessions to dried food that implied.

Andy and I got round that weekend, albeit trailing in close to last. But I was still chuffed and already thinking, unlike many other newbies, about the next year. Indeed, the mountain marathon is a once in a lifetime experience for many. Take Matthew Taylor, the Chief Executive of the RSA. I know the lad, and he's a good 'un, but when I asked him how he got on on his first mountain marathon, he left me in no doubt he wouldn't be doing it again: "However much I like a challenge, and even knowing if I ever did this again I would be a lot better prepared, I doubt very much I will be entering another mountain marathon", he wrote in his blog¹.

One mountain marathon followed another. For whatever reason there was something in this that gripped me, so I just carried on. Harder courses (more miles, more climbing, more difficult navigation) became the norm, but always in the summer events: the SLMM and later in the LAMM² and the MMM³. But one event I was not going to do was the KIMM⁴. This was because the KIMM was at the end of October, a true winter challenge, with the added complication of the dark arriving early in the day. Nonetheless, a few years later, the KIMM beckoned, and in 1988 I finally summoned up the courage to compete in this fabled adventure race. The Cheviots were not sympathetic, and the choice of the A course started to seem like a, very, bad decision. My chum, Johnny, and I rolled in fully 11 hours after we set out. Two and a half hours had been in the dark. Stopping did not mean the challenge was over; getting warm and fed were next on the agenda, ready to do it all again the following day. Somehow we completed the course on Sunday. I was too exhausted to celebrate but had learnt enough to know I wasn't coming back for more of this particular event the next year; the summer gigs would do.

I did well in some of these, less well in others. In one we were so late back on Sunday there were only two cars left in the field being used as a car park: ours' and the farmer's son, who had been tasked with locking the gate.

By 1992 I figured it was time to go back to the KIMM and the A class again. I discussed this with Johnny, who I'd run with for several years by then. And he agreed. That year the Northern Lake District had been selected. As we drove up on the Friday afternoon the Lakes' jagged peaks came into view, entirely covered in snow. We figured a 'Bad Weather Course' was inevitable. Morning came and we trudged through the snow to the start line. But there were to be no concessions; it was the full course for all of us. By 4.30pm it was too dark to read the map so a head torch was needed. Speed drops rapidly in these conditions. Two hours later and we were still 10km from camp and faced the prospect of a 2500' climb up and over some God forsaken hill to get there. Competitors had to be back by 8pm; we weren't going to make it. Thoughts turned to mere survival. A harsh wind that had been blowing for a while now meant the already low temperatures dropped to well below freezing. We had to get out of the wind. It's



Find Wally: making the cover of the results in 1986.

something when you opt for a hollow in the ground so damp the water's over your ankles. But this was the least exposed place; everywhere else was being hammered by the gale. It's another dimension also when the survival bag you're obliged to carry, and have carried for years without opening, finally gets unravelled. Neither of us slept that night. Cooking proved near impossible but imperative nonetheless. Our only thoughts were of first light and getting out of that place.

By 5am we were packing up. As soon as it was light we were off. We trudged half a dozen kilometres or so to the nearest road, in order to hitch back. As it came into sight all we could see were dozens and dozens of folk with their thumbs out. The locals were helpful; drivers took four passengers whenever they could. I think about 10% got round that year, not something that could be said about most races. We returned to Leeds to make a date with another friend who'd opted for the Leeds Marathon on the same Sunday. Arriving in the pub, the first question was mutual: how did you get on? Tim looked at us as if we were mad; didn't we know the Leeds Marathon had been cancelled because of bad weather? Clearly the mentality of race organisers differs enormously. I came not to expect bad weather courses; I figured there'd have to be a hurricane or two before they were even imagined necessary.

For the next three years I dropped down

a class to B; it seemed sensible. Then I tried the Long Score, a format which gives you a certain number of hours each day to visit as many checkpoints as possible rather than the linear courses of Elite, A, B & C. Long score is 7 hours on Saturday and 6 hours on Sunday. The Short version is an hour less each day.

Then I went back to A and had a good race in the Kielder Forest area. Johnny and I had done seven KIMMs by now but this was the first time we'd done well. We finished well up the field having, finally, got a grip of the multiple challenges posed by this kind of race: good preparation; attention to detail when it comes to kit and food (especially in getting the weight of your pack down); looking after yourself at camp; and becoming better not just at navigating but route finding: it's one thing to get to where you want to go, it's another entirely to get there by the optimum (i.e. quickest) route. That's the bit that I most admire about the top guys; they seem to have a sixth sense when looking at a map about which way to go. Most folk can get pretty good at map reading pretty soon, but mountain marathon route finding is a dark art.

By now (not that I was counting) I was fast approaching 35 years of age, and my mind started playing tricks on me: could I ever get round the Elite course? Some context is needed: the numbers of teams entering is relatively modest (perhaps 30 or so, with a good sprinkling of the best other countries can muster – the race is international after all). And there's a good reason why: this is as hard as it gets. If you're not full on all the way round you are going to struggle to meet the cuts (times at which certain checkpoints are closed). There's no scope for making any navigational mistakes. There is, of course, what I refer to as the 'elite Elite';



A frost-bitten Karrimor International Mountain Marathon

but they number half a dozen teams at best, and are, by and large, semi-professionals. But getting round, so I thought, had to be a reasonable ambition.

I put in a lot of work that year. And called in a few favours; I contacted Jen Longbottom, the legendary KIMM organiser, and specifically asked for an early start-time. I knew that if all went well I'd still be fighting the clock and the fact that, at this time of year (it's the weekend the clocks go back: typically the last in October), it gets dark at around 5pm. My competitor's information pack arrived a few weeks before the race (there's always some anticipation of this as it's the first time you get to know where the race is: this year it was to be in the Howgills) and, lo and behold, we were team number

one: first off in the interval starts, at 8am sharp. Boy, how we needed it.

The weather forecast was for storm force winds, poor visibility and heavy rain (local farmers subsequently said it produced the worst flooding in a quarter of a century). And we got the lot. That year became known as The Howling Howgills. I have vivid memories of it. Here's a couple: heading across a plateau on Saturday afternoon two figures appeared out of the mist, one tall, one short. A mixed team, I guessed. Getting closer, I realised this wasn't the case; the 'short' one was on his knees, and his mate was dragging him. We stopped and I asked, in that way only Yorkshire folk do: is he alright? "Aye, he's alright", was the reply. "I'll get him down and in the tent; he'll be reet." So we motored on, and on, and on. I can't remember making a mistake that day, doubtless my route finding could have been better. But we were never lost. With 5km to go dusk set in and we knew, if we kept going, our aim could be achieved: to get round without head torches. And we did. I was made up. But there was no time to celebrate; there was the tent to put up, work needed to get dry and warm(ish) and three meals to eat. Eating, both on the hoof and at camp is vital. One year I was part of a research project that recorded I ate 10,000 calories over the weekend; and I still lost weight.

I got some sleep that night, but I was cold; it's extraordinary that the extra hour is like a penance: a further hour of suffering you never asked for. But the thing that kept me going was the realisation that, comparatively at least, Sunday is a shorter day (perhaps 15% less distance than Saturday). The morning came and we were off, packs no lighter even though we'd eaten all that food: everything was



Enjoying the more benign conditions of The Saunders Lakeland Mountain Marathon



Map of the 2000 Elite course, day 1.

soaked, and water weighs. We finished late that afternoon but within the cut off time. The prize giving was already over. I can remember that the rain had stopped but the wind whistled on. We checked in and were told the event centre was half a kilometre away. By now I was sitting down, leaning against a dry stone wall, unable to speak, totally exhausted. Johnny urged me to get up, he knew we needed to get back to the car and get changed, refuelled. But I couldn't move. After twenty minutes I made it to my feet. And it took me twenty more to do that last half a 'k'. I'd been running on empty; on crossing the line, my body had, quite literally, given up. There were, though, those who had had it worse. One poor soul had been conducting his business at the event centre Portaloo's only to have the one he was in blown over by the wind ... door side down. It was a while before he was rescued. Enough said.

Days later what we had done started to mean something. I could honestly say this had been a life affirming experience; something that changed my conception

about what ordinary people can do.

I went on to run several other Elites, with Johnny and, Bob, a mucker from Tod

Harriers. He fitted well the genotype of what had become a much-valued kind of partner: a creature the likes of which Nietzsche would have called *Übermensch*; a superman. In mountain marathon parlance they're called 'mules': dudes that carry the bulk of the gear and that you point and press. Duracell Bunnies that keep on going; leaving you to the intellectual challenge of not getting lost. With an accomplice like that I managed to put in some good results for a few years, even amongst the esteemed company of the Elite. Not bad for a middle of the packer.

Into my forties the prospect of devoting my life to this (for me, preparing for the Elite was a dozen to fifteen hours a week commitment, for nine months of the year) meant a different strategy was needed, with a few less hours to do. I started to run the score classes, as mentioned above: an allotted time and route choice left entirely to each team's discretion; no linear, pre-determined courses. This is where the older, wiser, orienteering and mountain folk are, such is the emphasis on navigation skills. I enjoyed them, and had some good results, confirming in my mind that this was actually a sport I could be competitive in.

By 2008 I started to worry that the Elite might be beyond me, but resolved nonetheless to give it another go. I recruited another, young, *Übermensch*, Charlie, for what was his first KIMM, although he'd done a few summer events by then. That year brought the KIMM to a world-wide audience, perhaps not for the reasons the organisers hoped for. This was when the worst storm the race had ever known came in. The roads in the Borrowdale Valley in Cumbria were under a metre and a half of water. Imagine then what it was like on the tops. The certainty of gales meant we did get a bad weather course but few thought much about it; we had hell on simply



Receiving my '20 Year Club' fleece from Jen Longbottom at the 2015 OMM.

standing up. Waterfalls were going up, not down; small stream were ranging torrents. Attempting to cross one such stream proved impossible. The only option was to climb in anticipation that there'd be less water to cross higher up the hill. Charlie and I motored up 2000 feet before we finally found spot with a wall either side of what was now a cascade. Between the two was a wire. I decided this was our only option. Charlie thought I was mad; perhaps I was. I inched across, holding on to the wire above my head. Within seconds the water was entirely covering me and, so he says, I disappeared from view. I carried on, now drenched to the skin, made it to the other side and beckoned to him to follow. The look on his face was priceless, but across he came. The pair of us soaked, I knew now it was essential to push even harder, in an attempt to warm up. A while later we made to cross what was now a roaring river in a valley bottom. Two other lads were trying the same, slightly upstream. Charlie and I hung on to each other and set off across only to see one of the other guys get swept away. I grabbed him and somehow the three of us managed to get to the bank. I asked him what had happened and he said a huge white object had been washed downstream, and knocked him off his feet, like a bowling ball. It was a sheep.

The race was cancelled that night, much to my annoyance. We'd finished Saturday, completed a quite extraordinary day. And, as with previous years, I knew the hard work had been done by then. Being told my weekend was over (given the preparation I'd done that year) was hard. The following day the throng struggled through the storm back to our cars, to find many had floated off down the valley. Unexpectedly a microphone was thrust in my face. It was Channel 4, part of the assembled media that had come from all over the planet; such was the remarkableness of what had happened. A weather-beaten reporter asked me what I thought about the race's abandonment and the claims made by third parties that it should never have been allowed to start in the first place. I'm told that my comment was beamed around the world: "I don't know what all the fuss is about", I said. The truth be known, I had come to appreciate (from having been at it for twenty years by then) that this race could throw up any challenge. And that was precisely what made it special. The YouTube videos of that year are testament to this.

A year later my knee went west and I thought I was done for. I missed that year and the year that followed after surgery and a painstaking recovery. But I was glad, and amazed, to get back the next. And I've not missed one since. This year an email circular caught my eye: "have you done twenty KIMM/OMMs (the rebadged race is now called the 'Original Mountain Marathon')?" I began totting up. Save for the race I abandoned (see above) way back in 1992, if I could get round this year that would be twenty, which, I was told, warranted the acclaim of joining the legendary 'Twenty Year Club'. I'd never set out to do so many but I was proud to get on the stage that day and be presented with my suitably embossed fleece. But a conversation I'd had with an old codger on the hill earlier came to mind. As we were descending a particularly steep slope on Saturday afternoon he looked at me with a big grin on his face and said: "I couldn't imagine not doing this. I've done 29 of these and will carry on until I drop dead." There is a "Thirty year club", but more folk have been to the moon than are in that. I doubt I'll make it. But I certainly hope to be there next year, wherever it is, even if only to shake that lad's hand.

A big thanks to all my pals this story relates to. As they say, and it's true, I couldn't have done it without them. They've all got their own tales to tell, given they are of that rare breed who truly know (only possible from having done it) a little something about this special thing called a mountain marathon. Cheers.

- 1 www.thersa.org/discover/publications-and-articles/matthew-taylor-blog/2012/06/aint-no-mountain-low-enough/
- 2 *Lowe Alpine Mountain Marathon*
- 3 *Mourne Mountain Marathon*
- 4 *Karrimor International Mountain Marathon*



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2016 Inter-Counties Fell Championship

The Inter-Counties Senior Championship this year will be in Wales as part of the Moel Eilio race, on 14th May.

This event is sponsored by the FRA jointly with the Counties Athletics Union. This year the seniors and juniors are organised in separate events, in order to retain the normal timing of the Seniors, while ensuring that the Junior Inter-Counties takes place after major exams.

To compete as an Inter-Counties runner you will need to be selected by your County, however all are welcome to take part in the Open race. The Moel Eilio has a facebook group (search for "Ras Moel Eilio Race") and entries are online via www.eventreg.wales.

The Inter-Counties Junior Championship will be held as part of Stretton Junior Fell Races, on 2nd July, details available on the Fellrunner web site.



Memories of the oldest fell race in South Wales

When I first joined the FRA, the Calendar listed two and a half races in Wales. There were Snowdon and the Welsh 1000-metre peaks in North Wales, and there was the Offa's Dyke 15, a Category CL race which started at Hay-on-Wye (Powys, Wales) and finished in Kington (Herefordshire, England). Then in 1980 a new race appeared: Llanbedr to Bleanavon, an AL race with the organiser listed as Philip Dixon.

Philip Dixon and his co-organiser, Gareth Buffett, are two very different characters who had both recently settled in Blaenavon. Phil Dixon was a native of Kendal, steeped in the Cumbrian fell-running tradition, generally to be found near the front of the field, especially in the long races which were his forte. He had come to Blaenavon to take over as pastor at Moriah Chapel, one of the town's non-conformist churches. In contrast, Gareth Buffett was not a fell-running specialist; he enjoyed trying just about any outdoor sport, and was usually found in the second half of a results list. He had studied medicine at Edinburgh University and then started work as a GP in Blaenavon. Phil was the dreamer who looked at, and ran across, the hills around his new home, and imagined new fell race routes; Gareth was the fixer who, behind his completely laid-back exterior, was making sure that everything was in place for the race to proceed without a hitch. As well as devising the Llanbedr-Blaenavon route, Phil initiated the Brecon Beacons race in 1981, and I believe he may also have been involved in devising the routes of the Black Mountains race in 1983 (originally on a point-to-point course from Crickhowell to Longtown), and the Trans Fan, a 20-mile/8500-ft endurance test visiting seven summits between Llanddeusant and Cwm Llwhch, which was discontinued a few years after the inaugural race of 1984 because of land access problems, although there is still an annual training run over the route. Gareth is famed for having initiated and organised the notoriously tough Blaenavon Triathlon for 25 years, as well as being sole organiser of Llanbedr-Blaenavon from the late 1980s (when Philip Dixon left the South Wales fell-running scene) until 2008.

The Llanbedr-Blaenavon route will be familiar to many readers. Essentially, it climbs and descends three hills, with the steepness of the climbs increasing but the steepness of the descents decreasing as one progresses from the first to the last hill. There have been two route changes over the years, both of them between the first and second summits, Crug Mawr and Sugar Loaf.



Gentle' climbs at Llanbedr to Blaenafon

The original route descended Crug Mawr to the south-east, with some road-running in the valley near Fforest Coal Pit before climbing Sugar Loaf from the north-east. After three years, the organisers negotiated a more direct route, with a steeper descent southwards off Crug Mawr and only a little road running before a scramble through the heather straight up the north side of Sugar Loaf. In 1995, they decided that a gentler climb on runnable tracks, contouring round before approaching the summit of Sugar Loaf from the west, would be preferable. Personally I preferred the direct approach, but I think I am in a minority there!

Other notable features of the route include the mad downhill dash from the start in Llanbedr village, down a track to a footbridge over the Grwyne Fechan river, followed immediately by a muddy scramble

through the woods on the other side of the valley. There is then about 700 metres along a road before the start of the track up Crug Mawr, but I sometimes crossed straight over the road onto a footpath, followed by a bridleway through a wood which then joins the Crug Mawr track: maybe not quicker than the road route, but more pleasant. However, there is no getting away from the longest stretch of road running on the course, through the streets of Abergavenny, where on one occasion a group of teenage girls burst into laughter as I ran past; I think it was my combination of orange T-shirt and green shorts over blue Helly Hansen Lifas that did it. I soon learnt that, rather than resenting this intrusion of road running into a fell race, I should use the section through Abergavenny to relax my mind and body in preparation for the race's most famous



feature: the north face of the Bloreng. Starting through a little tunnel under the Monmouthshire and Brecon canal, the path climbs 450 metres, with its gradient becoming inexorably steeper, seeming to be almost vertical just as one emerges onto the Bloreng plateau. The ascent of the Bloreng is feared by many racers, but I learnt to love it, and on one occasion gained four places on the climb. Arriving at the top, one's legs have forgotten what running is, and yet it is now necessary to run across the plateau and down the track to Blaenavon. And there is one further test: the best route into the finish leaves the main track on a rather inconspicuous path across a few hundred metres of moorland to the edge of a housing estate, from where roads lead down to the finish at Blaenavon Leisure Centre (or the nearby rugby club, since the Leisure Centre was demolished). Leave the track too early, and you have a trog across rough, tussocky ground; too late, and you incur extra distance. I developed a pre-race ritual of going for a jog through the housing estate and up to the track-path junction, to ensure that I knew this vital last stage of the route. My other, less rational, pre-race ritual was in Llanbedr village: there is an ancient church close to the start, and I sometimes went inside, just to sit and be quiet for a few minutes.

I did not compete in the first year of the race, 1980, but I did go there the following year with one clubmate from Cambridge University Fell Running Club. After all, South Wales was no more difficult to travel to from Cambridge than the more traditional fell-running areas of Northern England. The weather in that 1981 race was the worst I had experienced in a fell race: horizontal rain in a south-westerly gale. This actually made running across the Bloreng plateau harder work than climbing the north face: on the climb we were sheltered, but once onto the plateau the route was directly into the gale. I rather overdid the protective clothing: the sheer bulk of what I was wearing probably slowed me down more than the weather, but at least I got round. I ran the race seven

more times between then and 1995, retiring on one occasion after hurting a hamstring on the descent of Crug Mawr, but finishing in the top ten on five occasions – although the race usually only attracted around 50 runners in the 1980's (I missed the 1986 race when it was a British Championship counter). My best performance was 4th position, on the last occasion I ran the race, which included a particularly pleasing ascent of the Bloreng on which I gained 1m55s on a runner with whom I had been level at the foot of the mountain. With its mostly gentle descents, and a finish nearly 200 metres higher than the start, the course was ideal for me with my dreadful lack of descending speed.

Andy Darby was usually to be found at the front of the field in those early days. Although Phil Dixon won the first race, Andy won the next five, and his total of victories is eight. His brother John was also usually to be found well up in the results, and is still running on the fells, as well as organizing the Black Mountains Race. However, probably the most consistent performer in the first decade of the race was Les Williams, who ran the race every year up to 1990 and whose persistence was eventually rewarded with a win in 1989. A new fell-running club was formed after the first race, initially called Mynyddwyr Morgannwg (mountaineers of Glamorgan), although it was re-named Mynyddwyr De Cymru (mountaineers of South Wales) after a year or two.

One difficulty with a point-to-point race is getting everyone to the start (when the finish is at race headquarters). The transfer to Llanbedr never seemed to be "organized"; there was just some mysterious process whereby everyone found themselves allocated to a car for the journey. With my habit of arriving at Blaenavon on my bicycle from a nearby railway station, I was unable to contribute to this, so I would like to record my thanks to all those runners who gave me a lift to Llanbedr through the years, without me ever reciprocating.

In order to attract runners from far away to a venue in a region with no previous

history of fell running, Phil Dixon decided to make a weekend of it by organizing the "Blaenavon Relays" for teams of three on the slopes of Coity Mountain on the Sunday. However, attendance at the relays was never very good, with teams often having to be cobbled together with runners from different clubs. Eventually it was decided to abandon the relays, and replace them with the Coity Mountain Race. This race continues to the present day, on a separate date in June, but it also struggled to attract decent numbers of runners when it was held the day after Llanbedr-Blaenavon. There were just five of us at the first race in 1985. The course marking was a bit patchy, and I remember John Darby shouting instructions to me from behind; this was the second, and last, time that I ever won a race. The route was different from the present route, although the start was at the Whistle Inn as now; it crossed the mountain and descended almost to Cwm Tyleri, then looped back over the mountain and up through the streets of Blaenavon to finish at the Leisure Centre.

I would like to conclude by thanking the organisers of what became one of my favourite races, not just for their work of organization but also for their hospitality. For the first two years Phil Dixon put me up at his house the night before the race and then on the Saturday night so that I could run in the Blaenavon Relays. In most subsequent years I was given similar hospitality at Gareth Buffett's house. I have lived in various places, but never sufficiently close to Blaenavon to easily make the journey there and back in a day by train and bicycle.

As my title suggests, this article has been dredged up from my memory, although where possible I have checked facts from old results lists and old issues of *The Fellrunner*. Please let me know if I have got any of my facts wrong.



Author: photographer unknown, location unknown...possibly 1988!

Runfurther Ultra Championship Update

The Runfurther Ultra Championship was outlined in the last autumn's Fellrunner and the 2016 races listed – if you missed it all the details are on the Runfurther.com website, and we're on Facebook too of course. So what else is new for 2016? First we are delighted to announce that Pete Bland Sports will be one of our sponsors, joining Injinji and Ultimate Direction. Secondly we have introduced a new age category for runners under 25. There are young talented ultra runners out there and we want them to feel the Runfurther Championship is for them too.

The remainder of this article looks at one of the four "Short" Runfurther races for 2016, the Long Tour of Bradwell. Our Short races are between 30 and 35 miles long, so are only short from an Ultra runner's point of view! By the time you read this our first Short race, the Haworth Hobble will already have been run. We have four Short races in the Championship, and this year they are Haworth, the Marlborough Downs Challenge, the Northants Ultra (aka the Shires and Spires), and Bradwell. The distances are similar but these four races are of two flavours. Marlborough and Northants have a lot less climbing and so give much faster running. Haworth and Bradwell are the sort of Ultras that fellrunners run, with plenty of hills.

The Long Tour of Bradwell – a short Runfurther race

The Long Tour of Bradwell is a 33-mile race through the Peak District, with over 6000 feet of climbing, making it a BL fell race. The first 20 miles on its own would be an AL fell race, so it's a run that needs taking seriously. This year it takes place on 6 August, and it costs only £13 to enter, making it one of the best value races around: only 39p a mile! It's organised by Richard Patton, with all profits going to Bradda Dads for local community projects. For those of you with an eye on glory, the men's record is 4:53:10, set by Stuart Walker in 2013, and Nicky Spinks holds the women's record, 6:03:27, set in 2010.

This has to be one of the best long races in the Peak District. It's friendly, well-organised (thanks to Richard and his team), and is based in Bradwell in the Hope Valley, as part of the village's annual festival. The course has been designed really well, with the hardest climbing in the first half of the race, and the last few miles being mainly along valleys. Underfoot you are mostly following footpaths, although there are some stretches on wider tracks and the odd stretch of tarmac. The Tour visits gritstone edges, limestone valleys, wooded valley sides, hilltops and a millpond. Runners have been known to end up in the millpond on a

hot day, and you can easily get a hot day for the Long Tour.

The race starts from the green across the road from the sports pavilion in Bradwell. For the first two or three miles you plod gradually uphill, past the Hope Cement Works and up Dirtlow Rake on a stony track to a col at the head of Cave Dale. That's the first climb done, and now you turn sharp right and belt down Cave Dale as fast as you can to the village of Castleton. The descent is easy enough to start with on a grassy path, but soon you are in a narrow limestone valley picking your way down treacherously greasy stones. A bold approach here can get you past a few people, if you don't mind the risks. It's a lovely valley though.

A quick stop to take on water at the checkpoint in Castleton, and then you're off up an access road towards Edale. First there's a gradual climb on tarmac, then a steep climb slanting up the hillside to Hollins Cross, the col between Mam Tor and Lose Hill. The Vale of Edale is now in front of you, with the Kinder plateau behind it, and that's where you've got to go. A mad dash down the hillside, then you can get your breath back on the paths across the valley to the next checkpoint by Edale church. Now

PHOTO © NICK HAM



Ascending Dirtlow Rake



That elusive Control 14



The Druid's Stone control



Mick Cottam, mid-race in the Bamford Mill Pond

comes the climb up to the plateau, and if you've run the Edale Skyline race you'll be familiar with the next bit, although your legs won't be as fresh this time! It's a steep climb up from the Skyline start field up towards Ringing Roger, but you're spared the last steep stretch in favour of a rising traverse to the right on a small path to hit one of the edge paths at the head of Ollerbrook Clough. Usually there are a few people around to help you find the control at the Druid's Stone, a large gritstone boulder on the upper path. The heather up here is hard going, and you can easily lose a minute or two getting between lower and upper paths. Once you've dibbed it's back down to the edge to drop off it and steeply down at high speed on a narrow path to cross the valley again.

By now you're starting to realise, if this is your first time, that you're on a rollercoaster. Steep climbs are followed almost immediately by steep descents, and you're not finished yet, as is obvious by the daunting sight of Back Tor and Lose Hill in front of you. Legs are starting to feel trashed, and you've still got a long way to go. The steep climb up to Back Tor is gruelling, but it eases off on the ridge to Lose Hill, and on a good day, which you usually get in August, the views again are brilliant from here. The run down to Hope village is the best bit so far, grassy and really runnable: not as steep as the Edale Skyline ascent route, which is to your left as you barrel your way down to the checkpoint at Killhill Bridge.

Things ease off for the next mile or so along tracks to the foot of Win Hill, but then comes the next steep climb, up and over the southeast shoulder of the hill and onto a level path through the forestry beyond. The next couple of miles are a lot faster, on the forestry path then doubling back to descend to the Ladybower Reservoir dam and follow the trackbed of the railway built for the construction of the reservoirs. The mile through the trees along the old railway really hurts, as you push your legs to go faster than they have been doing. The fields across the valley to Bamford Mill and the control in the middle of the footbridge come as a relief, and then you can jump in

the millpond if you've really given up hope of a fast time.

Now comes that last big hill, and it goes on for about two miles, first steeply up the Bamford Clough track, then on gradually rising tarmac to the climbers' car park below Stanage Edge, and finally up the Long Causeway, a stony track slanting up to the Edge. Just because you've finished the climb doesn't mean you've finished the hard part though. The race follows the top of Stanage Edge for about two miles, and like many gritstone edge paths there are a lot of bouldery sections to cope with, and they're difficult with tired legs. You're more likely to trip up here than anywhere else in the race. At the end of the Edge the path descends to Upper Burbage Bridge, and the next manned checkpoint. You've now done all the hard running, and all you've got to do is keep going for another 11 miles.

So, down it is, heading for the Derwent valley. Most people take the good track that loops east of Burbage Brook under Burbage Rocks, as it's easy to run, descending gradually with a reasonable surface. You have to be a bit more careful to avoid a trip on the stone slabs after crossing the A6187 at Toad's Mouth, now following the brook down for half a mile to a footbridge. This is where quite a few people have gone astray over the years, heading straight on down the valley into the trees, and spending a long time vainly hunting for that elusive Control 14. Instead you need to cut up right on a tiny trod, keeping more or less

along the top edge of the trees. The path becomes a bit better and eventually brings you to the clip, on a gate you'd never find if you weren't following the race instructions. Careful route-finding will now get you down the steep wooded valley side, over the railway and onto the riverside path, which you follow up to Leadmill Bridge and the last manned checkpoint. By this time you're probably feeling pretty shattered.

The last section would be a delightful run on fresh legs, but you won't have them so grit your teeth. It starts with a stiff climb on a minor road, but after that you're in pretty surroundings in a quiet side valley, following first Highlow Brook up to Stoke Ford, then through the woods up Abney Clough. The tracks and paths are mainly good, and the surroundings very pleasant: it's just keeping going that's a problem. Eventually you reach the hamlet of Abney, and a short climb on tarmac up to Abney Moor is followed by paths and a steep descent through gorse bushes and back into Bradwell. As you run through the village you usually get some calls of encouragement, and occasionally the odd offer of medical assistance if you're looking too far gone. Round the bend and you're back at the sports pavilion, through the finish line and collapsed on the grass gasping for breath. Or is that just me?

Point your browser at Runfurther.com for more information on this and on all the other Runfurther 2016 races. Runfurther is owned by its runners and is free to join.



Descending Lose Hill

A Mid-Winter Bob Graham Round in aid of Cumbria Flood Recovery Appeal

BACKGROUND

On January 8th & 9th me, Mario Yeomans and Mick Allen set off together on a Mid-Winter Bob Graham Round. Our intention was to start and finish together helping each other through the highs and lows. We were supported by our club-mates from Cumberland Fell Runners who provided invaluable support both on the road and from Leg 3 onwards. Following the December floods, we used the round to raise money for Cumbria Flood Recovery Appeal. We managed to raise £1500.

What follows is an account of how I experienced the round.

LEG 1

It's 11 pm. We're off. Nice and steady. Off up Spooney Green Lane, onto Skiddaw and hitting the snow line and mist at 600m. It's misty but calm. We feel warm in our layers of clothing. Things are good, we're level-headed and in control. The night lights of Keswick remind us of the absurdity of this venture but we know we need to forget the normal rhythm of life in towns below. For the next 24 hours we are on **our** schedule: eat every half an hour, stay together, stay focused, keep it steady, keep it calm, 42 tops, one at a time, don't look beyond. Skiddaw, Great Calva and Blencathra all come easily – no dramas, no mishaps. We descend an icy Hall's Fell. It's fun and adventurous. We reach Threlkeld and meet Colin Rhodes: a change of socks, a mug of warm tea and re-supply our packs. We leave ten minutes later. It's all part of the plan – rehearsed in our minds, written down on paper and rechecked many times. We leave John Parkin from Bingley AC who has been a great companion to have on the leg. We leave Colin with a mess to clear up.

Leg 1 statistics: 3hrs 52 Rest: 10 minutes

LEG 2

Off up Clough Head, it's increasingly harder in the snow but nothing too considerable. The pace is good, the banter is fun. The mist is still thick but the wind is calm and we are warm in our layers. Clough Head comes after 53 minutes then off to Gt Dodd, Watson's, Staybarrow, Raise. It's all familiar: adjust the compass, count some paces, check the watch – we lose a few minutes here, gain a few minutes there; half an hour passes, we eat, another half hour passes, we eat. We're on schedule. We're moving well together, we're focused and in control. These two legs are just the warm up, 'we're not even out of the dressing room yet' we tell each other. The few inches of snow aid rather than hinder our progress. The

normal rocky paths of Raise and the scree descents of Dollywaggon and Fairfield are nice and soft. It's winter conditions but it's been easier than a summer storm. 'We'd better tell them it was awful up there' we joke amongst ourselves, 'Baltic, waist deep snow' we laugh. It's been a fun leg. Half an hour passes, eat, half an hour, eat – it's mechanical, we're prepared, focused. 'It's just the warm up' we tell each other. We're in control; we're moving well together. It's been rehearsed many times – in our minds, on paper, on land.

We're greeted at Dunmail by a setup which epitomises the spirit of the round: Owen Mills has hiked up from Thirlmere to set up a Dunmail Camp – a couple of tents, brews, fresh water and our Leg 3 supplies. Scott White has driven up from Cambridge to navigate us round Leg 3. Phil Archer and Rob Stein have been dropped off by Phil's girlfriend, Madeleine, at Swirls. Rob and Phil ran the few miles to Dunmail. It's a swift, rehearsed changeover. Ten minutes later and we're off.

Leg 2 statistics: 4hrs 35 Rest: 10 minutes

LEG 3

Dawn starts to break. It's a murky dawn, blending into the brown, dead bracken; the ground is murky, the dawn is brown. The ground is saturated by weeks of rain. It's murky. It's brown. It's winter. Mick shows off the virtues of his vegan diet by a strong uphill effort on Steel Fell. Mario's explosive leg power cause him no problems. I'm in control and focused. Legs a bit tired but nothing to worry about. Scott is ahead focused on navigation. Rob and Phil chat when they sense it is appropriate to; two emotionally intelligent runners to have at this stage. We reach Rosset Pike with the same rehearsed mechanisms – half an hour, eat, drink, mix the carbs with the sugars, eat, drink, move, check our watches, keep it efficient. And then! After about eleven and a half hours since setting out we hit the wind and the sleet. It's cold, very cold. The wind begins to eat into us. We all pause to put on more clothing. We get cold. The Bowfell ramp is covered in snow; this makes for hard going as we kick steps into the snow but it does help to get us warm again. But the snow depth is increasing, the wind is increasing, the degree of challenge is increasing. We reach Bowfell 41 minutes after Rosset – a few minutes here, a few minutes there, nothing to worry about. We're 5 minutes down on our 23hrs 20 schedule. No concern but the weather is worsening and the terrain harder. We need to muster our collective strength. Jim

Francis meets us on Esk Pike with a ham, cheese and pickle sandwich. Me and Mario fall at his feet in a state of adulation; those sandwiches were so good, so so good. They are also the last substantial thing I am to eat on the round. It's hard going to Scafell Pike. The terrain, the mist and the deep snow reduce our movement to walking and staggers. Despite this we continue to roughly maintain the schedule pace losing only 2 minutes between Bowfell and Scafell Pike. We're now 7 minutes down overall. Knowing we have Foxes Tarn to negotiate and the inevitable loss of time we start to become a little concerned but nothing we can't try to fight down. We're starting to feel weary but we're ok. We're moving well, communicating effectively and looking out for one another. Mick's knee is starting to cause him problems – he's slow on the descent off Scafell. 'He's a tough cookie' I think. He'll be fine. I'm not worried. I begin to worry about myself. We reach Wasdale 15 minutes down on the overall schedule. I feel battle-weary and stunned by the harsh conditions encountered on Leg 3. Everyone around me looks the same – that was hard-going! The slight nauseous feeling I have had since the start begins to consume me.

Colin Rhodes is there to greet us. He is joined by the Leg 4 pacers. There's a hustle and bustle as we sort and resupply our packs. We're all engaged in our own organisation. I manage a matchbox size of potato and a warm cup of tea. It's not enough but I feel sick. The ten minutes is up – we need to move: it's mechanical, the clock, our movements, keep focused, one top, then the next, then the next.

Bill Williamson leads us out of Wasdale with Graham Ansell and Colin Rhodes in support.

Leg 3 statistics: 6hrs 20 Rest: 10 mins

LEG 4

Yewbarrow, Yewbarrow, Yewbarrow. Youbarrow, youbarrow, youwill, youwill, youwillgetupyewbarrow, youwill. Yewbarrow.

And we do. It's a struggle but we do. We do so in 48 minutes – a few minutes here a few minutes there; just keep the ebb and the flow going. By the time we get to Steeple we are 7 minutes up on the Leg 4 schedule and just 5 minutes down on the overall time. It's good. Colin Rhodes' irrelevant chatter is amusing and warming. We're a good team. All in good spirits. Looking after ourselves, looking out for one another. Bill Williamson takes us up and over Pillar and on a steady meander to Black Sail Pass. His route finding and

knowledge inspires confidence. Mick's knee is really giving him grief on the descents but he's tough. Mick is an Ultra-runner – he knocks these long runs out all the time. Lakeland 100 with a broken toe isn't a problem to Mick. This isn't a problem to Mick. He doesn't let it bother him. Colin is doing a sterling job of herding us up. Into the darkness again and back into the shadows and beams. Mario is steady behind me; steady steps and steady breath. We have run together a lot this last year me and Mario. He's an explosive short distance runner. He hasn't done much long stuff before but he's mentally disciplined. He's fine. I know he's fine because Mario is always fine. Mick's fine – we're doing well. And then! Kirk Fell! The wind is whipping around us, the rain, sleet and snow has started again. I know there's only one proper way to get up Kirk Fell – Bill's way – Bill's gully, that gully, the red gully, Joss's gully. Mario takes the lead. It's hard work – we're grunting and working hard. It's really hard work. But it's fun, it's an adventure. It's what we signed up for. Gable happens in a similar fashion. It's hard work but it's an adventure. It's windy, I'm soaked to the skin. We're grunting and working hard; keep moving, keep warm. 'Half an hour, eat', someone feebly says. We are trying to hang onto our mechanical process but it's hard with our increasing tiredness and the battering wind. We move together, slowly together up Great, Great Gable. It's hard work and goes on and on and on. The rocks are covered in ice and snow; concentrate, focus, stay steady, keep it steady. Don't fall, Don't twist an ankle. Do Not get injured. Do Not slow down, Do Not lose heat. We're looking after ourselves whilst trying to look out for one another. I try not to become introspective. But it's hard. The driving hail is forcing me to look down and to the side. Where are Mick and Mario? A quick glance round – they're with me, they're tough. They're fine. At Great Gable we're ten minutes down on our 23hr20 schedule. It's not ideal but it's ok. 'Let's just get down

safely', we murmur to each other. And on we go: Green Gable, Brandreth, Grey Knotts – familiar names, familiar lines. Rehearsed in our heads, on paper and on land many times. On we go with the wind battering us and the rain drowning our clothing. I am really struggling now. But not far to go. It's easy terrain. We arrive at Honister having taken 5hrs 04 minutes on Leg 4 (against our 5hrs 02 minutes schedule). We're 14 minutes down on the overall schedule; Foxes tarn continues to haunt us. I'm not worried by this deficit. Let's keep the break short and swift. Let's knock the 15 minutes scheduled stop back to 5 minutes; let's knock and hammer and smash this; let's give it everything we've got. No time for weak moments, no time for doubts. Let's smash this leg to bits. But I'm cold, wet and done in!

The support at Honister is fabulous. Les Barker, Sandra Mason, Jennie Chatterley – all familiar faces. All good runners to have with us. Sarah Rhodes, Maria Allen, Mike Beechey and Paul Mason all ferry round us helping us with our individual needs.

Leg 4 statistics: 5hrs 04 minutes Rest: 7 mins

LEG 5

Up Dale Head. Mick and Mario are off. They are buoyed by warm food and drink. Mick is telling us all about his Buckwheat Pancake recipes, Mario is laughing and chatting. I'm done in. I'm sick, hungry and soaked to the skin; bent double like old beggars under sacks. 'Get a grip Johnson' I begin to quarrel with myself. 'This is not war, don't even begin to compare this self-induced walk to wartime; don't even start that self-piteous, whinging, hard done-to attitude – get a bloody grip.' I'm bent double like an old beggar under a sack. I want a warm bath, I want a warm fire. 'Get a bloody grip. This was your choice, your idea, you chose it – now get a bloody grip.' Dale Head in 35 minutes. Right- this is it. I'm getting a grip. This is good. Great company. But the wind, it's eating me, I'm I so, so cold; soaked to

the skin. Keep moving – half an hour, eat, sod that, eat, eat eat, sod, sod that. I can't eat. I haven't been able to eat for hours. I want a bath, I want warmth. Get a bloody grip. But I'm in control. I am getting a grip. I'm off down towards and over Hindscarth. I take the lead. This is fine. I grind to a grinding pace up Robinson. Mick, Mario and the rest float past me. Touch the top 21hrs and 46 minutes after setting off. Bizarrely, we are only 5 minutes down on our overall schedule and we are still together. Don't get carried away. Descend safely, focus, focus, focus. Mick's knee is beyond painful for him but still he carries on: buckwheat and pancakes, ultras and broken toes. Mick is fine. Mario is singing Timshel by Mumford and Sons; we have a choice. Mario is fine. We have become a little disparate. Our team of CFR supporters is helping us individually, but we are still together. Down, down, down we go for one last time. Then homeward bound, tarmac bound, bound to tarmac for these last few miles. Spirits are high. It's wet and cold; we're down but not out. Just concentrate and keep putting one foot in front of the other. Familiar landmarks, familiar faces, familiar timings. It's slow and painful but it feels good. We signed up to this. We chose it. We wanted this. Portinscale comes and goes, then the high street, the obligatory sprint, the green door. The Green Door. That Green Door. Our Wembley Stadium. Our Lords. Our Arc de Triomphe. We have done it. We have damn well done it! All together, all one. 23hrs 37 mins later we touch That Green Door!

"As we began to gather our gear together to pack up for the last time, Bill said quietly, 'I want to thank you two for what you have done. I couldn't have found two better companions – and what is more I never shall.'" (Apsley Cherry-Garrard, *The Worst Journey in the World*)

I would like to thank all those who supported us on the round. I would also like to thank those who helped us raise £1500 for the Cumbria Flood Recovery Appeal.

EVERYDAY AND ULTRA 10in10 LAUNCH

Walkers in the Lake District are being offered the chance to take part in a charity event to climb ten mountains in ten hours on any day of the year.

The organisers of the successful 10in10 event, which is held annually in June, have decided to encourage people to take to the fells all year round to allow more people to take part and they've called it the Everyday 10in10.

And they're launching a fell running challenge called No Cure, Always Hope Ultra Run which heads over 25 peaks and covers 39 miles with a massive 17,000 feet of ascent.

Every June, 400 people set off at the crack of dawn to climb ten mountains in ten hours on one of three specially designed routes in the Newlands, Buttermere or Borrowdale valleys near Keswick.

Part of the reason for opening up the challenge from once a year to any day of the year is to reduce the impact on the fells and also because Yvonne and Duncan Booth want to allow more people to take part. They also realise that some people want to do it alone, without the marshals and when it's a bit quieter.

Duncan, who was diagnosed with MS in 2010, explains: "At the annual 10in10, there are a lot of people with MS who take part. Some manage 10in10, some 5in5 and sometimes 1in1 - depending on how the disease is affecting them on the day. We've realised that people want to take on the challenge, but if their holiday in the Lake District doesn't coincide with the event,



Bill, Simon and Duncan Booth with the challenge board at The Swinside Inn.

PHOTO © MATEMERY

they can't. Or if their MS is causing problems they can't. We wanted to give people the chance to train and then try the challenge when they are ready, not just once a year when we are."

Yvonne explained why Duncan's diagnosis spurred her on to create the walking challenge and why she is developed the new Everyday 10in10 and the No Cure, Always Hope Ultra Run: "We just want to find a cure for MS. The 10in10 gives Duncan and I a real focus for our families. We don't know whether there'll be a cure in Duncan's lifetime, but it gives us hope and that's what we live for everyday. It's not about putting on the event, it's about helping lots of people achieve independent goals. We can't stop now, everybody wants to hear when the next challenge is. We are really proud of

what everyone has achieved."

Everyday 10in10 - A NEW CHALLENGE

You still register online for the Everyday 10in10 to get all the details you need and the map of your chosen 10in10 route, but you check in after finishing your Everyday 10in10 at one of the following places:

- The Swinside Inn, Swinside.
- The Bridge Hotel, Buttermere.
- The Riverside Bar, Scafell Hotel, Rosthwaite.

And of course, people will still want to say they "have been there, done that and got the 't-shirt" so Yvonne and Duncan are delighted that George Fisher's, Lake Road, Keswick, will help distribute the prized 10in10 Buffs to all verified finishers.



Simon Booth, 2015 creator of a 39 mile classic fell running challenge over 25 peaks with 17,000 feet of ascent.

PHOTO © STEVE RAZZETTI

Simon showing great scree style.

There'll be a roll of honour on the 10in10 website of all finishers as a permanent record of their achievement.

No Cure, Always Hope, Ultra Run - AN ELITE RUNNING CHALLENGE

While Duncan has always excelled on rock faces, his brother Simon is an elite fell runner.

Simon Booth has run each 10in10 in less than a third of the time it takes the walkers to get round – so he can do ten peaks in about two and a half hours!

In 2015, he came up with the No Cure, Always Hope, Ultra Run – a 39 mile route taking in 25 mountains and tackling 17,000 feet of ascent. This run combines the three individual 10in10 routes into one monster of a challenge. Simon ran the distance in eight hours and 20 minutes.

Runners who want to take on the No Cure, Always Hope, Ultra Run can register online to receive maps and instructions on how to complete the challenge.

Yvonne said: "We are very proud of Simon and have always been in awe of him. He had run all three 10in10 routes and wanted a new challenge for himself. We were delighted when he came up with the No Cure, Always Hope Ultra Run and that he managed to set an incredible time of 8 hours and 20 minutes. We hope other people will have a go at doing the run, but we don't think anyone will beat his time though!"

Mountaineering legend Sir Chris Bonington is the Patron of the 10in10 who takes part in the 5in5 with his Berghaus teammates - much to the delight of the other walkers, he said: "Yvonne and Duncan have created a series of superb 10in10 routes across some of the most spectacular fells in the Lake District. Their passion for the mountains and the way they encourage

new people to get outdoors and enjoy walking is inspirational. I am proud to be involved."

Berghaus has generously sponsored the commemorative t-shirts given to participants at the end of the annual challenge event. These high quality tops bring both the Berghaus and the 10in10 brands together in a positive way and are proudly worn as a badge of honour on the fells all year round. Those who complete the Everyday 10in10 will be given a specially designed Buff to mark their big day out of the fells.

Since launching in 2011, the 10in10 has raised £169,000 for research into Multiple Sclerosis - making it the most successful individual fundraising event for the MS Society in the north of England.

Yvonne's stunning fundraising achievement for the MS Society was recognised in 2013 when she was named 'MS Fundraiser of the Year' - this year she is delighted to be on the judging panel for the MS Society Awards alongside the head of JustGiving and the head of Parkinsons UK.

The 10in10 routes:

There are three 10in10 routes: one is a circumnavigation of Buttermere, two is a circular route from the Swinside Inn in the Newlands Valley and back again, and three is a challenging route starting and finishing in Rosthwaite in the Borrowdale Valley.

The Buttermere one starts and finishes at The Bridge Hotel, it is 15.2 miles long and is seen as the easiest of the three routes. Though it isn't 'easy' in the true sense of the word, it is all relative!

The Newlands one starts at Swinside Inn, it is 16.1 miles long and is seen as the happy medium route.

The Borrowdale route starts and finishes at the Riverside Bar at the Scafell Hotel, it is

17 miles long and is seen as the hardest of the three routes.

Duncan's story:

Duncan Booth was diagnosed with Multiple Sclerosis on 1 June 2010. He was an elite rock climber, worked full-time as a teacher in a local primary school and had three young sons. He had spent his life outdoors - he was an amazing rock climber and had put new routes up rock faces that haven't been repeated since. His name is against a number of first ascents in the Lake District and overseas.

His legs had become heavy and felt 'uncomfortable' - just one visit to a neurologist confirmed his and his wife Yvonne's worst fears and their lives changed forever.

It was a desperately sad time, they loved the outdoors and felt they would lose that part of their lives together.

The community in Keswick lifted their spirits and offered a huge amount of support. This made them realise that something positive could come from the awful diagnosis.

So, six months later, determined to do something to help fund research into this devastating neurological disease, the idea of creating an annual challenge was born. People would be encouraged to walk up and down ten mountains in ten hours and raise money through sponsorship for the MS Society.

Fundraising for the MS Society

Duncan and Yvonne hope that everyone who completes the 10in10 on Saturday 25 June 2016, the Everyday 10in10 or the No Cure, Always Hope, Ultra Run, will raise at least £50 for MS Research. For more information about the charity visit: www.mssociety.org.uk/

“Short shorts, big energy”

A Paddy Buckley round in memory of Craig Harwood

Craig Harwood - fellrunner, climber, cyclist and all round mountain man tragically died in a climbing accident at Compass Point in Cornwall in 2014.

Like so many of the best ideas it all started in the pub. We were reminiscing about Craig's many achievements on the crags and fells – dozens of Classic Rock and Hard Rock ticks, countless mountain marathons (including in win in the KIMM long score in 1999), three Bob Grahams, a Ramsey round when he made it by the skin of his teeth in 23.58...

Then Martin Beale mentioned the Paddy Buckley – Craig's nemesis. He'd tried the Paddy Buckley twice but without success. Too much “marginal ground” Craig would always say, referring to the lumpy boggy terrain which typifies the long leg from Capel Curig to Aberglaslyn. Terrain which was just about runnable, but felt awkward and energy-sapping.

A Paddy Buckley round then would be a fitting tribute to Craig, with his partner Janet Hatton co-ordinating road support and Craig's running friends taking his ashes on one final 24 hour round. Rashly (this was in the pub after all) I decided then and there that I was going for the whole round. Mark Hartell took on the role of logistics supremo and a team was duly assembled. The date was set: June 19/20. I even managed some vaguely specific training with a couple of long days out in the Lakes and a confidence-building run over legs 1 and 2 of the PB the day after the Moelwyns race.

Other aspects of my preparation were less ideal: I never got round to reccying the crucial leg 3 (or legs 4 and 5 for that matter). This is emphatically not what the long distance gurus recommend when preparing for these affairs. And only six days before the start I managed to blister both feet quite spectacularly wearing a new pair of trainers for the hot and dry Durisdeer race. Again, not in the training manual.

Other random anxieties in the few days leading up to Friday June 19: I've not done much long distance stuff over recent years – are mind and body up to it? What trainers to wear? What to eat? Electrolyte drinks or carbohydrate? And I developed a bad habit of incessantly checking the weather forecast. MetOffice looks a bit grim; check MWIS – maybe it will be more optimistic... No, well, it's still three days away, it could all change. It didn't.

All the usual faffing with kit and food. Sorting things out, then sorting them out again slightly differently. Rucsac

or bumbag? Shorts or leggings? This seemed to take most of Friday. At last decisions were made and after a typical last minute arrival by SWatts, who was also contemplating the full round, we set off from a balmy, midge-infested Llanberis. The balminess was short-lived. By Elidir Fawr there was a brisk westerly breeze, by Y Garn we were in the clouds and by Glyder Fawr a persistent drizzle had set in. SWatts, his faithful hound Monty and I seemed to have pulled away from the rest of the team but we were joined by Martin Beale so it was a bedraggled group of three runners (plus one dog) that stumbled down the steep and rocky flanks of Tryfan in the dark. Headtorches did little to improve the visibility, the light scattering uselessly off the mist and rain. The schedule allocated a highly optimistic 15 minutes for this descent – we took 37. All those hard-won minutes gained on the climbs had been frittered away.

The road support team organised an efficient pitstop; kit was changed for the night leg over the Carneddau, food wolfed down, and with a fresh support team of Mark Elsegood and Digby Harrisaring to go we set off up Pen Yr Ole Wen. Perhaps you are not familiar with this ascent. Let me summarise: steep, heathery, scree, steep, bouldery, slippery, steep, vague trods, steep. Did I mention it's steep? All rather brutal. And not helped by the fact that it was now raining. Hard. Monty was not enjoying this climb. Nor were the rest of us.

Some good navigational work (chapeau, Digby) saw us hit the summit spot on and head onto the Carneddau plateau proper. I'd actually reccied this section and found some great lines avoiding rocky ground and cutting out a few of the bumps. In these conditions in the dark it was totally irrelevant – simply getting across these hills and down to Capel Curig in one piece without losing too much time was all that mattered.

Another pit-stop at Capel and a chance to re-group on long steady climb up Moel Siabod. Leaving Capel we were 50 minutes down on the 22.5 hour schedule which seemed pretty reasonable all things considered. However, I knew that this next leg would make or break the round – we were on to Craig's marginal ground.

The rain stopped, and darkness was almost imperceptibly replaced by a vague greyness. The headtorches were extinguished as we descended Moel Siabod – good for morale. Less good news – Digby was struggling and decided to drop down

to Aberglaslyn from Moel Meirch. Digby's knowledge of the leg would be missed so Spyke and I would have to fend for ourselves over the rocky bumps, tarns and bogs of the Boundary Ridge (Swatts and Monty having called it a day – or actually a night – at Capel). The summits come thick and fast along here and we were soon ticking them off. Running with map and compass in hand, navigating carefully – it all felt very mountain marathon-esque. Craig would have approved. Mandy and Martin Rands were on hand at the slate quarries with more supplies before we headed off to the Moelwyns. 12 hours into the round – probably my lowest ebb psychologically. Tired, fed up with the clag and there was still a long way to go.

A long way that was made longer still by a navigational error between Moelwyn Mawr and Cnicht. After slithering down the wet, slaty, shelving slabs off the summit of Cnicht we finally reached some easier running on good paths and were met by a grinning Martin Beale bearing goodwill, encouragement and perhaps most importantly Jaffa cakes: the breakfast of champions.

In the run-up to the round I had tried to convince myself that it was all done and dusted at Aberglaslyn, and that legs 4 and 5 would be a formality. Now, that was all seeming somewhat premature. We were 1 hour and 17 minutes down on the schedule. Not exactly panic stations, but equally we couldn't afford any more mistakes. I was acutely aware of the pressure as the new support team of Geoff Pettengell and Ross Litherland took over and we started up Bryn Banog.

The climbs were still going well and we were clawing back a few minutes on the schedule here and there. On the Moel Hebog hills we found ourselves in the midst of the Cwm Pennant fell race. After assuring some slightly worried marshalls on Moel yr Ogof that they were indeed in the right place, we battled over the frustrating heather-covered lump of Y Gyrn, and then groups of runners, moving with an enviable ease and efficiency started to pass us on the climb up to the Nantlle ridge. Steve Jones, who had joined us the previous evening running up from Llanberis passed us and offered encouragement. Strange to think that in the intervening 18 hours or so he'd done normal things like sleeping and eating meals, whereas I'd been out on the hills continuously. Breaks in the clouds hinted at an improvement in the weather but did

nothing to dry out the treacherous rocks on the ridge. More time lost skating around on the glassy boulders.

The grassy descent and forest tracks down to Pont Cae'r Gors offered some respite from the rocks before the last refuelling session and the final leg (hopefully the glory leg) into Llanberis. The clouds parted and at last the sun appeared as we stomped up Craig Wen. More time was regained and for the first time I started to feel really confident of success. We were soon on more familiar terrain heading towards Snowdon on straightforward paths. The grassy ridge running over the last few hills was a wonderful end to the round in the afternoon sunshine. On the summit of Moel Cynghorion I paused and surveyed the scene – the graceful scalloped Nantlle ridge to the south, the Glyders and Tryfan to the north. In the afternoon sunshine looked a far cry from the hostile mountain we had struggled down in the rain and the dark just a few hours previously. Closer still were the proud cliffs of Cloggy. I thought back to the one occasion Craig

and I had climbed together there – a cold day when we worked our way carefully up the daunting wall of Troach, cold fingers clinging tightly to quartz crimps. There are so many adventures to be had in the British mountains.

Out of this reverie and on to the last few summits. The climbs were still going well, although the knees were rebelling a little on the descents. In this respect drugs (specifically Ibuprofen) seemed to enhance performance. Photos were duly taken on the final summit of Moel Eilio where Paul joined us for the final descent into Llanberis. We had gained time all along this final section so the pressure was off by now and we could enjoy the amenable grassy slopes – a contrast to the rough and rocky ground – the marginal ground – which characterises so much of this round.

The rest of the support team were assembled in the car park and the Ross, Mandy, Paul and I carried Craig's ashes across the finish line. Emotions ran high. 23 hours and 11 minutes for the record, but it was a run where the time was the last thing

that mattered.

THE TEAM:

- Overall logistical supremo: Mark Hartell
- The all-important road support team who endured some particularly midge-infested carparks at uncivilised times of the day (and night): Janet Hatton, Grace Hatton, Paula Gould, Karen MacDonald, Melanie Watts, Catherine Litherland
- Runners and hill support:
 - Leg 1: Llanberis – Ogwen:* Stephen Watts (aka SWatts), Martin Beale, Mark Hartell, Paul Headland, Steve Jones, Mark McDermott
 - Leg 2: Ogwen – Capel Curig:* Stephen Watts, Mark Elsegood, Digby Harris
 - Leg 3: Capel Curig – Aberglaslyn:* Stephen Pyke (aka Spyke), Digby Harris plus very valuable cameo appearances from Mandy Calvert, Martin Rands and Martin Beale
 - Leg 4: Aberglaslyn – Pont Cae'r Gors:* Ross Litherland, Geoff Pettengell
 - Leg 5: Pont Cae'r Gors – Llanberis:* Ross Litherland, Mandy Calvert, Martin Rands, Paul Headland

Headline

Sam Tosh Subheader?

Different races are great for different reasons. Everyone has their favourites. It could be the landscape, maybe the long history of legends who have won it. It might be the pie & pint in the pub at the end. It could be that they're just really bloody hard. Then there are a few special races that are all of these things rolled into one, and therefore romantically referred to as The Lakeland Classics. An elite series of races. All tough, all long (or super long) and all on every fellrunner's wish list.

In today's too often mad rush to get entries in on time, it's almost unbelievable to think that, just after the turn of the century, the Lakeland Classic Trophy was set up to save the individual races from extinction due to runner numbers being on a steep decline. A time based (not position) scoring system was devised as a series, and The Lakeland Classics Trophy was born. The history of race cultivation continues as the Trophy evolves. This year a rotation system has been brought in for the now hugely popular long category races (Borrowdale, Langdale & Three Shires) that perhaps no longer need as much help. This, in turn, makes way for the inclusion of an additional super long, Darren Holloway's Memorial race, The Buttermere Horseshoe.

Most people just love having a go and being part of these great races, perhaps dreaming of a top fifty. Imagine a top ten? But then, somebody has to win them...

So when Sam Tosh was the first Rossendale Harrier to do so in as long as anyone at the club can remember, I thought I'd ask him about his best season to date.

You've had some good results in recent years but it seemed like you went up a notch last season. What was different about 2015?

First and foremost I'd say consistency, both in training and racing. From May through to October I was able to race regularly whilst keeping up some decent volume/quality in training. It was the first time in a number of years that I'd managed this, with 2014 being a virtual write off in racing terms. Of course the five months of winter I spent in New Zealand, working and travelling, did no harm either!

Apart from your time spent travelling. Did anything else get in the way of achieving consistency? And how did you overcome this?

Returning to the UK I started full time work again in June. As almost everyone



can appreciate, this in itself provides a challenge. Whilst the average day leaves me with plenty of time to train, a busy period or bad traffic soon sees me squeezing training in at all hours. Further to this being based in Birmingham half the week did my climbing legs no favours! Other than that it was mostly a case of trying to stay healthy and injury free. Whilst I had to manage some ongoing niggles during the season I was still able to train throughout with certain adaptations i.e. No downhill running / more cycling. Anyone who trained with me will have definitely noticed the contrived routes and sessions.

You must of been feeling pretty confident going into Langdale, but did you think that you could actually win the race?

With it being towards the end of the season I knew what sort of shape I was in, I was confident even with it being my longest race of the year. After managing wins at a few shorter races earlier in the season. I was standing on the start line of all my races aiming to win. The only small doubt I had was route choice. Being between both the Ian Hodgson & FRA Relays I didn't get chance for a recce. Whilst I've run most of the course before, it was 7 years ago! This was the main influence on my tactics as I knew there were some experienced runners likely to be at the sharp end.

Onto the race itself. How did that pan out? Did route choice play apart in the end and how did you get on with the infamous Bad

Step?

A front group of 5 formed early on including local and past winner Ben Abdelnoor. Up to Esk Hause a pattern emerged of me leading the climbs whilst he would pick up the pace on the descents and rougher ground. It was a clear day so there were no difficulties with nav and his route choice seemed sound. I stole a few meters on the stepped path to Esk Hause so waited for the others, making sure I got the right trod under Esk Pike. I was surprised here when Ben and Morgan Donnelly decided to go up and over, I stuck to my guns with Tom Brunt and Andy Fallas, trying to keep pace on the race trod below. It paid dividends as we opened a 30 ~ 60 sec gap on the other two. Although it was short lived and a slight error contouring from Three Tarns saw us all re-group on the final climb to Crinkles high point. Here I was happy to follow as we stuck left, tip toeing above a big drop before swinging back in above the Bad Step. Having not been down it before I was more of a beached whale than mountain goat; substance over style! No real time gaps opened but Ben managed to gain a small amount by avoiding it to the right. Following the short (but agonising) kick up Blisco the final descent was tactical. I picked a good line off the top and dropped the others. Not knowing the lower half meant I was reluctant to go it alone so slowed to re-join the train. Finally crossing Blea Tarn road, the pace went from steady to eyeballs-out in a matter of seconds. It was after negotiating the endless gates I managed a cramp filled sprint to pip Morgan and the others by one second.

Langdale is one of the true classic races of the sport. You must've been over the moon?

Together with my win at Burnsall and getting my local race record at Knowl Hill it was a real highlight of the year. I've been racing on the fells 10+ yrs now and even as a junior I aspired to win a Lakeland Classic. Over the moon would've been an understatement!

With it being a fairly long and close fought race I was knackered immediately after but I soon recovered with a pint and pie, after which I was able to appreciate it a bit more. Adding more significance was that I'd started the race 7 yrs ago, that wasn't such a good day and ended with my first DNF after a fall coming off Bowfell. As such to finally come back and win the race made it even better.

Moving onto 2016. How do you plan to build on from what you achieved last year?

When I look back on my training I think there are some significant improvements that can be made. 2015 was far from perfect in this regard so if I'm able to learn from mistakes I'd like to think I can see better results. From racing in 2015 I'm also well aware of where my strengths & weaknesses lie, hopefully over winter I've been able to work on the later whilst not diminishing any of my fortes. Likewise at 24 I'm relatively young (especially in fell running terms!) so each year I'm still seeing improvements in



strength regardless.

If you look at the men's championships over the last decade, the top end of Fell running has been dominated by a the same three or four names (Jebb, Bailey, Hope, Taggart etc). As they get a little older (but not much slower as yet), do you think it's time for a fresh group to emerge?

Yes, their consistency is what I probably find most impressive, churning out results year after year! I think there are now some younger runners starting to challenge, Tom Addison's 2014 English Championship win was good to see. There are a number of others who are becoming increasingly competitive and at the same time it's good

to see Rossendale's own improving, in both relays our average age must have been in the mid 20's. From a personal perspective yes I'm definitely aiming to be in and amongst the group of names mentioned, to have their longevity would be great but first and foremost I'm focused on enjoying and making the most of 2016.

Many thanks to the following photographers for the use of their photos. Please check out their sites here. Stephen Wilson at [Grand Day Out Photography](#) Steve Bateson at [Running Pix](#) Andy Jackson



➡ BY IAN CHARTERS

The Joss Naylor Lakeland Challenge

Since The Fellrunner last went to press there have been more successful crossings. Dave Nuttall (M50, Bowland FR) and Elise Milnes (W55, Todmorden Harriers) who were both comfortably within their allowed times. On the weekend before the presentation dinner, Stephen (Spyke) Pyke (M50, Dark Peak FR) reached Greendale Bridge in a new fastest time. My congratulations to all three.

The third Saturday in October saw the Annual Presentation Dinner at The Bridge Inn, Stanton Bridge. The dinner is always a convivial occasion as well as an opportunity to meet friends old and new, and the 2015 Dinner was no exception. 22 Tankards were presented by Joss, including two from 2014 to Mandy Calvert and Kev Saville.

Those of you who have been involved in the JNLC will be aware of the long standing tradition of meeting contenders on route to Greendale Bridge. A small number of stalwarts turn out regularly on "Meet & Greet" duties and are supplemented by others from time to time. So, in no particular order, thanks are due to Rainer Burchett, Monica Shone, Andy Watts, Mike Langrish, Steve Cliffe, Wendy Dodds, John Swift and David Powell-Thomson all of whom were involved during 2015. They are all familiar with, as Pauline and I are, the

vicarious pleasure of being involved with, even if only in a very small way, someone's challenge and hopefully, success. Much more importantly, time and time again contenders say, and say to Joss at the end, how much they appreciated someone coming out to say "hello". Please let me know if you are at all interested in being involved with the "Meet + Greet" in 2016.

Finally, if you are still thinking about writing a brief account of your attempt,

please do so and let me have a copy along with a couple of photographs (if possible). I'll be delighted to put it on the blog or simply add it to the records if you prefer.

For Information and validation details

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24 Mill Lane, Aspull, Wigan WN2 1QY

(Please enclose a SAE)



New Tankard Holders at the 2015 Dinner.

REPORTS & RESULTS

PHOTO © SIMON MURRAY



Caption competition. Send your entries to editor@fellrunner.org.uk.



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

DANEFIELD RELAY

West Yorkshire

3 x 4.8km/140m 30.06.15

In 2014, to avoid a clash with the Otley cycle races, the Fellandale committee decided to move the day of the Danefield Relay from its traditional Wednesday to Tuesday and on a fantastic summer evening, were rewarded with a record number of teams.

We decided to stick to a Tuesday for 2015 and, on another fantastic sunny, warm summer evening on Otley Chevin above the town, we broke last year's record with 93 teams attending.

First team to get each of their 3 members around the 3 mile off road loop through the Danefield woods was the Leeds City A grouping of Adam Osbourne, Martin Roscoe and Tesfaye Debele, with the second team of AIRE (which contained Chris Smithard, the fastest runner on the night in 17:37) only 21 seconds behind.

The fastest women's open team was York Knavesmire Harriers A team of Becky Penty, Emma Yates and Anwen Darlington. Becky was also the fastest lady on the night in 20:48.

After our successive successes, we will again hold the race on a Tuesday in 2016. It will be on the 5 July. It makes a perfect way to spend a summer evening.

2014's race contained a team that had the subsequent 2015 Dragon's Back winner and the 2015 women's Lakeland 100 winner in; who knows who will come out of this year's race?

Simon Franklin

| | |
|---------------------|-------|
| 1. Leeds C | 55.39 |
| 2. AIRE | 56.00 |
| 3. Harrogate | 56.25 |
| 4. Pudsey & Bramley | 58.56 |
| 5. York Knavesmire | 59.20 |

MALE VETERANS

| | |
|---------------|-------|
| 1. York Acorn | 64.31 |
|---------------|-------|

FEMALE VETERANS

| | |
|----------------|-------|
| 1. Horsforth H | 78.32 |
|----------------|-------|

FASTEST MALE

| | |
|----------------|-------|
| 1. C. Smithard | 17.37 |
|----------------|-------|

FASTEST FEMALE

| | |
|-------------|-------|
| 1. B. Penty | 20.48 |
|-------------|-------|

93 finishing teams

SHELDON

Derbyshire

BS/6.4km/162m 23.07.15

With a fine forecast and in a week without clashes with any other local races, it was likely that our race numbers would be up. With not far short of 200 entries, that was certainly the case. Great for the Sheldon Day village fund raising but it was a bit of test for the race organisation. However, this did not appear to be an issue for the runners and hopefully all enjoyed the evening.

We had a closely fought race to the finish down the village main street, but

Steve Franklin was first home and winner of the Sheldon Garage Shield, in a time of 24.49. Only a few seconds behind and also under 25 minutes was Luke Beresford, who was also our first V40. The ladies' race was also closely fought with Anna Hoogkamer winning just ahead of Steph Curtis.

Deserving of special mention in a very impressive tenth place was our first junior home, Lucas Parker. Lucas was presented with the Phillip Gregory Shield for his endeavours. As for the other veteran categories, for the men well done to Tim Clayton (V50), Phil Hands (V60) and Bill Alsop (V70), and for the ladies, congratulations to Sian Mead (FV50) and Yvonne Twelvetree (FV60).

Thank you to all who took part and of course to the race marshals, registration and finish team.

Phil Gregory

| | | | |
|----------------------|-----|--------|-------|
| 1. S. Franklin | ... | Totley | 24.49 |
| 2. L. Beresford O/40 | ... | Ripley | 24.58 |
| 3. B. Cartwright | ... | Mat | 25.39 |
| 4. G. Briggs O/40 | ... | DkPk | 25.42 |
| 5. B. Shaw | ... | Totley | 25.47 |
| 6. M. Johnson O/40 | ... | Stockp | 25.51 |
| 7. K. Allanson | ... | Mat | 26.13 |
| 8. N. Curtis O/40 | ... | Penn | 26.15 |
| 9. J. Wilson | ... | FatB | 26.40 |
| 10. L. Parker | ... | Penn | 26.42 |

VETERANS O/50

| | | | |
|--------------------|-----|--------|-------|
| 1. (22) T. Clayton | ... | NDerby | 27.37 |
| 2. (32) A. Barnett | ... | Unatt | 29.24 |
| 3. (33) M. Elwiss | ... | Unatt | 29.30 |

VETERANS O/60

| | | | |
|-------------------|-----|----------|-------|
| 1. (50) P. Hands | ... | LeicestC | 30.56 |
| 2. (57) K. Holmes | ... | DkPk | 31.26 |
| 3. (82) G. Barnes | ... | Unatt | 33.29 |

VETERANS O/70

| | | | |
|--------------------|-----|------|-------|
| 1. (156) B. Allsop | ... | Buxt | 41.00 |
|--------------------|-----|------|-------|

LADIES

| | | | |
|--------------------------|-----|--------|-------|
| 1. (43) A. Hoogkamer | ... | Unatt | 30.14 |
| 2. (46) S. Curtis O/40 | ... | Penn | 30.33 |
| 3. (79) E. Dent O/40 | ... | Totley | 33.21 |
| 4. (99) F. Johnson | ... | Stockp | 34.47 |
| 5. (101) J. Nolan O/40 | ... | Tidesw | 35.02 |
| (118) S. Mead O/50 | ... | Mat | 36.20 |
| (122) E. Fleugot O/50 | ... | Penn | 36.32 |
| (130) Y. Twelvetree O/60 | ... | Unatt | 37.07 |

183 finishers

TURNER LANDSCAPE

Cumbria

AM/17km/910m 08.08.15

The weather for the 5th Turner Landscape couldn't have been better and probably accounted for the good turnout - 98 starters, which was really pleasing after all the hard work and preparation. Random kit checks were carried out on 25 runners and none were found wanting. So at last the message seems to be getting through. The runners were gathered into a pre-start area and then funnelled through and counted into the start area so that we knew exactly how many started.

The race went well without any incidents except for two runners who decided to add a little extra to the course. No names to save embarrassment.

The winner was Ben Abdelnoor of Ambleside AC in a time of 1.30.38 and first lady was Holly Martin of Pennine F.R. in a time of 1.56.16, so well done to them.

After securing two nurses to cover First Aid on the day not even a plaster was needed.

The good weather prevailed and the runners were able to relax in the warm sunshine to wait for the results to be announced. The catering ladies were kept busy and helped swell the fund raising along with the entry fees and car parking fees. A fantastic sum of £1100 was raised for Alzheimer's Research. A big thank you to all for helping to raise so much. Finally a big thank you to the registration, car parking, catering and time keeping teams and all the marshals who did a sterling job. Also John Batten for the radios which are invaluable and finally thanks to Anthony and Hilary for letting us use their fantastic venue.

Mike Breslin

ROUND LATRIGG

Cumbria

BS/8.8km/244m 19.08.15

A record field of 203 runners set out from Keswick's Fitz Park on a dry but overcast evening.

Course record holder, Ricky Lightfoot, who won this race in 2013 and 2014, was absent this time giving the home club's Marc Lamb his chance for victory. Marc didn't disappoint, scoring a popular win. Adam Perry and Thomas Durcan took second and third, Durcan leading Derwent AC to the team prize. Kieran Hodgson finished 6th overall, winning the V40 category with some ease. Rob Wynne took the V50 prize with ever-green Jackie Winn again winning the V60 category. Steve Cromar rolled back the years to take the V70 prize in a very respectable time.

Catherine Spurden, who has enjoyed excellent form all summer, romped away with the women's race to give Keswick a win-double. The next three places were taken by WV40 runners, Keswick closing in their scoring trio with 4th and 5th places to take the team prize. There was an excellent run from Jackie Case, 6th overall and WV50 winner by a considerable margin.

The race was generously sponsored by EDZ Layering of Keswick.

A big thank you to all of the Keswick AC members, who passed up their chance of a race to marshal and assist at the finish.

Clive Beauvais

| | | | |
|--------------|-----|--------|-------|
| 1. M. Lamb | ... | Kesw | 31.51 |
| 2. A. Perry | ... | HelmH | 32.05 |
| 3. T. Durcan | ... | Derw | 32.19 |
| 4. M. Walsh | ... | Ellenb | 32.23 |

| | | |
|--------------------|--------|-------|
| 5. O. Meanwell | Borr | 32.52 |
| 6. K. Hodgson O/40 | HelmH | 32.54 |
| 7. A. Polding | TyneB | 32.58 |
| 8. P. Graham | Derw | 33.27 |
| 9. C. Tinnion | Ellenb | 33.47 |
| 10. R. Murdoch | CFR | 33.51 |

VETERANS O/50

| | | |
|---------------------|------|-------|
| 1. (45) R. Wynne | Kesw | 37.57 |
| 2. (47) M. Hepworth | Eden | 38.09 |
| 3. (50) J. Curran | Kesw | 38.32 |

VETERANS O/60

| | | |
|--------------------|--------|-------|
| 1. (58) J. Winn | Ellenb | 39.02 |
| 2. (69) M. Walsh | Kend | 39.50 |
| 3. (89) B. Hodgson | Ellenb | 41.15 |

VETERANS O/70

| | | |
|----------------------|-------|-------|
| 1. (159) S. Cromar | DundH | 48.55 |
| 2. (181) R. Whitaker | CFR | 51.50 |
| 3. (190) P. Taylor | NVets | 55.40 |

LADIES

| | | |
|-------------------------|---------|-------|
| 1. (28) C. Spurden | Kesw | 36.08 |
| 2. (62) L. Roberts O/40 | Amble | 39.18 |
| 3. (67) K. Bridge O/40 | Eden | 39.46 |
| 4. (76) A. Holmes O/40 | Kesw | 40.16 |
| 5. (78) J. Mattinson | Kesw | 40.34 |
| (84) J. Casey O/50 | BlCombe | 40.53 |

203 finishers

| | | |
|--------------------|-------|---------|
| 6. T. Brunt | DkPk | 2.00.44 |
| 7. B. Abdelnoor | Amble | 2.00.57 |
| 8. K. Hodgson O/40 | HelmH | 2.03.31 |
| 9. D. Kay O/40 | CaldV | 2.03.34 |
| 10. J. Wright U/23 | Amble | 2.06.00 |

VETERANS O/50

| | | |
|----------------------|------|---------|
| 1. (12) S. Pyke | DkPk | 2.10.11 |
| 2. (21) P. Cornforth | Borr | 2.12.56 |
| 3. (26) S. Watts | Penn | 2.15.20 |

VETERANS O/60

| | | |
|----------------------|--------|---------|
| 1. (66) J. Winn | Ellenb | 2.34.39 |
| 2. (87) N. Lancaster | Derw | 2.41.12 |
| 3. (88) K. Holmes | DkPk | 2.41.25 |

VETERANS O/70

| | | |
|-------------------|------|---------|
| 1. (222) D. Lucas | Roch | 3.20.13 |
|-------------------|------|---------|

LADIES

| | | |
|------------------------|--------|---------|
| 1. (42) J. Jepson O/40 | DkPk | 2.23.39 |
| 2. (54) H. Marshall | Tot | 2.28.11 |
| 3. (55) R. Hill | Settle | 2.30.00 |
| 4. (78) N. Spinks O/40 | DkPk | 2.39.07 |
| 5. (84) L. Spain | HelmH | 2.40.11 |
| (93) N. Hawkrigg O/40 | NFells | 2.43.39 |
| (96) H. Whitaker O/50 | Ilk | 2.44.21 |
| (140) J. Meek O/50 | Borr | 2.52.10 |
| (204) L. Malarkey O/60 | Kesw | 3.14.15 |
| (229) J. Davies O/60 | Sadd | 3.26.27 |

270 finishers

team in sixth place and the ladies' prize was claimed by Lisa Ferrero and Claire Wilshaw.

The C class was hard fought for by the veterans Eamon Mc Mahon and Steve Reenan and the more youthful Wayne Green and Pete Mc Clelland but eventually it was Wayne and Pete who took the honours. A family team of Stephen and Eoghan Knight comfortably claimed third place and fourth home were the mixed team of Mike Jordan and Maike Juergens. The top ladies team were another family team of Stephanie and Sophie Pruzina and that veteran of over one hundred Mountain Marathons, Brian Layton and partner Mike Stewart scooped the vets' prize.

Comfortable winners of the D class were the mixed team of Lee and Jenny Elliot York with William and Kenneth Moulds taking second place ahead of the ladies' team of Sarah Gamble and Gail Henderson. We presented a special prize to the family team of Ross and Marcella Mc Lennon, because we liked their style. Ross in his mid-thirties signed up his 68 year old mum as his partner! I smile as I think of the reaction if I had ever asked my mum to run over mountains with me. She thought I was nuts as it was!

Nuts or not, here I am thanking everybody for coming along to another successful event, Thanking our sponsors and in particular Jackson Sports and Consarc design group for their support, thanking the Tollymore Outdoor centre for the use of their magnificent facilities, thanking all the helpers and marshals, and most of all thanking the hard working committee of volunteers who form the nucleus of the whole show. Without them --- and you --- there would be no MMM so hopefully see you all again during September to experience more of the Magnificent Mournes.

Jim Brown

ELITE CLASS

| | |
|---------------------------|----------------|
| 1. B. Johnston/C. Stead | 10.09.26 |
| 2. P. Mahon/A. Hennessy | 10.34.22 |
| 3. S. Herron/G. Bailey | 10.34.26 |
| 4. G. McGimpsey/A. Shealy | 11.16.00 |
| 5. T. Abinsson/P. Berg | Mixed 11.32.54 |
| 6. M. Mullan/G. Kingston | Vet 11.49.39 |

B CLASS

| | |
|----------------------------|-------------------|
| 1. C. Corbett/L. Quinn | 08.47.11 |
| 2. C. Coffey/M. McMullan | Vet 09.20.33 |
| 3. R. McAvoy/J. O'Sullivan | Hourihan 09.35.36 |
| 4. P. Pruzina/J. Anderson | 10.12.03 |
| 5. G. Penn/E. Penn | Mixed 10.14.56 |

C CLASS

| | |
|--------------------------|----------------|
| 1. W. Green/P. Clelland | 08.06.42 |
| 2. E. McMahan/S. Reenan | Vet 08.12.43 |
| 3. S. Knight/E. Knight | 09.01.44 |
| 4. M. Jordan/M. Juergens | Mixed 09.13.05 |
| 5. B. Layton/M. Stewart | Vet 09.14.19 |

LADIES ELITE

| | |
|----------------------------|----------|
| 1. (11) J. Curren/T. McCoy | 16.41.40 |
|----------------------------|----------|

LADIES B CLASS

| | |
|-------------------------------|----------|
| 1. (16) L. Ferrero/C. Wilshaw | 13.24.33 |
|-------------------------------|----------|

LADIES C CLASS

| | |
|-------------------------------|----------|
| 1. (15) S. Pruzina/S. Pruzina | 10.44.33 |
|-------------------------------|----------|

THREE SHIRES

Cumbria

AL/20km/1220m 19.09.15

A glorious early autumn day for the Shires and a larger than usual field to enjoy the superb running conditions. A strong field too which stuck together over the first hills with no one wanting to commit too early. Packed with experience, it's great to see the Davies lads (vets both) having such a strong year- not that either could quite get in front of their clubmate, Morgan Donnelly.

Up Lingmoor, Ricky finally toed the accelerator and cruised in to take a couple of minutes off them by the finish. All of them under two hours which is pretty much the benchmark for the Shires.

Ricky's fourth win gives him one more than Gavin Bland - although it'll take something special to capture Gavin's 1.45.08 record. This year Judith Jepson went away not only with vets prize which she also took last year, but she also took the whole race by four minutes from Heather Marshall, also part of the strong Sheffield contingent.

Apologies to the Pennine Team of Sue Richmond, Catherine Litherland and Clair Aspinall, who won the ladies' race and were then robbed by the Organiser!

Dennis Lucas, Rochdale's extraordinary 70 year old supervet, stormed round in 3.20.13; a truly marvellous performance! And no-one paid a visit to Cockley Beck - all made for a good day all round!

Selwyn Wright

| | | |
|------------------------|--------|---------|
| 1. R. Lightfoot | Ellenb | 1.56.44 |
| 2. M. Donnelly O/40 | Borr | 1.59.18 |
| 3. P. Davies O/40 | Borr | 1.59.26 |
| 4. J. Davies O/40 | Borr | 1.59.30 |
| 5. M. Mikkelsen-Barron | Borr | 2.00.13 |

MOURNE MOUNTAIN MARATHON

Northern Ireland

MM/19/20.09.15

We enjoyed good weather for another successful Mourne Mountain Marathon, organized out of the Tollymore Outdoor Education centre on the edge of Northern Ireland's Mourne Mountains. Buses were used to take competitors to the start at the Bloody Bridge, and from there they had an interesting days navigation across the hills to an overnight campsite on the edge of the Western Butter Mountains.

The winners of the elite category were the Newcastle upon Tyne pairing and former winners of this event, Charlie Stead and Bob Johnston. They had accumulated a half hour lead at the overnight campsite and this was easily enough of a buffer to get them across the finish line on day two in first place overall despite some team injury problems. Second place was a real epic battle which saw the Dublin based team of Paul Mahon and Adrian Hennessy just edge out the local team of Gary Bailey and Sam Herron by a mere four seconds after two days of running. The mixed prize went to the Swedish team of Thomas Albinsson and Pernilla Berg and Joanne Curren and Taryn McCoy took the ladies' prize.

The B class was won by Cillian Corbett and Laurence Quinn who managed some rock climbing with their day one route choices and to convert a narrow overnight lead into a comfortable victory on day two. Third placed overnight team of Clive Coffey and Marty Mc Mullen moved into second place on day two at the expense of Rob McAvoy and Josh O Sullivan Hourihan. Gareth and Emily Penn were the first mixed

THIEVELEY PIKE
Lancashire
AS/7km/400m 26.09.15

Yet again the sun shone on the Burnley Riviera for the latest running of the Thieveley Pike Fell Race. Because of a local cross country league fixture and the Ron Hill Birthday Race on the same date, I feared a low turnout. In the event, no worries as...120 senior and 21 juniors were present to enjoy the sunshine. A week before the race I was concerned about the number of marshals and helpers but an appeal to Clayton members brought out more than enough support.

I've never known the race winner cross the line with a skip and a "Whoop", but that exactly describes Ian Conroy's demeanour as he claimed victory after a hard-fought battle with Chris Miller. Following Phil Marsden in third and winning U23, Martin Howard in fourth, there was also close competition for the male vet categories:

Glen Goodwin edging out Alan Life for M50; Mark Messenger pipping Mick Dobson for M45; and long-time rivals (decades?) Mike Wallis and Graham Schofield equally competitive in the M55 group.

In contrast, veteran Gayle Sugden enjoyed a comfortable victory over Deborah Gowans (first FV50) with first 'youngster', Lindsey Oldfield in third place.

Thanks go to Calder Valley Fell Runners who swept the board in both team races and provided more than half the junior runners. Thanks also to the landowners and the merry band of Clayton stalwarts who gave up their time to help.

Pete Booth

| | | |
|-------------------|-------|-------|
| 1. I. Conroy | Horw | 33.42 |
| 2. C. Miller | Hgate | 33.50 |
| 3. P. Marsden | Bolt | 35.27 |
| 4. M. Howard U/23 | CaldV | 36.28 |
| 5. P. Coates | Unatt | 36.50 |
| 6. M. O'Connor | CaldV | 37.02 |
| 7. C. Jackson | Gloss | 37.07 |
| 8. M. Driver | Holc | 37.21 |

| | | |
|------------------------|------|-------|
| 9. G. Goodwin O/50 | Acc | 37.24 |
| 10. A. Life O/50 | Clay | 37.33 |
| (11) M. Messenger O/40 | Macc | 37.35 |
| (16) M. Wallis O/50 | Clay | 38.32 |

VETERANS O/60

| | | |
|--------------------|------|-------|
| 1. (23) S. Morran | NVAC | 39.47 |
| 2. (30) K. Taylor | Ross | 41.22 |
| 3. (41) T. Hesketh | Horw | 42.40 |

VETERANS O/70

| | | |
|------------------------|-------|-------|
| 1. (83) M. Coles | VStr | 48.43 |
| 2. (106) J. Mitchinson | Unatt | 55.37 |
| 3. (108) G. Breeze | Wharf | 56.25 |

LADIES

| | | |
|------------------------|---------|-------|
| 1. (15) G. Sugden O/40 | CaldV | 38.11 |
| 2. (35) D. Gowans O/50 | Acc | 41.38 |
| 3. (39) L. Oldfield | CaldV | 42.19 |
| 4. (47) S. Kelly O/40 | Horw | 43.56 |
| 5. (58) L. Parker | Acc | 45.08 |
| (74) A. Smith O/50 | Qbury | 46.56 |
| (92) J. Rawlinson O/60 | Barlick | 51.36 |
| (93) S. Morley O/60 | Ilk | 51.53 |

119 finishers

JUNIORS

Boys U/14

| | | |
|-------------------|-------|-------|
| 1. C. Glendinning | Unatt | 18.45 |
| 2. L. Hargreaves | Wharf | 18.48 |
| 3. E. Powell | CaldV | 21.43 |

Girls U/14

| | | |
|---------------|-------|-------|
| 1. M. Blacker | CaldV | 24.38 |
|---------------|-------|-------|

Boys U/12

| | | |
|-----------------|-------|------|
| 1. J. Hobbs | CaldV | 7.23 |
| 2. B. Blacker | CaldV | 7.50 |
| 3. L. Greenwood | CaldV | 8.28 |

Girls U/12

| | | |
|---------------|------|------|
| 1. E. Bailey | Horw | 7.37 |
| 2. L. Johnson | Horw | 9.11 |

Boys U/10

| | | |
|-------------|-------|------|
| 1. J. Duffy | CaldV | 5.06 |
| 2. W. Hall | | 5.16 |
| 3. P. Casey | CaldV | 5.25 |

Girls U/10

| | | |
|---------------|------|------|
| 1. F. Whittle | Horw | 5.38 |
| 2. E. Green | Horw | 6.58 |

Boys U/8

| | | |
|----------------|-------|------|
| 1. W. Standish | CaldV | 4.34 |
|----------------|-------|------|

Girls U/8

| | | |
|-------------|-------|------|
| 2. N. Snell | Trawd | 5.02 |
|-------------|-------|------|

BLACK MOUNTAINS

Gwynedd

AL/27.4km/1586m 26.09.15

Sunny weather greeted 54 runners. The electric fence was still there below checkpoint 2. Only 4 runners had to retire.

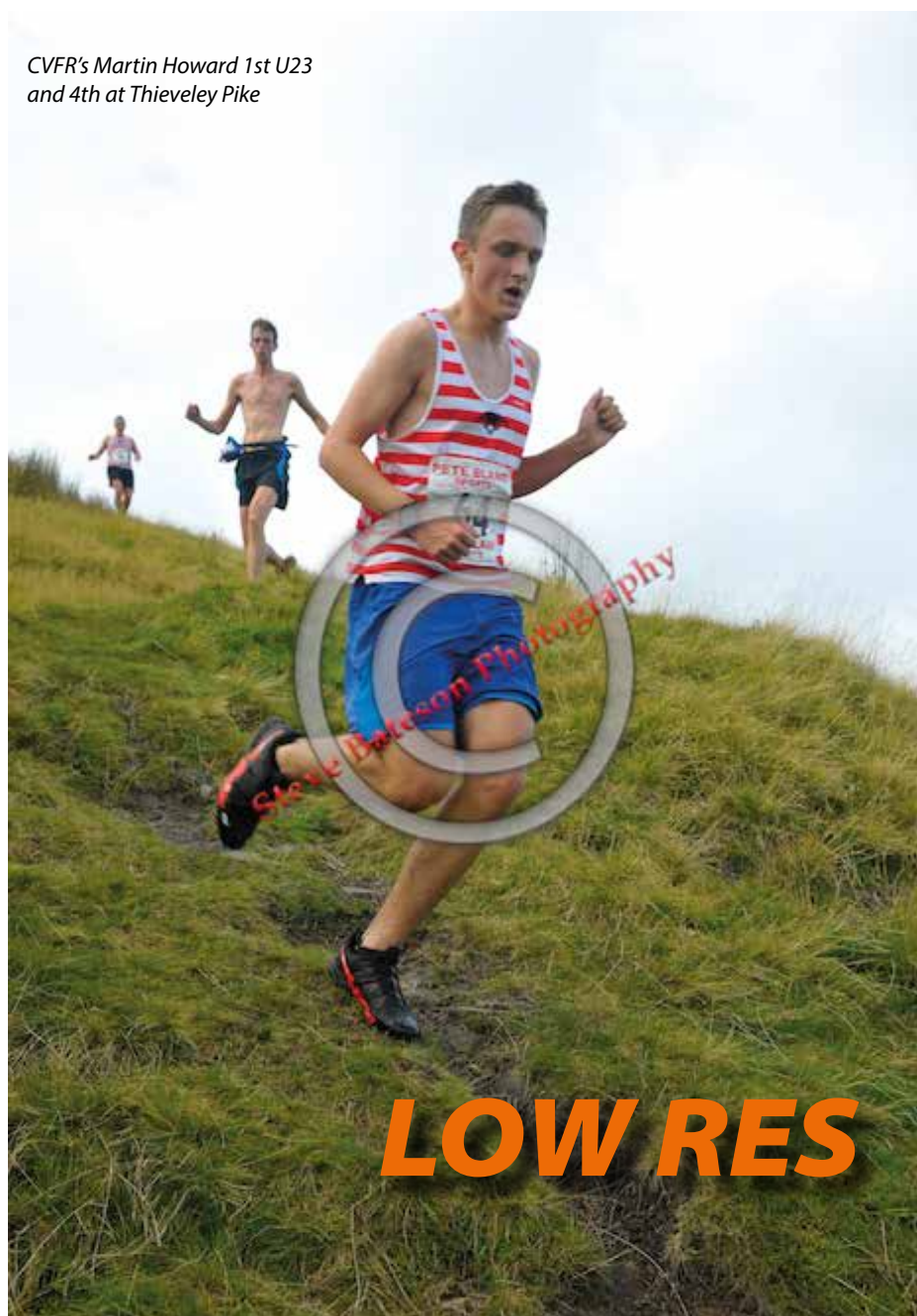
Many thanks to all the marshals and helpers, including John Chidlow, Paul Dodd, Chris and Jessica Taylor, Rob Brown, Sasha, John B, Dick Finch, Les Williams, Burger guy Leuan, Nicki and St Peter's School, Cliff the farmer.

After 33 years I may have to let someone else organise next time.

Worn out Puffing Billy, W. J Darby

| | | |
|-------------------|-------|---------|
| 1. H. Aggleton | MDC | 2.30.48 |
| 2. M. Palmer O/50 | MynDu | 2.31.48 |
| 3. C. Lowther | Eden | 2.48.44 |
| 4. B. Gibbison | MynDu | 2.57.36 |
| 5. G. Davies | MDC | 3.06.02 |
| 6. V. Bayona | MDC | 3.06.55 |

CVFR's Martin Howard 1st U23 and 4th at Thieveley Pike



LOW RES

| | | |
|----------------------------|---------|---------|
| 7. D. Powell O/50 | Aberyst | 3.08.43 |
| 8. D. Oliphant | Aberyst | 3.09.03 |
| 9. H. Brown O/40 | MynDu | 3.09.36 |
| 10. P. Baker | KnowleD | 3.10.38 |
| (18) C. Kelsey O/50 | Wells | 3.26.51 |

VETERANS O/60

| | | |
|----------------------------|--------|---------|
| 1. (15) J. Aggleton | MDC | 3.21.08 |
| 2. (29) T. Keech | HumanE | 3.43.29 |
| 3. (41) T. Steward | CaldV | 4.14.29 |

LADIES

| | | |
|-----------------------------|---------|---------|
| 1. (9) H. Brown O/40 | MynDu | 3.09.36 |
| 2. (24) L. Barker O/40 ... | Aberyst | 3.36.35 |
| 3. (26) E. Bayliss | MynDu | 3.37.36 |
| 4. (40) L. Staples O/40 ... | Unatt | 4.09.38 |
| 5. (42) K. Ekkers O/40 ... | Chep | 4.20.38 |
| (45) C. Mills O/50 | Mercia | 4.26.34 |

50 finishers

ORTON Cumbria BS/10km/258m 26.09.15

It was the sixth year for the Orton Fell Race, organised by the "Friends of Orton C of E Primary School" with proceeds going to the school. Over the years, participation has grown steadily both in the junior races and the senior race too and this year was no exception with 68 juniors and 87 senior runners taking part.

We were certainly lucky with the weather with an autumnal high dominating and the temperature in the low to mid-teens with a light breeze on the fell guaranteeing a fantastic turnout. After the race, Morgan Donnelly said the conditions were "perfect"!

The junior ranks included Ambleside Athletics Club who designated the race a championship event in their calendar, filling the first nine places in the under 12 male category with first place taken by James Bowen. Under 12 female winner was Sophie Rylance, with Esme Walkinshaw taking first place in the under eight female category. Theo Robinson was first under eight male.

Lochlann Cotton-Dew was the first local boy in and the first local girl was Anna Mawson. A sterling effort by all the juniors!

The senior race started promptly at 2 00 p.m. It was great to see a wide range of abilities with many competitors thinking the race certainly lived up to the organiser's unofficial description; "a great race in cracking Cumbrian scenery"!

Morgan Donnelly showed the rest of the pack a clean pair of heels romping home over one minute forty ahead of number two, Sam Stead coming in at 42:14 - Keswick designated the race as part of their senior club championship. Bill Stewart took third with a time of 43:10.

Heidi Dent broke her course record for the second year running coming in at 45:56 compared to 46:38 last year with Annabel Holmes (54:11) and Carrie Gibson (55:00) taking second and third women's places respectively. Alistair Hanna was the first Howgill Harrier in seventh place overall with a time of 45:28.

Huge thanks to the organisers, marshals,

first aid support, school staff, friends and event sponsor; La Sportiva in addition to the huge support from many local sponsors (without which, the event could not take place), landowners and the local residents who helped make this such a great event – of course, not forgetting the runners too. We look forward to seeing you all at next year's race on 24 September 2016!

Paul Cornthwaite

| | | |
|----------------------------|---------|-------|
| 1. M. Donnelly O/40 | Borr | 40.29 |
| 2. S. Stead | Kesw | 42.14 |
| 3. B. Stewart O/40 | Borr | 43.10 |
| 4. I. Rylance O/40 | Amble | 43.28 |
| 5. S. Ware | Kesw | 44.27 |
| 6. D. Hurton O/40 | Eden | 45.00 |
| 7. A. Hanna | Howg | 45.28 |
| 8. H. Dent | Howg | 45.56 |
| 9. D. Prosser O/50 | Kesw | 46.08 |
| 10. M. Egner O/50 | Settle | 46.15 |
| (64) S. Tobin O/50 | Sthport | 50.23 |

VETERANS O/60

| | | |
|-----------------------------|--------|-------|
| 1. (29) M. Walsh | Kend | 52.16 |
| 2. (66) J. Woolridge | Border | 62.33 |
| 3. (47) R. Smith | Benth | 65.07 |

LADIES

| | | |
|--------------------------|-------|-------|
| 1. H. Dent | Howg | 45.56 |
| 2. A. Holmes O/40 | Kesw | 54.11 |
| 3. C. Gibson O/40 | HelmH | 55.00 |
| 4. N. Walkinshaw | Howg | 55.26 |
| 5. A. Burrow O/40 | HelmH | 57.39 |
| W. Dodds O/60 | Clay | 58.35 |
| V. Butler O/50 | Kesw | 63.32 |
| K. Clark O/50 | Kesw | 65.15 |
| L. Malarkey O/60 | Kesw | 68.30 |

87 finishers

JUNIORS

Boys U/8

| | | |
|-------------------------|-------|------|
| 1. T. Robinson | Howg | 7.42 |
| 2. H. Dear | Orton | 8.30 |
| 3. C. Tallentire | Howg | 8.35 |

Girls U/8

| | | |
|-----------------------------|-------|------|
| 1. E. Walkinshaw | Eden | 7.21 |
| 2. A. Coates | Amble | 7.50 |
| 3. C. Jenkin-Gallego | Orton | 8.10 |

Boys U/12

| | | |
|-----------------------|-------|------|
| 1. J. Bowen | Amble | 5.27 |
| 2. H. Bowen | Amble | 5.32 |
| 3. J. Thornley | Amble | 5.45 |

Girls U/12

| | | |
|-------------------------|-------|------|
| 1. S. Rylance | Amble | 6.29 |
| 2. B. Rowley | Amble | 6.33 |
| 3. M. Tallentire | Howg | 6.40 |

Boys U/14

| | | |
|-----------------------|-------|-------|
| 1. M. Thornley | Amble | 19.41 |
| 2. C. Dixon | Amble | 22.15 |
| 3. T. Mawson | Orton | 23.54 |

Girls U/14

| | | |
|------------------------|------|-------|
| 1. M. Gough | Howg | 20.33 |
| 2. C. Middleton | Howg | 21.50 |

Eddie Leal and Brenda Lawson Memorial Isle of Wight Fell Running Series 2015 Isle of Wight 26/27.09.15

The 21st Isle of Wight Fell Running Series consists of three races held over two days with the runners covering 24 miles of

off-road running with over 4,300 feet of ascent. This year we had a record number of finishers with 223 runners registered and 401 finishing the three races. The races were hosting the SEAA Fell Running Championships for the seventeenth year.

Race 1, the St. Boniface Fell is held on the Saturday morning and consists of a straight dash from the seafront at Ventnor to the top of St. Boniface and back down, the runners covering 3.8 kilometres and 235 metres of ascent.

It's then all too short a gap to Race 2, The Ventnor Horseshoe, held on Saturday afternoon. The runners again start at the seafront and ascend St. Boniface before descending to Wroxall, through to Cook's Castle and then the railway line before the long ascent to St. Martin's Down (and the cliff steps), Luccombe Down before returning via a descent of St. Boniface. The runners cover 12 kilometres and 443 metres of ascent.

Sunday morning sees quite a few stiff runners lining up for the Wroxall Round, the longest, with the runners covering 21 kilometres and 487 metres of ascent. The race starts off relatively flat through La Falaise Park before ascending to Watcombe Bottom and Stenbury Down. It's then a steep descent to Stenbury Manor Farm before another ascent to Gat Cliff, Freemantle Gate. Then through to the Donkey Sanctuary and the railway line before another long ascent to St. Martin's Down (those cliff steps again) and Luccombe Down before the descent of St. Boniface to the finish.

This year the finish was again in St Catherine's School grounds, a short dash from the bottom of the last hill.

Being back to our slightly later date gave extremely good weather for all three races with good conditions underfoot for some fast times on the downhill.

Over the series of three races men's winner and SEAA Fell Running Champion was Glenn Hughes of Serpentine Running Club. Ladies' Series winner and SEAA Champion was Helen Palmer of Serpentine Running Club.

Serpentine Running Club (Hughes, Torry and Wyber) took the men's series and SEAA team championship with Serpentine Running Club (Palmer, Pemberton and Thompson) repeating the success for the ladies.

The events are named in honour of Eddie Leal, a founder member of the Fell Running Association (Membership No. 2) and Brenda Lawson who both started the Ventnor Fell Running Championship Association.

The races are organized by the Ventnor Fell Running Championship Association with assistance from Ryde Harriers. Many thanks to the Red Cross, the Rotary Club and the many other marshals for their help without which the event would be impossible to stage. Thanks also to WightLink for sponsoring the ferry fares

for the competitors and Paul Judge of the Leconfield Country House Restaurant Bonchurch for race sponsorship.

Many thanks to the timekeepers and recorders over the three races. Thanks also to Ron Lucas for help in setting the courses.
Chris Lewis

ST BONIFACE FELL

Isle of Wight

AS/3.9km/235m 26.09.15

| | | |
|-------------------|--------|-------|
| 1. H. Torry | Serp | 17.43 |
| 2. G. Hughes | Serp | 18.08 |
| 3. H. Wyber | Serp | 18.16 |
| 4. D. Bryers | VicP | 19.03 |
| 5. M. Marshall | Oxford | 19.08 |
| 6. P. Cooke | Ryde | 19.12 |
| 7. S. Whelan O/50 | LondF | 19.17 |
| 8. B. Tolputt | Serp | 19.17 |
| 9. B. Browatzki | VicP | 19.24 |
| 10. J. Bilbao | VicP | 19.28 |

VETERANS O/40

| | | |
|--------------------|-------|-------|
| 1. (11) A. Reeves | Serp | 19.31 |
| 2. (17) K. Patel | LondF | 19.55 |
| 3. (18) S. Buckley | Serp | 19.57 |

VETERANS O/50

| | | |
|-------------------|-------|-------|
| 1. (7) S. Whelan | LondF | 19.17 |
| 2. (19) G. Fisher | Unatt | 19.59 |
| 3. (36) L. Cupis | Ryde | 21.07 |

VETERANS O/60

| | | |
|---------------------|---------|-------|
| 1. (46) N. Brooke | Dorset | 22.11 |
| 2. (63) T. Crossley | EGrinst | 22.53 |
| 3. (64) P. Judge | WWight | 23.00 |

VETERANS O/70

| | | |
|--------------------|--------|-------|
| 1. (108) G. Newton | Tad | 2.10 |
| 2. (133) M. Adams | BristW | 28.17 |
| 3. (146) D. Tull | Camb | 30.16 |

LADIES

| | | |
|----------------------------|---------|-------|
| 1. (31) H. Palmer | Serp | 20.30 |
| 2. (32) S. Pemberton | Serp | 20.32 |
| 3. (34) G. Tindley | HBT | 20.39 |
| 4. (40) J. Singer O/40 | VicP | 21.23 |
| 5. (42) W. Webster | StAlban | 21.37 |
| (52) S. Bint O/40 | VicP | 22.21 |
| (107) L. Gettins O/50 | Compt | 26.04 |
| (122) J. Georghiou O/60 | Farnham | 27.18 |
| (137) J. Salter O/50 | IOW | 28.39 |
| (139) J. Barrow-Green O/60 | VicP | 28.51 |

168 finishers

VENTNOR HORSESHOE

Isle of Wight

BM/12km/443m 26.09.15

| | | |
|-----------------|--------|-------|
| 1. T. Martyne | HBT | 51.34 |
| 2. G. Hughes | Serp | 52.48 |
| 3. H. Torry | Serp | 54.09 |
| 4. H. Wyber | Serp | 54.26 |
| 5. J. Bilbao | VicP | 57.29 |
| 6. P. Cooke | Ryde | 57.56 |
| 7. B. Tolputt | Serp | 58.02 |
| 8. B. Browatzki | VicP | 58.57 |
| 9. D. Bryers | VicP | 59.17 |
| 10. M. Marshall | Oxford | 59.51 |

VETERANS O/40

| | | |
|----------------------|------|-------|
| 1. (13) J. Moscrop | Serp | 60.15 |
| 2. (14) A. Reeves | Serp | 60.19 |
| 3. (16) A. Bernigaud | Serp | 60.24 |

VETERANS O/50

| | | |
|-------------------|-------|-------|
| 1. (11) S. Whelan | LondF | 59.54 |
| 2. (20) L. Cupis | Ryde | 62.47 |
| 3. (33) G. Fisher | Unatt | 64.02 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (45) N. Brooke | Dorset | 66.40 |
| 2. (81) N. Crane | StubbG | 73.57 |
| 3. (82) B. Pentland | Portsm | 74.28 |

VETERANS O/70

| | | |
|-------------------|--------|-------|
| 1. (93) G. Newton | Tad | 76.23 |
| 2. (129) M. Adams | BristW | 88.39 |

LADIES

| | | |
|----------------------------|---------|-------|
| 1. (24) G. Tindley | HBT | 61.45 |
| 2. (31) S. Pemberton | Serp | 63.05 |
| 3. (34) H. Palmer | Serp | 64.47 |
| 4. (38) W. Webster | StAlban | 65.25 |
| 5. (42) R. Thompson | Serp | 66.19 |
| (43) S. Bint O/40 | VicP | 66.28 |
| (46) J. Singer O/40 | VicP | 67.02 |
| (110) J. Georghiou O/60 | Farnham | 80.47 |
| (126) J. Salter O/50 | IOW | 87.28 |
| (127) J. Barrow-Green O/60 | VicP | 88.03 |
| (138) P. Cockman O/50 | VicP | 95.22 |

161 finishers

WROXALL ROUND

Isle of Wight

CL/21.1km/487m 27.09.15

| | | |
|-------------------|-------|---------|
| 1. G. Hughes | Serp | 1.19.06 |
| 2. T. Martyn | HBT | 1.19.41 |
| 3. H. Torry | Serp | 1.22.36 |
| 4. H. Wyber | Serp | 1.25.35 |
| 5. P. Cooke | Ryde | 1.27.47 |
| 6. J. Bilbao | VicP | 1.28.20 |
| 7. B. Tolputt | Serp | 1.28.23 |
| 8. S. Whelan O/50 | LondF | 1.28.53 |
| 9. B. Browatzki | VicP | 1.29.23 |
| 10. A. Tuck | Ryde | 1.29.45 |

VETERANS O/40

| | | |
|--------------------|-------|---------|
| 1. (12) K. Patel | LondF | 1.30.25 |
| 2. (13) A. Reeves | Serp | 1.30.35 |
| 3. (14) J. Moscrop | Serp | 1.30.39 |

VETERANS O/50

| | | |
|--------------------|-------|---------|
| 1. (8) S. Whelan | LondF | 1.28.53 |
| 2. (22) L. Cupis | Ryde | 1.34.28 |
| 3. (48) G. Maynard | Camb | 1.44.12 |

VETERANS O/60

| | | |
|---------------------|---------|---------|
| 1. (44) N. Brooke | Dorset | 1.42.46 |
| 2. (75) B. Pentland | Portsm | 1.54.21 |
| 3. (79) T. Crossley | EGrinst | 1.55.11 |

LADIES

| | | |
|----------------------------|---------|---------|
| 1. (19) H. Palmer | Serp | 1.32.39 |
| 2. (27) G. Tindley | HBT | 1.37.17 |
| 3. (36) W. Webster | StAlban | 1.40.24 |
| 4. (39) R. Thompson | Serp | 1.41.27 |
| 5. (50) S. Pemberton | Serp | 1.45.10 |
| (33) H. Wallington O/40 | Totton | 1.38.48 |
| (42) J. Singer O/40 | VicP | 1.42.14 |
| (107) J. Georghiou O/60 | Farnham | 2.03.37 |
| (110) L. Gettins O/50 | Compt | 2.04.48 |
| (118) E. Harris O/50 | IOWRR | 2.10.18 |
| (135) J. Barrow-Green O/60 | VicP | 2.21.24 |

158 finishers

THE BOVEY BEAUTY

Devon

BM/16km/560m 27.09.15

| | | |
|-------------------|--------|---------|
| 1. T. Lenton O/40 | AxeV | 1.18.53 |
| 2. A. Menter O/40 | Haldon | 1.22.49 |

| | | |
|---------------------|---------|---------|
| 3. A. Watson O/40 | IND | 1.30.07 |
| 4. R. Pollard | Manaton | 1.36.50 |
| 5. R. Patrick | Tavist | 1.36.52 |
| 6. J. Ritson | WhWood | 1.38.35 |
| 7. N. Carey | IND | 1.38.50 |
| 8. G. Newton O/60 | AxeV | 1.39.12 |
| 9. G. Shayler O/40 | Second | 1.41.09 |
| 10. T. Barrett O/40 | IND | 1.41.50 |

VETERANS O/50

| | | |
|-------------------|--------|---------|
| 1. (14) P. Bazley | Tavist | 1.50.37 |
| 2. (20) S. Smith | Otter | 2.10.29 |

VETERANS O/60

| | | |
|---------------------|--------|---------|
| 1. (8) G. Newton | AxeV | 1.39.12 |
| 2. (11) A. Houghton | Tavist | 1.44.20 |

LADIES

| | | |
|-----------------------|--------|---------|
| 1. (13) C. Busby O/40 | Ilk | 1.47.14 |
| 2. (16) L. Skye | Okeham | 1.54.01 |
| 3. (17) K. Skye O/40 | Okeham | 1.54.01 |
| 4. (19) J. Busby O/50 | DorkM | 2.07.59 |

20 finishers

LEVISHAM LIMPING

North Yorkshire

BM/11.2km/330m 03.10.15

Early fog soon cleared to leave glorious blue skies for this year's race. A fine win for Harry Holmes who, despite numerous navigational errors, was a comfortable winner and secured the NEHRA Summer Series title in the process.

A close battle ensued behind with last year's winner, Matthew Hayes, losing out to Simon Ryecroft.

In the ladies' race, Kay Neesam was over nine minutes ahead of her nearest rival to complete a routine victory and wrap up the female summer series title, with Sue Haslam taking second from Charlotte Wilton.

It was a close men's team battle with York Acorn beating Esk Valley by 7 points. The ladies' team prize was taken by Thirsk and Sowerby from Denby Dale AC.

Chris Roberts

| | | |
|-----------------------|----------|-------|
| 1. H. Holmes | Knavesm | 50.26 |
| 2. S. Rycroft O/40 | Pockling | 51.17 |
| 3. M. Hayes O/40 | EHull | 51.28 |
| 4. D. Parker O/50 | EskV | 52.53 |
| 5. S. Pugh O/40 | EskV | 53.43 |
| 6. K. Neesam O/40 | NMSke | 55.09 |
| 7. D. Bannister O/40 | YorkA | 55.40 |
| 8. A. Normandale O/50 | YorkA | 56.23 |
| 9. J. Eagle O/50 | Horsf | 57.11 |
| 10. G. Bilsby U/23 | Knavesm | 57.15 |

VETERANS O/60

| | | |
|--------------------|-------|-------|
| 1. (14) S. Mummery | YorkA | 59.50 |
|--------------------|-------|-------|

VETERANS O/70

| | | |
|---------------------|-------|-------|
| 1. (35) M. oles | VStr | 70.57 |
| 2. (39) R. Sherwood | NMSke | 73.26 |

LADIES

| | | |
|--------------------------|--------|-------|
| 1. (6) K. Neesam O/40 | NMSke | 55.09 |
| 2. (24) S. Haslam O/60 | Scarb | 64.08 |
| 3. (26) C. Wilton | ThSow | 64.48 |
| 4. (30) H. Coventry O/50 | ThSow | 67.51 |
| 5. (31) N. Glover | YorkA | 68.30 |
| (34) F. Manson O/40 | Perth | 70.47 |
| (45) R. Bedford O/50 | DenbyD | 81.06 |

51 finishers

**CURBAR COMMOTION
Derbyshire
BM/14km/403m 03.10.15**

The runners in The Curbar Commotion enjoyed fantastic conditions for the 2015 event.

In its second year, the race proved popular in 2014 and word had spread for 2015, with 250 competitors lining up at Cliff College outside Calver village, with the rocks of Curbar and Baslow Edge above, everyone knew where they were heading.....uphill!

The course climbed into Curbar village then through woods and up a rocky track onto Curbar Edge where elite runners had no time to enjoy the spectacular scenery but for those out to enjoy the surroundings and the pleasure of running, the views were breathtaking.

The field stretched out as the course cut left onto White Edge, some ...feet above the valley. Local runners will know this track as boggy with 'baby's head' tussocks but in these super-dry conditions, it was no obstacle and after passing White Edge trig point, the course headed down over springy moorland. The section along Baslow Edge stretched out the frontrunners further before another dive downhill into Baslow village. The harsh climb back up to the foot of the Edge was a sting in the tail, testing endurance over open country. A final chase down through a bracken track out onto fields enabled sprinters to make up ground before the finish line back at Cliff College where competitors were treated to free home-made refreshments and prizes were awarded.

Matt Elkington was overall winner with a time of 56.57. First woman was Ellie Crownshaw in 1.10.03.

Winners were awarded in the V40, V50 and V60+ vets and for first Curbar Primary School parent home – well done Andy Bacon in 1.06.07

The race was organised by Luci Cooper and Lewis Lee, of Curbar Primary School PTFA and was fully supported by local volunteers who marshalled and baked cakes. Proceeds from the race fund the PTFA's projects, including the school's new MUGA (Multi-Use Games Area) which opened this Summer and has greatly enhanced the children's opportunities to enjoy sport. Parents were involved in marshalling the race and brought their children along to cheer and help out, adding to the friendly, inclusive atmosphere.

The race is part of the Accelerate series and points are carried for overall series winners.

Angie Cottle

| | | |
|--------------------|---------|-------|
| 1. M. Elkington | SHUOK | 56.57 |
| 2. C. Shelton | Unatt | 57.47 |
| 3. S. Franklin | Totley | 59.14 |
| 4. B. Cartwright | Mat | 59.38 |
| 5. R. James | Royton | 59.47 |
| 6. P. Butcher O/50 | Sthwell | 60.24 |
| 7. A. Lake O/40 | EskV | 60.31 |

| | | |
|---------------|---------|-------|
| 8. M. Brennan | EreV | 61.53 |
| 9. N. Dennis | LongEat | 62.16 |
| 10. J. Street | Clowne | 62.26 |

VETERANS O/50

| | | |
|-------------------|---------|-------|
| 1. (6) P. Butcher | Sthwell | 60.24 |
| 2. (41) C. Smith | SYO | 67.06 |
| 3. (48) J. Webber | DkPk | 68.20 |

VETERANS O/60

| | | |
|--------------------|------|-------|
| 1. (49) R. Taylor | Penn | 68.41 |
| 2. (70) K. Holmes | DkPk | 71.28 |
| 3. (90) P. Grovett | DkPk | 75.10 |

LADIES

| | | |
|--------------------------|---------|-------|
| 1. (66) E. Crownshaw | DkPk | 70.03 |
| 2. (71) K. Morris O/50 | SmileyP | 71.55 |
| 3. (84) C. Howard O/40 | Mat | 74.09 |
| 4. (89) K. Wright | Amble | 75.01 |
| 5. (93) J. Crowson O/50 | DkPk | 75.38 |
| (104) A. Wainwright O/40 | Unatt | 76.37 |
| (139) P. Goodhall O/60 | Totley | 80.09 |

247 finishers

**FAN FAWR
South Wales**

AS/3.2km/305m 03.10.15

| | | |
|---------------------|----------|-------|
| 1. P. Ryder | Brychein | 17.10 |
| 2. D. Hooper O/40 | SarnH | 19.06 |
| 3. A. May O/40 | Unatt | 19.25 |
| 4. A. Hodgson O/40 | Bridgend | 19.56 |
| 5. A. Lewis | Neath | 20.15 |
| 6. D. Sandford O/40 | FOD | 20.38 |
| 7. P. Chester O/40 | FRA | 20.50 |
| 8. H. Brown O/40 | MynDu | 21.00 |
| 9. E. Dickson | MD | 21.05 |
| 10. J. Boon O/40 | FOD | 21.31 |

VETERANS O/50

| | | |
|-------------------|----------|-------|
| 1. (12) K. Hagley | SWRR | 22.00 |
| 2. (13) R. Self | LesCroup | 22.01 |
| 3. (16) A. Stott | MDC | 23.00 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (11) J. Aggleton | MD | 21.34 |
| 2. (15) C. Taylor | Mercia | 22.51 |
| 3. (20) N. Grant | Cheps | 23.21 |

VETERANS O/70

| | | |
|----------------------|---------|-------|
| 1. (36) L. Griffiths | StrathH | 26.06 |
| 2. (44) R. West | MDC | 29.03 |

LADIES

| | | |
|--------------------------|----------|-------|
| 1. (8) H. Brown O/40 | MynDu | 21.00 |
| 2. (24) L. Mathews | CardiffU | 24.03 |
| 3. (25) A. Loveluck O/40 | Unatt | 24.07 |
| 4. (26) L. Baker | MDC | 24.21 |
| 5. (27) B. Tucker O/40 | Brecon | 25.14 |
| (32) S. Woods O/50 | MynDu | 25.34 |

47 finishers

**LANGDALE HORSESHOE
Cumbria**

AL/21.1km/1460m 10.10.15

The excellent weather brought out over 400 runners, the most for many years. In spite of the recent dry weather, the course was quite wet, but injuries were limited to the usual gashes and sprains.

First home was Sam Tosh in 2.11.57, followed within 14 secs by Morgen Donnelly, Andy Fallas and, first local, Ben Abdelnoor. Other local runners near the front include Kieran Hodgson (6th), John Helme (10th) Adam Perry (11th Helm Hill), Chris Waters (14th Ambleside), Nigel Wood (16th Helm Hill) and Paul Tierney (17th Ambleside). Ambleside AC were convincing team winners with 87 points followed by Helm Hill (157).

Jasmin Paris was first lady home in 2.26.37 in 24th place only 3 minutes outside the ladies' record. Second was Heather Marshall and third Kersin Leslie. Local ladies were few and far between with Sally Ward (unattached first V50), Wendy Dodds (running for Clayton and first Vet 60) and Amy Whelan of Ambleside in the first 25 ladies. Dark Peak with 43 points narrowly beat Pennine to the ladies' team prize.

One notable feature this year was the number of runners travelling long distances – London featured strongly (Wimbledon



Anne Milner
'Loving Langdale'

Windmilers), Scotland, Northern Ireland and a Brit running for a Danish club!

As always, the local support for the race was phenomenal. The Old Dungeon Ghyll provided the venue for registration and prize giving, parking field courtesy of Mike Thoms, Pete Bland Sports sponsorship, Raynet with radio communication, St John's Ambulance, pasties from Artisan Bakery, Ambleside, and fudge from Coniston Fudge Company. Not forgetting all the helpers from the organising club and help freely offered by injured runners and partners.

Roger Bell

| | | | |
|---------------------|-----|---------|---------|
| 1. S. Tosh | ... | Ross | 2.11.57 |
| 2. M. Donnelly O/40 | ... | Borr | 2.11.58 |
| 3. A. Fallas | ... | Carneth | 2.12.01 |
| 4. B. Abdelnoor | ... | Amble | 2.12.11 |
| 5. T. Brunt O/40 | ... | DkPk | 2.12.23 |
| 6. K. Hodgson O/40 | ... | HelmH | 2.14.29 |
| 7. L. Maude | ... | Barlick | 2.16.29 |
| 8. A. Jebb | ... | Bing | 2.17.14 |
| 9. M. McGoldrick | ... | Whar | 2.18.02 |
| 10. J. Helme | ... | Amble | 2.18.24 |

VETERANS O/50

| | | | |
|----------------------|-----|-------|---------|
| 1. (38) C. Balderson | ... | Bowl | 2.31.49 |
| 2. (39) S. Wilkinson | ... | Kghly | 2.32.16 |
| 3. (40) A. Smith | ... | Dees | 2.32.38 |

VETERANS O/60

| | | | |
|----------------------|-----|--------|---------|
| 1. (100) B. Smith | ... | Barrow | 2.50.06 |
| 2. (114) B. Horn | ... | Borr | 2.53.58 |
| 3. (125) J. Sharples | ... | Clay | 2.55.26 |

LADIES

| | | | |
|------------------------|-----|---------|---------|
| 1. (24) J. Paris | ... | Carneth | 2.26.37 |
| 2. (61) H. Marshall | ... | Totley | 2.40.29 |
| 3. (65) K. Leslie | ... | Dalb | 2.40.56 |
| 4. (76) R. Hill | ... | Settle | 2.43.58 |
| 5. (85) J. Jepson O/40 | ... | DkPk | 2.46.00 |
| (98) N. Spinks O/40 | ... | DkPk | 2.49.25 |
| (211) S. Ward O/50 | ... | Unatt | 3.15.05 |
| (223) W. Dodds O/60 | ... | Clay | 3.18.21 |

387 finishers

**MANOR WATER
BM/16km/700m 10.10.15**

The 23rd running of the Manor Water Hill Race, which runs over 10 miles with 2,300 feet height gain, had an International feel this year with overseas entrants from Ireland, USA, Australia, and a team of 8 runners from The Netherlands. The Juniors race also had a surge of entrants with Fettes bringing 10 of their cross country runners along to have their first go at hill running, which is great to see.

With favourable running conditions there were hopes that the long-standing record of 68:14, set in 2006 by Brian Marshall, could be under threat. But despite a fantastic run, Phil Davies couldn't quite get there, finishing in 69:12.

In the women's race, winner Charlotte Morgan put in a great run finishing 10th overall in 79:53, but the record set by Angela Mudge in 2010 (73:48) remains well intact.

In the Juniors' race (age 16/17) Rory Heppenstall (Fettes) came home first in 45:27, and in the Younger Juniors (age 12-15) Ethan Elder (Moorfoots) set a new record in 22:16.

First local, Darin Dougal (Innerleithen) finished 8th overall in a time of 68:56.

Thanks go out to the helpers and sponsors, Young's Footwear, Villeneuve Wines, and Broughton Brewery.

Chris Henty

| | | | |
|---------------------|-----|---------|---------|
| 1. P. Davies O/40 | ... | Borr | 1.09.12 |
| 2. M. Sutherland | ... | Wlnds | 1.10.35 |
| 3. J. Hammond | ... | Carneth | 1.13.14 |
| 4. G. Nash O/40 | ... | Carneth | 1.13.19 |
| 5. B. Marshall O/40 | ... | HELP | 1.16.23 |
| 6. A. McVey | ... | Carneth | 1.17.37 |
| 7. D. Ward | ... | HBT | 1.18.35 |
| 8. D. Dougal O/40 | ... | Moorf | 1.18.56 |

| | | | |
|-------------------|-----|---------|---------|
| 9. M. Andrew O/50 | ... | Carneth | 1.19.32 |
| 10. C. Morgan | ... | Carneth | 1.19.53 |

VETERANS O/50

| | | | |
|--------------------|-----|---------|---------|
| 1. (9) M. Andrew | ... | Carneth | 1.19.32 |
| 2. (11) D. Crowe | ... | Unatt | 1.20.22 |
| 3. (19) N. Gilmore | ... | Carneth | 1.25.12 |

VETERANS O/60

| | | | |
|--------------------|-----|---------|---------|
| 1. (39) D. Maass | ... | Carneth | 1.42.18 |
| 2. (41) T. Collins | ... | Carneth | 1.43.54 |

VETERANS O/70

| | | | |
|--------------------|-----|--------|---------|
| 1. (69) I. McManus | ... | Irvine | 2.40.23 |
|--------------------|-----|--------|---------|

LADIES

| | | | |
|--------------------------|-----|---------|---------|
| 1. (10) C. Morgan | ... | Carneth | 1.19.53 |
| 2. (18) A. Richardson | ... | StAnd | 1.24.59 |
| 3. (33) J. Anderson O/40 | ... | Carneth | 1.38.29 |
| 4. (38) B. Inkster | ... | Edburgh | 1.42.07 |
| 5. (44) A. Wilson O/40 | ... | Fellan | 1.43.59 |
| (51) H. Spenceley O/50 | ... | Carneth | 1.53.14 |

70 finishers

**FROM SEA TO SUMMIT
Isle of Man**

AM/10.3km/950m 10.10.15

The first Sea-to-Summit fell race in the memory of Kate Burge was held on 10 October 2015. Kate was killed whilst cycling home from work on 4 August 2014. She was a women's physiotherapist on the Isle of Man, where she had lived for 3 years. Kate was a former GB Triathlete and Duathlete and won many prestigious half-marathons and 10ks, before finding her spiritual home in the fells. Kate loved the personal discipline of working hard, loved sharing with people and was humbled by the beauty of the world she passed through. The Sea-to-Summit fell race hoped to capture some of these.

10.2 kilometres, 950 metres of ascent. From the lowest point to the highest on the Isle of Man. Kate's father, Graham Burge,

*Have we gone off course here?
From Sea to Summit.*

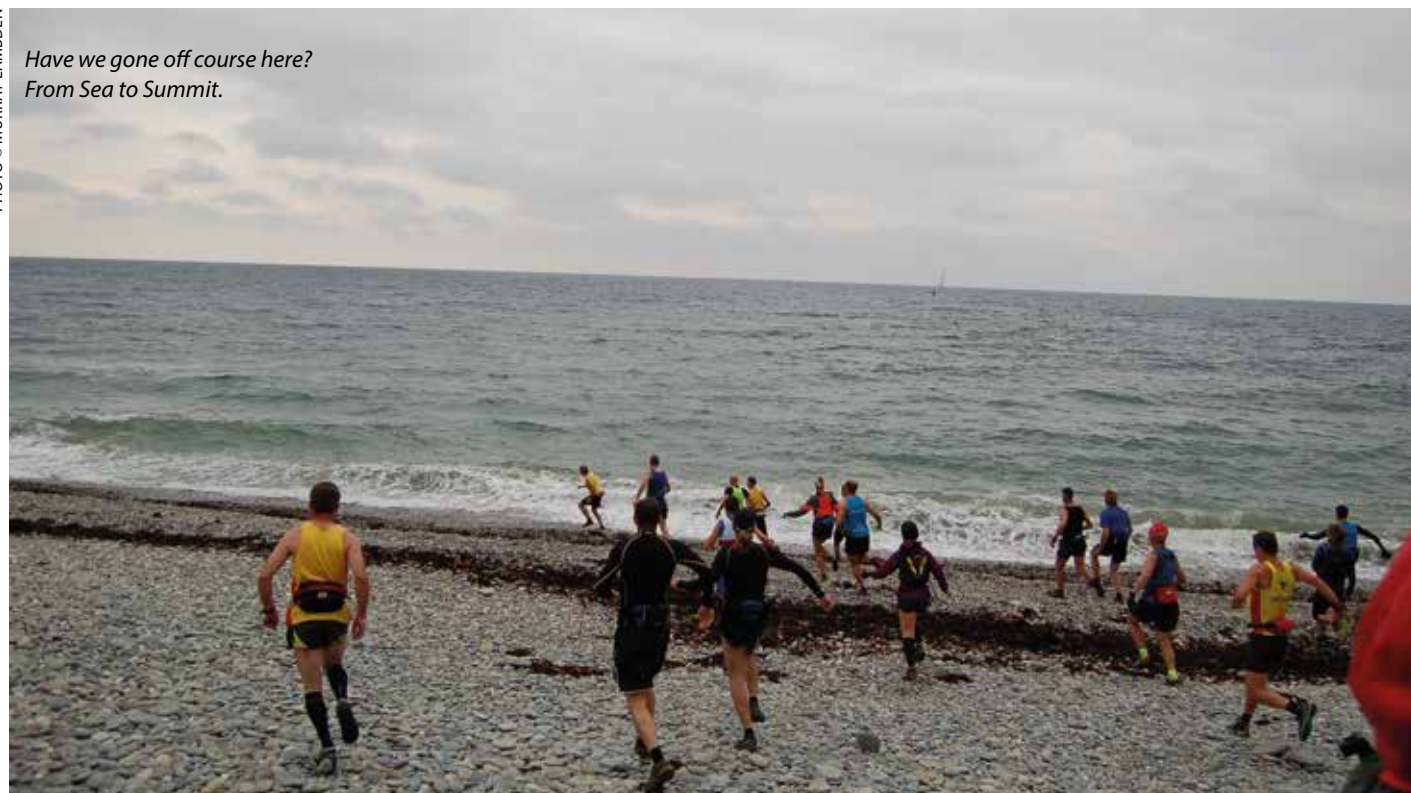


PHOTO © MURRAY LAMBDEN

started the race and 119 runners swarmed down the beach. Touching the sea with minds set on the summit trig point.

A well organised string of marshals shepherded the runners out of Laxey. Minorca Hill woke bodies up to what was about to be demanded of them. As legs complained and wills started to listen, a loan piper stirred a deeper resolution; a refusal to be defeated. The terrain progressively deteriorated: tarmac to track, track to grassy footpath, grassy footpath moorland. Then what?

The quickest route to Control Point 1 is still disputed, even by Lloyd Taggart who helped me recce the route a year ago. This is exactly what we hoped for. Some went left, some heather-bashed straight on, some even went right. Control Point 1, a reassuringly big Manx Flag in descended clag. Even the locals were getting disorientated (a hare ran into Lloyd – or was it the other way round?). Runners started to bunch up, trying to convince each other they were going the right way. A descending traverse through heather, tussocks and bog. And behold; the fluorescence of marshals, with Jelly Babies!

With renewed faith in their navigation skills and marshal encouragement, runners set off up to the wilds of Control Point 3. Hands on knees, calves burning; cursing at the false summits, runners circulated around in the clag of Clagh Ouyr, following a trail of confusion. But the highest point is the highest point and that's where the last Manx Flag snapped in the wind. Slip-slidy down to Black Hut, with the comfort of marker-flags, like landing lights, guiding runners to safety. Having negotiated the check point and crossing of the famous TT mountain road, the final sting...Snaefell. Atmospheric cloud billowed around. The tram tracks, a hint of a building and then the trig point. The high point. A tipi of prayer flags communicated the runners delight as they descended the short distance to the finish in the lee of a building.

Spent competitors congregated, sharing with fellow adventurers. Many runners availed themselves of café warmth and refreshments before winding back time for the vintage tram ride back to Laxey, and tea and cakes. What a grand day out!

The ladies' race was won convincingly by Jackie Lee in 1:11.27, with the increasingly strong Elisa Morris second and veteran, Nina Skelton third.

Lloyd Taggart won the men's race in a time of 56:47, Ben Corkill second and Tom Cringle third (just a week after winning the Isle of Man Mountain Ultra).

A strong contingent came from Kate's home town of Stafford, with a noteworthy performance by 72 year old Arthur Clare-Hay, chairman of Mercia Fell Runners, winning his category.

So what about next year? Will rising sea levels shorten the race or will the tide be out? Will that stray hare play more of

a pivotal role? What is certain is that this unique event, showing off the best of the Isle of Man, will grow from this impressive start.

Sean MacLachlan

| | | |
|----------------------|-------|---------|
| 1. L. Taggart O/40 | Manx | 56.47 |
| 2. B. Corkill | MFR | 1.02.09 |
| 3. T. Cringle | MFR | 1.03.06 |
| 4. J. MacGregor O/40 | NAC | 1.05.09 |
| 5. I. Gale O/50 | MFR | 1.08.45 |
| 6. P. Sheard O/50 | MFR | 1.09.26 |
| 7. I. Goatman | MFR | 1.09.39 |
| 8. C. Reynolds | MFR | 1.10.52 |
| 9. T. Hughes | MFR | 1.10.54 |
| 10. J. Taggart | MFR | 1.11.27 |
| (16) J. Norrey O/50 | Unatt | 1.17.05 |

VETERANS O/60

| | | |
|----------------------|---------|---------|
| 1. (46) I. Callister | MH | 1.33.05 |
| 2. (69) E. Smith | StaffH | 1.41.54 |
| (111) G. Hall | Western | 2.16.58 |

VETERANS O/70

| | | |
|----------------------|--------|---------|
| 1. (88) A. Clare-Hey | Mercia | 1.52.28 |
| 2. (109) B. Langston | StaffH | 2.16.58 |

LADIES

| | | |
|-------------------------|---------|---------|
| 1. (10) J. Taggart | Manx | 1.11.27 |
| 2. (19) E. Morris | Unatt | 1.17.39 |
| 3. (26) N. Skilton O/40 | CannSt | 1.25.12 |
| 4. (29) M. Kneen O/40 | Western | 1.26.09 |
| 5. (30) R. Craine O/40 | NAC | 1.26.10 |
| (67) M. Watkins O/50 | Manx | 1.41.48 |
| (70) R. Hooton O/60 | Manx | 1.41.58 |

117 finishers

BREIDDEN HILLS

Shropshire

AM/11km/700m 11.10.15

A record field of 58 runners made for a good race across this fine mini range of hills which cross international frontiers! Being the final counter in the Welsh championships brought new faces to the course; we hope to see you again next year.

Congratulations to Tim Davies and Katie Beecher for their wins.

Conditions were dry underfoot and fortunately the mists lifted as the race started.

My thanks to HIGH SPORTS for their support of Shropshire fell running and Charlie Leventon who stands around at the start and finish lines of all the local races.

All the runners came with kit which makes life easier and ran well; especially Maggie Oliver (LV 65) who finished in a time of 1.34; Well Done!

The books are balanced - so much harder than running the event with donations to Nepal; Pontesford Hill Trust; Bowel cancer and Cardiomyopathy. Thanks again to all the marshals for your time and Jan in the little back room with her samosas and soups.

Cheers

Rick Robson

| | | |
|-------------------|---------|-------|
| 1. T. Davies | Mercia | 54.03 |
| 2. H. Aggleton | MD | 54.56 |
| 3. F. Jones O/40 | Aberyst | 55.06 |
| 4. M. Palmer O/50 | MynDu | 56.00 |
| 5. R. Roberts | Eryri | 56.43 |
| 6. D. Lewis | SarnH | 56.55 |

| | | |
|---------------------|---------|---------|
| 7. I. Grindley O/50 | Mercia | 59.04 |
| 8. D. Jones | Mercia | 59.15 |
| 9. J. Brown O/40 | Buckley | 59.45 |
| 10. T. Budd | Gloss | 1.00.36 |
| (24) P. Jeggo O/50 | SpringS | 1.04.44 |

VETERANS O/60

| | | |
|--------------------|--------|---------|
| 1. (28) E. Davies | Meria | 1.05.51 |
| 2. (65) S. Roberts | Oswest | 1.13.15 |
| 3. (76) C. Wilcox | Clwyd | 1.15.46 |

VETERANS O/70

| | | |
|----------------------|---------|---------|
| 1. (134) A. Oliver | Eryri | 1.28.23 |
| 2. (140) G. Fielding | Eryri | 1.29.49 |
| 3. (155) P. Roberts | Buckley | 1.56.14 |

LADIES

| | | |
|---------------------------|--------|---------|
| 1. (19) K. Beecher | MynDu | 1.02.57 |
| 2. (33) L. Jeska O/40 | Eryri | 1.07.15 |
| 3. (45) S. Willhoit | Unatt | 1.08.47 |
| 4. (60) B. Jenkinson U/23 | Eryri | 1.12.16 |
| 5. (63) E. Wareham | Unatt | 1.13.10 |
| (88) J. Ashbrook O/40 | Helsby | 1.18.17 |
| (100) S. Woods O/50 | MynDu | 1.22.47 |
| (110) V. Griffiths O/50 | Helsby | 1.23.54 |
| (147) M. Oliver O/60 | Eryri | 1.34.44 |

JUNIORS

| | | |
|----------------------|--------|---------|
| 1. (51) M. Yapp U/18 | Mercia | 1.10.07 |
|----------------------|--------|---------|

U/23

| | | |
|------------------|-----|---------|
| 1. (18) S. Price | MDC | 1.02.31 |
|------------------|-----|---------|

LADIES U/23

| | | |
|----------------------|-------|---------|
| 1. (60) B. Jenkinson | Eryri | 1.12.16 |
|----------------------|-------|---------|

158 finishers

WITHINS SKYLINE

West Yorkshire

BM/12km/300m 11.10.15

The route back from Bronte Bridge via the tourist path and not climbing Bronte waterfalls will become permanent in this race due to erosion on the climb up to the Falls and the over grown path beyond. Nevertheless, six new senior records were set since we have used this route previously.

Tom Adams kicked off the record breaking, winning the race for the second time whilst Lindsey Brindle also won taking the ladies' record. The landslide of records then went to all the ladies' categories, Lynne Clough FV40, Anne Johnson FV50, Aileen Baldwin FV60 and finishing with Brenda Roberts establishing a FV70 record. Lindsey led Horwich RMI ladies to the team awards with Sandra Kelly and Erica Booth. The men's team was won by Wharfedale with Jack Smith second, Christian Holmes fifth and Marc Sennett tenth, Christian also won the V40 trophy and prizes.

In the junior Quarry Rat Runs, stars of the future James Sadler-Townsend set a new BU8 record and Phoebe Midgley equalled the GU8 record in a race that attracted 42 runners. In the older combined junior Quarry Rat Races, congratulations to winners Eddie Hinchcliffe BU18, Matthew Merrick BU16, Joe Hudson BU14, Alex Thompson BU12, Dexta Thompson BU10, Hannah Thom GU18, Victoria Merrick GU16, Emily Jones GU14, Lilli Carr GU12 and Katie Handley GU10 from a field of a 140.

It was great to see all the juniors after their fantastic racing enjoying the delights



A perfectly normal junior race

of the Curly Wurly goody bag. A special thanks must go to Mike Ayers 'King Rat' of Precision Pest Management for their continued support in attracting juniors to the sport of fell running. Mike dressed as King Rat judged the numerous and scary fancy dress costumes some of the juniors competed in and started the races.

Twenty fancy dress prizes were awarded at the prize giving along with the other race running prizes before the cricket ground saw chocolate flying through the air in the finale that is the chocolate throw out.

The Woodentops

| | | |
|-------------------|----------|-------|
| 1. T. Adams | Ilk | 38.49 |
| 2. J. Smith | Wharf | 41.52 |
| 3. R. James | Royt | 43.12 |
| 4. H. Helmes | LeedsU | 43.24 |
| 5. C. Holmes O/40 | Wharf | 43.33 |
| 6. B. Procter | HelmH | 43.58 |
| 7. S. Bailey | Mercia | 44.19 |
| 8. W. Morris | AireCent | 44.36 |
| 9. C. Smale O/50 | Barlick | 45.02 |
| 10. M. Sennet | Wharf | 45.05 |

VETERANS O/50

| | | |
|--------------------|---------|-------|
| 1. (9) C. Smale | Barlick | 45.02 |
| 2. (24) N. Holding | WPenn | 46.41 |
| 3. (26) M. Egner | Settle | 47.02 |

VETERANS O/60

| | | |
|---------------------|------|-------|
| 1. (86) K. Taylor | Ross | 53.15 |
| 2. (99) J. Monks | Horw | 54.16 |
| 3. (126) T. Hesketh | Horw | 56.26 |

VETERANS O/70

| | | |
|-------------------|------|-------|
| 1. (218) D. Lucas | Roch | 64.33 |
| 2. (230) M. Coles | VStr | 65.45 |

LADIES

| | | |
|--------------------------|---------|-------|
| 1. (27) L. Brindle | Horw | 47.05 |
| 2. (33) N. Jackson | Prest | 47.37 |
| 3. (41) H. Glover | Kghly | 49.48 |
| 4. (58) L. Clough O/40 | Chorl | 51.00 |
| 5. (61) M. Tenwick | PudseyP | 51.18 |
| (84) A. Johnson O/50 | CaldV | 53.06 |
| (91) J. Goornay O/40 | Lytham | 54.00 |
| (129) M. Blackhurst O/50 | Tod | 56.32 |
| (216) A. Baldwin O/60 | Stain | 64.22 |
| (235) K. Thompson O/60 | Clay | 65.57 |

313 finishers

JUNIORS

CURLY WURLY RAT RUNS UNDER 8

0.8km/30m

Boys

| | | |
|-----------------------|--------|------|
| 1. J. Sadler-Townsend | Kghly | 2.40 |
| 2. F. Petrucci | Kghly | 2.45 |
| 3. R. Egner | Settle | 2.53 |

Girls

| | | |
|----------------|-------|------|
| 1. P. Midgley | Kghly | 2.47 |
| 2. M. Bellwood | Kghly | 2.50 |
| 3. K. Buckley | Kghly | 3.00 |

CURLY WURLY RAT RUNS UNDER 10,12 & 14

1.6km/50m

Boys U/10

| | | |
|----------------|-------|------|
| 1. D. Thompson | Clay | 7.00 |
| 2. C. Brown | Clay | 7.03 |
| 3. S. Conroy | Kghly | 7.08 |

Girls U/10

| | | |
|---------------|-------|------|
| 1. K. Handley | Wharf | 8.19 |
| 2. T. Brooks | Wharf | 8.26 |

Boys U/12

| | | |
|-----------------|-------|------|
| 1. A. Thompson | Wharf | 6.19 |
| 2. W. Atkinson | Kghly | 6.36 |
| 3. T. Middleton | Horw | 6.52 |

Girls U/12

| | | |
|---------------|-------|------|
| 1. L. Carr | Kghly | 6.44 |
| 2. A. Jones | Wharf | 6.58 |
| 3. B. Roberts | Kghly | 7.16 |

Boys U/14

| | | |
|----------------|-------|------|
| 1. J. Hudson | Kghly | 5.58 |
| 2. F. Kerry | Holmf | 6.16 |
| 3. L. Petrucci | Kghly | 6.51 |

Girls U/14

| | | |
|---------------|--------|------|
| 1. E. Jones | Wharf | 7.10 |
| 2. L. Miller | Bing | 7.27 |
| 3. E. Cummins | Settle | 7.50 |

CURLY WURLY RAT RUNS U/16 & U/18

3.2km/100m

Boys U/16

| | | |
|---------------------|------|-------|
| 1. M. Merrick | Bing | 10.53 |
| 2. B. Mumford-Lloyd | Sadd | 14.42 |

Girls U/16

| | | |
|---------------|------|-------|
| 1. V. Merrick | Bing | 12.14 |
| 2. E. Findlay | Bing | 13.51 |

Boys U/18

| | | |
|-------------------|-------|-------|
| 1. E. Hinchcliffe | Holmf | 12.10 |
|-------------------|-------|-------|

Girls U/18

| | | |
|-------------|-------|-------|
| 1. H. Thom | Kghly | 15.45 |
| 2. K. Boden | Bing | 16.25 |

**MENDIP MUDDLE
Somerset**

CL/20.3km/488m 11.10.15

The Mendip Muddle is Weston AC's toughest race, yet is arguably the most enjoyable. Enjoyable that is if you don't mind over 1600ft of climb over the 12.6 mile course. Held in the glorious and spectacular setting of the Mendip Hills in Somerset, the Muddle attracts a hardy bunch of runners with 267 finishers this year. Course conditions were good with not much mud about and it stayed dry all day so conditions were near perfect although path 'improvement' works near the trig point meant times were generally a bit slower.

The men's winning time was nearly three minutes faster than last year in an impressive 1:23:52 by Joe Dale. Tom Carpenter was second in 1:26:10 followed by Christian Green in 1:29:50.

For the ladies, Clare Prosser (FV40) was first lady for the third year in a row in 1:32:49 and came seventh overall. Mary Menon came in second in 1:40:29 and Sarah Chaloner (FV40) was third in 1:43:55. Of note were very good times for the MV60, Stephen Moran 1:34:38, and MV70, Geoff Newton 1:49:54.

A donation of £1,250 will be made to Mike Owen from the Wrington Vale RNLI and with food/beverage sales, we anticipate the total sum raised from this event to be approximately £2,000. A big thank you to the Weston AC and RNLI marshals and all the volunteers who help make this a very successful event.

A note for your diary, next year's Muddle will take place on Sunday 9 October 2016. See you there!

Tony Hogg

| | | |
|---------------------|--------|---------|
| 1. J. Dale | LondF | 1.23.52 |
| 2. T. Carpenter | Westb | 1.26.10 |
| 3. C. Green | Wells | 1.29.50 |
| 4. N. Briffitt O/40 | Weston | 1.30.04 |
| 5. J. Yells | Unatt | 1.31.03 |
| 6. N. Williams O/40 | BristW | 1.31.37 |

VETERANS O/50

| | | |
|--------------------|--------|---------|
| 1. (8) P. Foley | Portis | 1.32.59 |
| 2. (9) I. Edwards | Poole | 1.33.07 |
| 3. (20) A. Conradi | Unatt | 1.34.51 |

VETERANS O/60

| | | |
|--------------------|--------|---------|
| 1. (19) S. Morran | NVAC | 1.34.38 |
| 2. (30) J. Mallone | Weston | 1.38.10 |
| 3. (91) G. Newton | AxeV | 1.50.32 |

VETERANS O/70

| | | |
|--------------------|-------|---------|
| 1. (85) G. Newton | Tadw | 1.49.54 |
| 2. (196) J. Hussey | Unatt | 2.14.35 |

LADIES

| | | |
|-------------------------|--------|---------|
| 1. (7) C. Prosser O/40 | Wells | 1.32.49 |
| 2. (41) M. Menon | Unatt | 1.40.29 |
| 3. (52) S. Chaloner | Unatt | 1.43.55 |
| 4. (94) M. Myers | Unatt | 1.51.13 |
| 5. (102) A. Waterson | Unatt | 1.53.31 |
| (52) S. Chaloner O/40 | Unatt | 1.43.55 |
| (107) A. Engledew O/50 | BristW | 1.54.12 |
| (169) A. Metherall O/50 | Westb | 2.07.38 |
| (211) L. Green O/70 | Weston | 2.21.19 |

BUTTERMERE SHEPHERD'S MEET

Cumbria

AS/2.75km/300m 24.10.15

It was a damp autumnal day with standing water all around the registration trailer. Only one person missed the sign to the field suggesting that only amphibious craft should enter the field – and my coat is now clean so they can sleep without guilt! However, the sun came out and 37 runners set off for the charge up and down Whiteless Breast. The course is just about grass all the way and allows for some very fast running. Not sure the field took the best line to the turning point, so no new records.

Good to see some junior runners lining up against the seniors – these short races give them the chance to run in larger fields than they are used to and a good marker to gauge their talent.

The committee of the Shepherds' Meet are very grateful for our support, and Mr. Edwards sponsors the prizes through them.

| | | |
|----------------------|--------|-------|
| 1. C. Bell | Kesw | 15.34 |
| 2. D. Hurton O/40 | Eden | 16.49 |
| 3. C. Edis | Kesw | 16.52 |
| 4. M. Robinson O/40 | DkPk | 17.31 |
| 5. A. Livingstone | Unatt | 17.50 |
| 6. J. Christmas | Kesw | 18.70 |
| 7. R. Stein | CFR | 18.10 |
| 8. T. Humphries U/23 | Eden | 18.25 |
| 9. P. Kemp | Ellenb | 18.25 |
| 10. N. Brickman | Belper | 18.35 |

VETERANS O/50

| | | |
|---------------------|-----|-------|
| 1. (17) W. Lawrence | NFR | 21.22 |
| 2. (19) G. Mason | NY | 21.57 |
| 3. (22) A. Welsh | NFR | 22.47 |

VETERANS O/60

| | | |
|-----------------|------|-------|
| 1. (30) M. Hind | Borr | 24.21 |
|-----------------|------|-------|

VETERANS O/70

| | | |
|-------------------|-----|-------|
| 1. (36) D. Morgan | CFR | 30.22 |
|-------------------|-----|-------|

LADIES

| | | |
|--------------------------|-------|-------|
| 1. (11) H. Robinson O/40 | Amble | 19.12 |
| 2. (13) C. Hurton U/23 | Eden | 19.32 |
| 3. (14) K. Moore | Kesw | 19.43 |
| 4. (18) N. Walkingshaw | Howg | 21.42 |
| 5. (20) T. Wright O/50 | Unatt | 22.11 |
| (21) C. Gibson O/40 | HelmH | 22.38 |
| (31) L. Buck O/50 | CFR | 24.45 |
| (37) J. Mottram O/60 | FR | 33.80 |

37 finishers

GREAT WHERNSIDE

North Yorkshire

AS/6.5km/475m 24.10.15

Despite a wet and gloomy forecast 136 runners turned out for this popular outing up and down one of Wharfedale's most popular fells. As it turned out the rain more or less stopped and the clouds parted as the race unfolded.

A fitting conclusion prevailed when local farmer Ted Mason emerged as winner with a small but comfortable margin of 16 seconds over runner up Darren Kay. Ted has been second in this event several times and as the owner of the start/finish field, it seemed only right for him to succeed at last.

Local girl Victoria Wilkinson once again stamped her authority on the women's result, breaking her own record of the previous year by a full 48 seconds. It gives me great pleasure to follow Victoria's successful career as her father Chris and I were great running partners when Victoria was a baby, the highlight of our friendship being KIMM elite partners in 1984.

On a somewhat sad note, the 12th running of the Great Whernside Race marks the end of my race organisation career, which began in 1981 with the inauguration of the Buckden Pike fell race. Anne and I have decided to call it a day after 35 years of involvement but are pleased that the race will continue, organised appropriately by Wharfedale Harriers.

One important issue as I wound up my involvement with this race was how to dispose of the funds this event has accumulated over the years. The race has been organised directly by myself, my family and friends and not by a running club or any other organisation. My plan was to donate the whole of the funds on behalf of the fell running community to the Upper Wharfedale Fell Rescue Association but meanwhile, before I got my act together to do this, we have had the unfortunate devastating floods in Cumbria and I therefore took the decision to donate £1000 to the Ullswater Environment Recovery Fund, which is part of Nurture Lakeland. The donation was made in the name of the fell running community and not myself and I have received a very appropriate email back from them thanking us for the gift. I'm sure you will agree with my decision and we can rest assured that the money will go directly to assist in the rebuilding the infrastructure of an area so badly desecrated by the floods. The remainder of the Great Whernside Fell Race funds will go the UWFRA in due course.
Pete Jebb

| | | |
|----------------|-------|-------|
| 1. T. Mason | Wharf | 31.11 |
| 2. D. Kay O/40 | CaldV | 31.27 |
| 3. J. Baxter | P&B | 31.49 |

| | | |
|-------------------------|---------|-------|
| 4. S. Watson | Wharf | 33.21 |
| 5. N. Crampton | P&B | 33.36 |
| 6. V. Wilkinson | Bing | 33.41 |
| 7. H. Holmes | Knavesm | 33.50 |
| 8. N. Charlesworth O/40 | Wharf | 33.52 |
| 9. S. Harrison | Bowl | 34.52 |
| 10. A. Jebb | Bing | 35.09 |

VETERANS O/50

| | | |
|-----------------------|---------|-------|
| 1. (23) J. Barron | BlCombe | 37.12 |
| 2. (27) D. Parkington | Prest | 38.39 |
| 3. (34) B. Atkinson | YorkK | 39.38 |

VETERANS O/60

| | | |
|---------------------|------|-------|
| 1. (81) L. L'Anson | Borr | 46.45 |
| 2. (84) H. Atkinson | Bing | 46.59 |
| 3. (87) D. Fell | CFR | 47.57 |

VETERANS O/70

| | | |
|------------------------|------|---------|
| 1. (82) D. Weatherhead | Bing | 46.51 |
| 2. (127) M. Coles | VStr | No time |

LADIES

| | | |
|----------------------------|--------|-------|
| 1. (6) V. Wilkinson | Bing | 33.41 |
| 2. (48) K. Archer | Ilk | 41.29 |
| 3. (63) J. Keavney O/50 | Swale | 43.55 |
| 4. (67) M. Blackhurst O/50 | Tod | 44.27 |
| 5. (77) C. Pollard O/50 | Wharf | 46.13 |
| (90) K. Bell O/40 | NLeeds | 48.24 |
| (116) K. Ralph O/40 | Otley | 52.39 |

136 finishers

RUNNING BEAR – RACE YOU TO THE SUMMIT

Lancashire

BS/7km/260m 31.10.15

Over a hundred runners turned out on a mild and sunny morning for the 49th annual Running Bear Race You To The Summit fell run from the Summit Inn near Littleborough, Lancs.

Firstly, I cannot thank enough our very generous sponsor, Tony Hulme of Running Bear Sports, for his continued provision of prizes for the winning runners. Both the leading male and female competitors to finish were awarded vouchers valued at £30 and a large array of Running Bear branded sportswear adorned the prize table along with our usual beers, wines, chocs and biscuit assortments. Thanks Tony and I hope you



Fifteen year old Josua Boyle wins the 49th (and penultimate) Race you to the Summit.

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might be able to join in and run the race next October?

Aside from the serious side of racing, this year's event fell on All Hallows Eve, which meant that we would naturally encourage runners to dress up in fancy Halloween attire. One or two dabbled, while quite a few really entered into the spirit with some brilliant efforts – not least the Roberts family with Martin dressing as an escaped lunatic, Sue a witch, and daughter Annie a Bat girl!

Well done all those who joined the fun and we can do it all again next time.

On to the race, and as you may already know, this event was first created after a friendly bet in a local pub, over whether it was possible to run from the former Gale Inn, (just along the road from The Summit Inn) to The White House Inn on Blackstone Edge and back in under 30 minutes. A local man called Halliwell Clough was said to have performed the feat. The then pub landlord, Tommy Smythe, overheard the friendly squabble and offered to settle the bet by organising a race, with proceeds going to buy Christmas gifts for local children.

That first event was won by Colin Robinson of Rochdale Harriers, well inside the half hour and the rest, as they say, is almost a half century of history.

This year's race was won by fifteen year old Josua Boyle. He was pressured on the outward journey by Joe Crossfield but Josua was first to touch the wall of the White House and made all the running on the return, and won a £30 voucher for Running Bear sports.

A race organiser's job can be made so much easier when the time comes to allocate prizes if competitors arrive home in the way runners did today! The first ten finishers were non-veterans and all the age category winners came across the finish line in the correct order in ascending ages!! The first over 40 male was Richard Sunderland in eleventh position overall. The first male over 50 was Graham Schofield. Ken Taylor has been a great supporter of my races over the years. Ken would regularly pick up the over 40 award when I first started organising races. Today he again took home the over 60s' prize, and he is still posting some great times. The first over seventy went to David Weatherhead. Onto the women's prizewinners and this year Caitlin Rice ran away from the competition to post a brilliant hat trick of Summit wins. Caitlin won a Running Bear voucher for £30. Second home among the women was Lindsay Oldfield. Ali Keates was first over 50 in third spot, while Aileen Baldwin again took the over 60 prize. Calder Valley won the men's team prize, Running Bear socks, while the women's team prize (same prizes only smaller) went to Todmorden Harriers.

My thanks are due to Chris and all his staff at The Summit for a friendly welcome, good ales and smashing food at very reasonable prices and to Jackie, Peter Jebb, Barbara Carney and David Weatherhead for their efficient registration and finish line recording

skills. Jim Smith once again marshalled the top and made certain everyone touched the White House wall, also recording runners' numbers along with Richard Leonard. Colin Driver, Manhar Patel and Trevor Murgratroyd marshalled the route and Jim gathered the markers in. Thanks everyone, and thanks also to anyone else I may have missed.

Next year will see the 50th and last annual race. Spread the word and let's give the event the send-off it deserves. Saturday 29 October. Halloween fancy dress ??

See you all there!

Allan Greenwood

| | | | |
|-----------------------|-----|------------|-------|
| 1. J. Boyle O/40 U/16 | ... | Cambusland | 30.06 |
| 2. J. Crossfield | ... | Hfx | 30.37 |
| 3. J. Ross | ... | StaffsM | 31.28 |
| 4. K. Hopley U/18 | ... | StaffsM | 32.03 |
| 5. J. Smith | ... | CaldV | 32.37 |
| 6. K. Steinegger | ... | Amble | 32.46 |
| 7. C. Jackson | ... | Gloss | 33.24 |
| 8. J. Woodman | ... | Kirkstall | 33.28 |
| 9. A. Worster | ... | Tod | 33.50 |
| 10. R. Stirzaker | ... | Roch | 33.55 |

VETERANS O/40

| | | | |
|-----------------------|-----|-------|-------|
| 1. (11) R. Sunderland | ... | CaldV | 34.11 |
| 2. (18) P. Kaye | ... | Unatt | 36.02 |
| 3. (21) R. Butterwick | ... | Tod | 36.45 |

VETERANS O/50

| | | | |
|----------------------|-----|--------|-------|
| 1. (16) G. Schofield | ... | Horw | 35.09 |
| 2. (23) A. Robinson | ... | GMFire | 36.50 |
| 3. (35) B. Richards | ... | Sadd | 38.01 |

VETERANS O/60

| | | | |
|---------------------|-----|-------|-------|
| 1. (30) K. Taylor | ... | Ross | 37.36 |
| 2. (37) D. Beels | ... | CaldV | 38.08 |
| 3. (53) H. Atkinson | ... | Bing | 40.55 |

VETERANS O/70

| | | | |
|------------------------|-----|---------|-------|
| 1. (66) D. Weatherhead | ... | Bing | 44.06 |
| 2. (73) P. Walsh | ... | Bowland | 46.25 |
| 3. (78) M. Coles | ... | VStr | 47.38 |

LADIES

| | | | |
|-------------------------|-----|--------|-------|
| 1. (13) C. Rice | ... | Gloss | 34.26 |
| 2. (25) L. Oldfield | ... | CaldV | 37.07 |
| 3. (28) A. Keates O/50 | ... | Unatt | 37.29 |
| 4. (54) C. Harding O/40 | ... | P&B | 40.59 |
| 5. (60) J. Powell O/40 | ... | Wharfe | 42.32 |
| (74) J. Leonard O/50 | ... | Tod | 46.34 |
| (75) A. Baldwin O/60 | ... | Stainl | 46.55 |

101 finishers

GUISBOROUGH MOORS

North Yorkshire

BL/20km/850m 01.11.15

In this first of the Winter Series of eight races with best five to count, we were greeted with a pleasant day if a little misty on the tops.

The male and female winners Phil Sanderson and Michelle Tenwick made it quite clear on the first climb that their intentions were to win. They both had over 50 metres lead at this point. Both went on to win their respective races by a clear margin.

In the team events:- Mens; it was back to last season with a tight battle between York Knavesmire and Esk Valley Fell Club, the former winning by just 10 points. Northumberland Fell Runners in third.

Women; Ripon Runners were the winners with Darlington second and North York

Moors third.

Dave Parry

| | | | |
|----------------------|-----|---------|-------|
| 1. P. Sanderson O/40 | ... | Unatt | 89.50 |
| 2. J. Malley | ... | NFR | 91.07 |
| 3. P. Butler O/40 | ... | LoftW | 91.45 |
| 4. P. Williams | ... | EskV | 92.44 |
| 5. C. Stead O/40 | ... | NFR | 93.03 |
| 6. C. Roberts | ... | Knavesm | 93.47 |
| 7. H. Holmes | ... | Knavesm | 93.14 |
| 8. A. Berry | ... | DFR | 94.28 |
| 9. L. Bennett O/40 | ... | Elswick | 94.38 |
| 10. P. Wilson | ... | Hpool | 97.18 |

VETERANS O/50

| | | | |
|---------------------|-----|----------|--------|
| 1. (14) J. Blackett | ... | DkPk | 97.35 |
| 2. (18) D. Parker | ... | EskV | 97.58 |
| 3. (21) R. Bewell | ... | Wetherby | 100.25 |

VETERANS O/60

| | | | |
|--------------------|-----|-------|--------|
| 1. (26) B. Grant | ... | Hgate | 102.12 |
| 2. (46) K. Edwards | ... | Hpool | 110.09 |
| 3. (84) N. Hindle | ... | FRA | 125.20 |

VETERANS O/70

| | | | |
|----------------------|-----|-------|--------|
| 1. (114) R. Sherwood | ... | NMske | 140.57 |
|----------------------|-----|-------|--------|

LADIES

| | | | |
|--------------------------|-----|---------|--------|
| 1. (24) M. Tenwick | ... | PudseyP | 101.05 |
| 2. (37) N. Kent O/40 | ... | LoftW | 107.43 |
| 3. (54) K. Davis O/40 | ... | NFR | 111.48 |
| 4. (60) S. Houghton O/50 | ... | Ripon | 117.00 |
| 5. (62) H. Mocherie | ... | Darling | 117.17 |
| (66) S. Haslam O/60 | ... | Scarb | 118.18 |
| (85) C. Pollard O/50 | ... | Wharf | 125.26 |
| (117) P. Costello O/60 | ... | Redcar | 142.44 |

136 finishers

RHOBELL FAWR

Gwynedd

AM/10.3km/562m 07.11.15

Race day had wind, heavy rain and cloud down to 500 ft.

64 runners turned up to battle the elements and there was just a hint of disappointment as just before the start, the top came out of the cloud and the rain stopped and pre-race notices were delivered with the promise of sunshine!

The wise don't trust in promises and before the first checkpoint the weather was closing in rapidly offering heavy rain high winds and very restricted visibility. Most runners hugged the wall up and down.

Gareth Wyn Hughes was first man back in 51:17, over a minute ahead of Mark Palmer who, in 52:23, took Edward Davies' (Mercia) 2006 over 50 record 55:01. Third place went to last year's Meirionnydd Winter Series winner, Karl Steinegger, in 57:06.

The women's competition was won by Katie Beecher in 59:08 with Sarah Ridgeway second in 1:01:55 and rising star, Eryri Bronwen Jenkinson, taking third place in 1:06:29, taking the Junior Woman record of 1:07:43 from Beckie Taylor (Bangor UAC).

Everyone reported the conditions on the summit as pretty wild - refreshing was one description - and there was much gratitude for the volunteers and delight in the soup and cakes in the village hall after.

Nich Bradley

| | | | |
|-------------------|-----|----------|-------|
| 1. G. Hughes | ... | Mercia | 51.17 |
| 2. M. Palmer O/50 | ... | MynyddDu | 52.23 |

| | | |
|---------------------|---------|---------|
| 3. K. Steinegger | Amble | 57.06 |
| 4. M. Fortes | Eryri | 57.39 |
| 5. N. Ashcroft O/40 | Amble | 58.10 |
| 6. A. Powell | Maldwyn | 58.53 |
| 7. S. Edwards O/40 | Buckley | 59.03 |
| 8. K. Beecher | MynDu | 59.08 |
| 9. P. Beeson O/50 | Maldwyn | 59.23 |
| 10. P. Jenkinson | Eryri | 1.00.12 |
| (15) D. Powell O/50 | Aberyst | 1.01.47 |

VETERANS O/60

| | | |
|-------------------|--------|---------|
| 1. (25) A. Duncan | Bowl | 1.06.57 |
| 2. (40) N. Hindle | WFRA | 1.11.48 |
| 3. (50) G. Gunner | Ambrey | 1.15.38 |

LADIES

| | | |
|--------------------------|----------|---------|
| 1. (8) K. Beecher | MynyddDu | 59.08 |
| 2. (16) S. Ridgeway O/40 | RunSnowd | 1.01.55 |
| 3. (24) B. Jenkinson | Eryri | 1.06.29 |
| 4. (32) H. Evans | Buckley | 1.08.09 |
| 5. (33) K. Cole | Unatt | 1.08.29 |
| (39) R. Metcalfe O/40 | Eryri | 1.11.29 |
| (49) K. O'Sullivan O/50 | Aberyst | 1.15.10 |
| (5) E. Salisbury O/50 | Eryri | 1.22.08 |
| (64) M. Oliver O/60 | Eryri | 1.30.34 |

64 finishers

SHEPHERDS SKYLINE

West Yorkshire

BS/10km/350m 07.11.15

Early morning rain and strong winds didn't deter over 230 runners tackling the 30th Skyline race this year. All entrants' perseverance was rewarded with blue sky at race start time.

Those with a good sprint start are rewarded as the course quickly funnels onto the path up to the skyline.

Pre-race favourite Ben Mounsey quickly shot to the front to establish a lead he never looked likely to relinquish. Tucking in behind were Ian Holmes, Darren Kay and Chris Holdsworth. Leading the ladies' race was Lucy Collins from clubmates, Anne Johnson and Jo Buckley, with Holly Martin from Pennine challenging the CVFR dominance.

In sloppy conditions Mounsey continued to dominate running a flawless race to win by almost two minutes and tucking into his post-race lollipop as crowd favourite Holmes used his 'Nijinsky-like' descending skills to hold off Holdsworth and Kay to claim second place.

Lucy Collins powered round and won the ladies' race, claiming 39th place overall, and was followed home by the ever-impressive Anne Johnson. Holly Martin held off Jo Buckley to prevent a CVFR clean sweep, but with Lindsey Oldfield in 5th CVFR dominated with 4 out of the top 5 places.

The race was the last in Pennine FR's championships and in a photo finish, Mark Burton stooped to conquer finishing 11th overall and pipping team-mate Dave Ward by three seconds!

Other notable performances came from the young Merricks, Matthew first MU18 and 13th overall, and Victoria first FU18 and 113th overall.

There was a nice symmetry for Birthday

Boy Ben Frechette, who finished 55th in 55 minutes exactly.

Special mention must go to Eleanor Duckworth from Glossopdale Harriers, who stopped to help a fallen runner, proving you don't always have to come first to be a winner!

Thanks to all who ran, and huge thanks to those who marshalled/helped on the day. See you all next year.

Andy McFie

| | | |
|-------------------|-------|-------|
| 1. B. Mounsey | CaldV | 41.20 |
| 2. I. Holmes O/40 | Bing | 43.14 |
| 3. C. Holdsworth | Clay | 43.18 |
| 4. D. Kay | CaldV | 43.21 |
| 5. J. Baxter | P&B | 43.41 |
| 6. A. Whittam | CaldV | 45.20 |
| 7. C. Holmes O/40 | Wharf | 46.03 |
| 8. N. Crampton | P&B | 46.03 |
| 9. E. Hyland | Stain | 46.45 |
| 10. A. Jebb | Bing | 46.54 |

VETERANS O/50

| | | |
|----------------------|-------|-------|
| 1. (24) N. Holding | WPenn | 50.31 |
| 2. (35) G. Wilkinson | Clay | 52.05 |
| 3. (36) M. Cowton | Hfax | 52.16 |

VETERANS O/60

| | | |
|-------------------------|-------|-------|
| 1. (47) C. Davies | Sadd | 53.58 |
| 2. (84) J. Adair | Holmf | 58.50 |
| 3. (106) J. Birchenough | Ross | 61.24 |

VETERANS O/70

| | | |
|--------------------|------|-------|
| 1. (212) D. Lucas | Roch | 77.45 |
| 2. (214) M. Coles | VStr | 79.23 |
| 3. (218) T. Greene | Sadd | 81.37 |

LADIES

| | | |
|-------------------------|-------|-------|
| 1. (39) L. Collins | CaldV | 53.00 |
| 2. (57) A. Johnson O/50 | CaldV | 55.22 |
| 3. (60) H. Martin | Penn | 55.55 |
| 4. (68) J. Buckley | CaldV | 57.12 |
| 5. (71) L. Oldfield | CaldV | 57.37 |
| (113) V. Merrick U/18 | Bing | 61.53 |
| (116) C. Harding O/40 | P&B | 62.09 |
| (122) J. Powell O/40 | Wharf | 63.27 |
| (133) S. Cowton O/50 | H'fax | 64.53 |

233 finishers

P&B newcomer Joe Baxter gives CVFR veteran Darren Kay a run for his money at Shepherds Skyline



WADSWORTH HALF TROG

West Yorkshire

BM/14.7km/427m 08.11.15

"Pigs are great, it's well funny watching them in the mud snorting and grunting". When a fell race starts from the Hare & Hounds pub at Old Town, it's compulsive viewing to have a look at the pigs round the back. It puts you in mind of what the next hour or so of racing will be like", so said Darren Fishwick of Chorley after completing the Half Trog.

The Half Trog is a 9 mile slog from Old Town to High Brow Knoll, down to Dean Head Reservoirs, back up to the Whinney Stongs before returning to Old Town via Sheepstones.

The race has been slightly rerouted because of receding work on the moor near Cock Hill.

James Logue ran his own race way out in front of the rest of the hardy 83 runners that had turned out, winning with a very impressive 8.5 minute margin. James took 1.12.16 to get round the new course. Paul Hobbs was second with John Morrissey third.

A strong run from Helena Croft in 1.39.18 brought Helena home well clear of her rivals, with Rachel Lowther second and Gillian Wilsbey in third.

81 runners fully completed the course. First men's team was Calder V - James Logue, Bill Johnson and Dave Beels, all vets!

First ladies team was Todmorden - Jane Leonard, Michelle Foller, Christine Preston.

Finally a special thank you to all the marshals who braved the elements on a wild weekend.

Graham Davy

| | | | |
|--------------------|-----|--------|---------|
| 1. J. Logue O/40 | ... | CaldV | 1.12.16 |
| 2. P. Hobbs | ... | Tod | 1.20.46 |
| 3. J. Morrissey | ... | AchRat | 1.22.25 |
| 4. B. Johnson O/50 | ... | CaldV | 1.24.15 |
| 5. R. Norgate | ... | Longw | 1.24.51 |

| | | | |
|------------------------|-----|-------|---------|
| 6. D. Fishwick O/40 | ... | Chorl | 1.25.29 |
| 7. M. Dunn O/40 | ... | Holc | 1.25.31 |
| 8. P. Stephens | ... | Bing | 1.26.12 |
| 9. D. Garner O/40 | ... | Tod | 1.26.24 |
| 10. J. Cartwright O/40 | ... | Unatt | 1.26.36 |

VETERANS O/50

| | | | |
|----------------------|-----|--------|---------|
| 1. (4) B. Johnson | ... | CaldV | 1.24.15 |
| 2. (13) D. Copping | ... | Kghley | 1.30.58 |
| 3. (14) I. Rowbotham | ... | Hgate | 1.31.03 |

VETERANS O/60

| | | | |
|--------------------|-----|-------|---------|
| 1. (20) D. Beels | ... | CaldV | 1.34.17 |
| 2. (30) J. Pickup | ... | Clay | 1.39.07 |
| 3. (39) J. Wheldon | ... | Baild | 1.42.26 |

LADIES

| | | | |
|-------------------------|-----|---------|---------|
| 1. (32) H. Croft | ... | Stadium | 1.39.18 |
| 2. (57) R. Lowther O/40 | ... | Barlick | 1.56.36 |
| 3. (61) G. Wibsey O/40 | ... | CaldV | 1.59.52 |
| 4. (62) M. Brooks | ... | Trawd | 2.04.17 |
| 5. (67) J. Leonard O/50 | ... | Tod | 2.05.51 |
| (69) M. Fuller O/40 | ... | Tod | 2.06.33 |
| (75) C. Preston O/50 | ... | Tod | 2.15.33 |

81 finishers

ROACHES

Derbyshire

BL/24.1km/1128m 08.11.15

The weather stayed dry for the race after periods of prolonged rain, so whilst runners had good running conditions underfoot, it was very muddy in places. The river crossing was challenging and the final waterlogged fields proved hard going, although a late change of route to stay on the track at the finish avoided some more nasty fields. However, Karl Gray maintained his excellent form and proved equal to the challenge and finished well ahead of the field. I am sure the long standing record of John Taylor, on the same route, could be achieved if several of our top runners decided to race it hard. Although the Roaches Ridge is now faster running without cold frosty weather which was more the norm 20 years ago, the fields remain a difficult challenge.

The ladies' field was much more

competitive and a great run from Zoe Proctor gave her victory by four minutes from Clare Oliffe. The battle for team honours was also close with Mercia just ahead of Pennine.

The support and help from Mow Cop Runners and Macclesfield Harriers is greatly appreciated, especially when the weather is not so kind. Dave Tucker who marshals on the top of Shutlingsloe and has done so now for many years deserves special mention. All the kind comments from the runners is fantastic, we aim to provide a good value, hard and challenging race and look forward to seeing old and new faces again in 2016.

Andrew Addis

| | | | |
|------------------------|-----|--------|---------|
| 1. K. Gray O/40 | ... | CaldV | 2.04.54 |
| 2. T. Werrett O/40 | ... | Mercia | 2.16.26 |
| 3. D. Lund | ... | DkPk | 2.16.28 |
| 4. M. Ollerenshaw O/40 | ... | Gloss | 2.16.30 |
| 5. J. Newey | ... | Mercia | 2.19.04 |
| 6. A. Stuart | ... | Beest | 2.19.22 |
| 7. I. Miles | ... | Penn | 2.19.36 |
| 8. M. Wainwright | ... | DkPk | 2.22.08 |
| 9. T. Bush | ... | Penn | 2.23.00 |
| 10. D. Harris O/40 | ... | Penn | 2.25.46 |

VETERANS O/50

| | | | |
|--------------------|-----|------|---------|
| 1. (23) D. Hawkins | ... | Penn | 2.37.05 |
| 2. (34) B. Owen | ... | Penn | 2.41.53 |
| 3. (37) J. Brown | ... | Ma | 2.42.16 |

VETERANS O/60

| | | | |
|-------------------|-----|------|---------|
| 1. (42) P. Grimes | ... | Hfax | 2.44.48 |
| 2. (44) K. Holmes | ... | DkPk | 2.45.09 |
| 3. (60) B. Blythe | ... | Macc | 2.55.08 |

LADIES

| | | | |
|-------------------------|-----|----------|---------|
| 1. (33) Z. Proctor | ... | Penn | 2.41.43 |
| 2. (47) C. Oliffe | ... | DkPk | 2.45.48 |
| 3. (48) M. Voice | ... | Unatt | 2.46.20 |
| 4. (51) G. Baynes | ... | Alehouse | 2.49.42 |
| 5. (62) H. Buchan | ... | CaldV | 2.56.59 |
| (71) A. Wainwright O/40 | ... | DkPk | 2.59.45 |
| (104) L. Gordon O/40 | ... | SChesh | 3.17.59 |
| (106) L. Porter O/50 | ... | WestEnd | 3.24.00 |

146 finishers

LEG IT ROUND LATHKIL

Derbyshire

BM/11.5km/290m 08.11.15

We thought that the less than favourable forecast would keep the entries down but, no, an amazing field of 301 runners lined up for the 2015 senior event. Preparations had been put in place for a large turnout and with the car park field available again, things went pretty smoothly overall.

Fortunately, the rain held off for much of race and compared with previous years, many of our regulars appeared to register good times. Possibly it was the better running alongside the dry River Lathkil that compensated for the heavy going across the fields and the more impressive than usual cow muck coming through Meadow Place Grange.

The race was certainly competitive but congratulations have to go to Jack Ross with more than a 30 second lead on second placed Christopher Wright. In the



A runner passing through one of the Wadsworth Half Trog checkpoints

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women's race, congratulations go to new comer, Diane Lee, and to second placed Anna Hodgkamer. For the veteran category placings, well done to the first V40 finisher Austin Frost, first V50 Mick Stenton, first V60 Alan Bocking and first V70, Stuart Whittaker.

For the ladies, first FV40 was Christine Howard, first FV50 Julia Johnson and first FV60 was Dorothy Ross Gray.

Many thanks to all the runners who turned out for our race and for the many that went on to support the Lathkil Children in Need Appeal fund raising activities in and around the hotel. The money raised from the senior race and Fun Run alone was an impressive £1700. Finally, and most important of all, many thanks to the race registration and finish team and to the many marshals giving up their time on the day.

We hope to see you again in 2016 on Sunday 13 November.

Alan Renfree

| | | |
|----------------------|---------|-------|
| 1. J. Ross... | StaffsM | 46.53 |
| 2. C. Wright... | Bedford | 46.33 |
| 3. S. Franklin... | Totley | 47.07 |
| 4. Bi. Cartwright... | Mat | 47.23 |
| 5. J. Wright... | SHUOC | 47.42 |
| 6. Be. Cartwright... | Mat | 47.48 |
| 7. J. Alexander... | GTBentl | 47.51 |
| 8. R. Donald... | Shelt | 47.57 |
| 9. A. Frost O/40... | DkPk | 48.19 |
| 10. B. Shaw... | Totley | 48.40 |

VETERANS O/50

| | | |
|-----------------------|------|-------|
| 1. (24) M. Stenton... | DkPk | 50.35 |
| 2. (33) M. Elwiss... | DkPk | 52.57 |
| 3. (35) K. Perry... | DkPk | 53.10 |

VETERANS O/60

| | | |
|------------------------|--------|-------|
| 1. (102) A. Bocking... | Chesh | 61.18 |
| 2. (113) T. Longman... | Macc | 62.30 |
| 3. (138) R. Gray... | Totley | 64.32 |

VETERANS O/70

| | | |
|--------------------------|--------|-------|
| 1. (190) S. Whittaker... | EreV | 70.48 |
| 2. (249) R. Brown... | Pstone | 78.27 |
| 3. (264) B. Allsop... | Buxt | 81.10 |

LADIES

| | | |
|------------------------------|----------|-------|
| 1. (41) D. Lee... | MuleBar | 54.08 |
| 2. (50) A. Hodgkamer... | Amble | 55.07 |
| 3. (77) J. Bonilla Allard... | SheffUni | 58.45 |
| 4. (85) T. Moran... | SHUOC | 59.36 |
| 5. (96) C. Howard O/40... | Mat | 61.05 |
| (108) G. Gamble O/40... | LongEat | 62.00 |

300 finishers

TOUR OF PENDLE

Lancashire

Bad weather course

BL/22.4km/823m 14.11.15

The Tour is an A Long fell race and one of the requirements of the FRA for A Long fell races, that appears in the calendar, is that there is a Bad Weather Course in place that can be used in case the weather on the day is judged unsafe. That course was designed by me in the comfort of my dining room, which I quickly realized on race day with only two hours notice before the start, was not practical. I had been watching the progress of the weather, hourly through Friday. A severe weather

front was approaching from the west, forecast to arrive in our area around 15:00 on Saturday; high winds, heavy rain and low temperatures. That forecast had not changed on Saturday morning. The details from the Met Office were heavy rain from 11:00 to 17:00, temperatures from 3 to 7 deg C, a yellow weather warning for the county, "Felt like temperature" -4 to +2 deg C, wind speed 28 gusting to 38mph, visibility Poor. This meant the slower runners and, in particular, the marshals would be out in that weather so I made the decision to use a shorter course assuming everybody would be back in Barley before the bad weather arrived.

I suppose the easiest option on race day was to revert to the original course of the Half Tour, using check points 1, 2, 3, 4 & 11, then back to the finish on the Tour course; approximately 9 miles and an AM category. However, if the bad weather was not arriving until 15:00, I thought there was enough time to include the climb up Mearley, so opted for a course that took in checkpoints 1, 2, 3, 4, 5, 6 (6 being moved approx 100m's to a wall tee junction). At CP6 the runners would turn south east (right) and follow the wall to a marshal, then descend to another marshal doing a number check at Ogden Brook crossing, cross the brook, pick up the path and follow it to CP11 and on to the finish. Cutting out CPs 7, 8, 9 and 10, removed the last two climbs and the exposure of the marshals and slower runners to the weather front on a very exposed area of the course. I have used the data collected by three runners for the distance and climb and taken an average, the course was 13.9 miles/2700ft (22.4km / 823m). This makes that course a B Long.

We had 422 starters and 409 finished. A field this large and weather which meant the majority of runners had cags on covering their numbers, gave problems at the finish. I just did not have enough people controlling them, it needed at least three more marshals at the funnel, getting them to show their numbers and hold their positions until their number had been recorded. We also had some spectators running in with competitors and crossing the finish line with them. I will have this sorted out for next year's race.

I would like to thank all the marshals who helped on the day, I make it thirty including me - thank you so much from me and all the runners. I would also like to thank all the people who let me know they could not race, which allowed me to allocate their numbers to the 52 people I had on the waiting list. The race reached the maximum of 500 entries two weeks before the start.

I suppose this year's Tour will be remembered as the year the "Bad Weather Course" was used. Hopefully, for next year's race, which will take place on the 19 November 2016, we will have a clear crisp day.

Lost property: pair of women's black gloves, a greeny blue women's Craghopper top size UK8 and a blue towel. I washed them all and if I could run like the gloves I would be in the England squad.

All the best.

Kieran Carr

| | | |
|-------------------------|---------|---------|
| 1. R. Hope O/40 | P&B | 1.46.30 |
| 2. C. Holdsworth | Clay | 1.47.31 |
| 3. I. Holmes O/40 | Bing | 1.48.14 |
| 4. T. Mason | Wharf | 1.49.18 |
| 5. S. Watson | Wharf | 1.49.32 |
| 6. L. Maude | Barlick | 1.53.54 |
| 7. N. Charlesworth O/40 | Wharf | 1.54.34 |
| 8. D. Lund | DkPk | 1.54.35 |
| 9. T. Corrigan | Barlick | 1.55.04 |
| 10. O. Barnes | Unatt | 1.55.42 |

VETERANS O/50

| | | |
|----------------------|-------|---------|
| 1. (31) S. Wilkinson | Kghly | 2.02.28 |
| 2. (37) M. Toms | Bburn | 2.05.55 |
| 3. (46) G. Pearse | Bburn | 2.08.27 |

VETERANS O/60

| | | |
|---------------------|--------|---------|
| 1. (116) S. Jackson | Horw | 2.21.10 |
| 2. (146) K. Holmes | DkPk | 2.25.36 |
| 3. (150) M. McKenna | Dallam | 2.26.02 |

LADIES

| | | |
|--------------------------|--------|---------|
| 1. (87) L. Clough O/40 | Chorl | 2.16.55 |
| 1. (88) J. McCarthy O/40 | Ilk | 2.17.03 |
| 3. (90) N. Spinks O/40 | DkPk | 2.17.19 |
| 3. (93) R. Hill O/40 | Settle | 2.17.42 |
| 4. (121) K. Archer | Ilk | 2.21.21 |
| 5. (123) C. Morgan O/40 | NiddV | 2.21.43 |
| (190) M. Blackhurst O/50 | Tod | 2.32.34 |
| (200) S. Houghton O/50 | Ripon | 2.34.32 |

409 finishers

SALTERSGATE GALLOWS

North Yorkshire

BM/17km/430m 15.11.15

The weather promised to blow competitors away but luckily it did not deliver. It was a mild and drizzly day, with extremely wet conditions underfoot however, meaning runners had to wade through mud and boggy sections across the moors.

The top four men were jostling for the lead from the start, with eventual winner, Richard Sirrs remaining strong throughout. York Knavesmire, led by Chris Roberts, packed out the top 20 though and easily took the team prize, putting them in a strong position in the league.

Karen Pickles, had a solid lead on her nearest rival Sarah Atwood, a relative newcomer on the fell race circuit. Atwood led the Knavesmire ladies to victory too, making it a terrific result for the York club.

Kim England

A challenging day with the wet, particularly underfoot. This did not deter the mud loving field and saw 70 finishers in the main still smiling!

The women's race was in the early stages a contest between Karen Pickles and Sarah Attwood, with Louise Venables not too far away. As the race developed the gaps just grew to eventually give the veteran Karen a comfortable win. Sarah, however, led her team to victory ahead of

the Esk Valley Fell Club.

In the men's race it was the debutant to this league Richard Sirrs who eventually had the victory over his three main challengers:- Chris Roberts, Harry Holmes and 'The Beast' Paul Butler. Again the second placed man Chris Roberts led his York Knavesmire team to victory, (making it a double,) over Esk Valley.

Dave Parry

| | | |
|----------------------|----------|---------|
| 1. R. Sirrs | OrchP | 1.19.30 |
| 2. C. Roberts | Knavesm | 1.20.16 |
| 3. H. Holmes | Knavesm | 1.21.11 |
| 4. P. Butler O/40 | LoftW | 1.21.31 |
| 5. S. Rycroft O/40 | Pockling | 1.25.01 |
| 6. D. Parker O/50 | EskV | 1.25.12 |
| 7. B. Atkinson O/50 | YorkK | 1.28.25 |
| 8. C. Garvet | DFR | 1.28.26 |
| 9. N. Stabbs | Knavesm | 1.30.01 |
| 10. T. Ratcliffe | Knavesm | 1.31.22 |
| (17) B. Edwards O/50 | Knavesm | 1.37.46 |

VETERANS O/60

| | | |
|--------------------|-------|---------|
| 1. (23) N. Scruton | Scarb | 1.40.24 |
| 2. (54) I. Hamer | Unatt | 2.16.50 |
| 3. (55) D. Parke | Scarb | 2.16.57 |

LADIES

| | | |
|-------------------------|---------|---------|
| 1. (19) K. Pickles O/40 | PudseyP | 1.38.15 |
| 2. (28) S. Atwood | Knavesm | 1.44.21 |
| 3. (39) L. Venables | Unatt | 1.51.30 |
| 4. (44) D. Jobson O/40 | NYMAC | 1.54.25 |
| 5. (50) H. Beaumont | Totley | 2.09.28 |
| (62) M. Padgham O/50 | DScarb | 2.22.20 |
| (64) B. Eastwood O/50 | EskV | 2.23.46 |

70 finishers

PENMAENMAWR

Conwy

BM/16.1km/594m 21.11.15

Given the sudden downturn in the weather this autumn, we were extremely lucky to have a dry, sunny yet windy day for the race. Some were clearly put off by the forecast as we had only 195 starters despite 250 pre-entries. Looking at the start list, it was always going to be a 3-horse race (Lloyd Taggart, Math Roberts and Gareth Hughes). However, it took Math Roberts no time at all to put some distance between himself and the chasing pack. Clearly hitting something of a purple patch in recent months, he coasted home a staggering 6.5 minutes clear of Gareth Hughes and set a new record in the process. Lloyd came in a minute later to take third place.

In the ladies' race Sarah Ridgeway might well have been tipped to win before the race but, in the event, Briony Curtis took first place with her clubmate, Megan Mowbray, just behind. Sarah was not far off the pace but had to settle for 3rd place in the end.

Huge thanks once again to friends and family that helped to marshal and herd the masses on the day. Proceeds from the race will be donated to provide Public Access Defibrillators for local villages in North Wales.

Chris Near

| | | |
|---------------|--------|---------|
| 1. M. Roberts | CaldV | 1.08.38 |
| 2. G. Hughes | Mercia | 1.14.53 |

| | | |
|--------------------|---------|---------|
| 3. L. Taggart O/40 | Manx | 1.15.19 |
| 4. J. Brown O/40 | Buckley | 1.17.44 |
| 5. H. O'Donnell | Eryri | 1.19.32 |

VETERANS O/50

| | | |
|-----------------|-------|---------|
| 1. (15) R. Owen | Eryri | 1.23.21 |
|-----------------|-------|---------|

VETERANS O/60

| | | |
|-------------------|-------|---------|
| 1. (38) D. Weaver | Eryri | 1.30.36 |
|-------------------|-------|---------|

VETERANS O/70

| | | |
|--------------------|-------|---------|
| 1. (166) A. Oliver | Eryri | 2.03.15 |
|--------------------|-------|---------|

LADIES

| | | |
|--------------------------|--------|---------|
| 1. (23) B. Curtis | HBT | 1.26.30 |
| 2. (26) M. Mowbray O/40 | HBT | 1.27.07 |
| 3. (29) S. Ridgeway O/40 | RSnowd | 1.27.45 |
| 4. (30) S. O'Neil | HBT | 1.29.06 |
| 5. (47) B. Law | HBT | 1.33.20 |
| (93) S. Gilliver O/50 | Wilms | 1.43.05 |
| (165) M. Oliver O/60 | Eryri | 2.03.05 |

195 finishers

**BLORENGE
Monmouthshire
28.11.15**

Driving wind and rain on the summit and very wet conditions underfoot didn't deter a respectable turnout of 84 runners for the Blorengel fell race.

Matt Stott and Pete Ryder battled it out for the top of the podium, with Matt coming in nearly 30 seconds clear after a strong descent. Paul Murrin came in third and first V40, having already been orienteering that morning – evidently a sucker for punishment! Sion Harlow picked up first U23, Clare Dallimore first female, Helen Brown FV40, Rona Davies FV50, Gary Jones M50, John Aggleton M60 and Lloyd Griffiths M70.

It was a first fell race for several runners, one of whom said after the race he was looking forward to the next one already, which is great to hear.

Many thanks to Chris and Jess for organising the race, as well as all the marshals out in very inhospitable conditions.

Thanks,

Ed Dickson

| | | |
|-------------------|----------|-------|
| 1. M. Stott | MDC | 26.46 |
| 2. P. Ryder | Cardiff | 27.13 |
| 3. P. Murrin O/40 | Cheps | 27.51 |
| 4. C. Lowther | MynDu | 28.09 |
| 5. A. Eagereng | MynDu | 28.54 |
| 6. B. Moon | MDC | 29.30 |
| 7. A. Tuckey | Bridgend | 29.48 |
| 8. A. Wilton | SanDom | 30.29 |
| 9. S. Harlow | MDC | 30.52 |
| 10. N. Biggs O/40 | Unatt | 31.07 |

VETERANS O/50

| | | |
|-------------------|--------|-------|
| 1. (11) G. Jones | Pontyp | 31.16 |
| 2. (16) P. Soweby | Brecon | 31.56 |
| 3. (25) A. Creber | Cheps | 34.22 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (21) J. Aggleton | MDC | 33.24 |
| 2. (39) C. Taylor | Mercia | 36.37 |
| 3. (57) C. Brancher | MynDu | 39.42 |

VETERANS O/70

| | | |
|----------------------|--------|-------|
| 1. (60) L. Griffiths | Strath | 40.11 |
| 2. (72) R. West | MDC | 44.59 |

LADIES

| | | |
|------------------------|-------|-------|
| 1. (13) C. Dallimore | MDC | 31.41 |
| 2. (18) H. Brown O/40 | MynDu | 32.50 |
| 3. (34) R. Davies O/50 | MynDu | 35.59 |
| 4. (44) A. Jones | MDC | 37.19 |
| 5. (45) N. Prosser | WarwU | 37.19 |
| (47) A. Loveluck O/40 | Unatt | 37.23 |
| (48) S. Woods O/50 | MynDu | 37.28 |
| (59) J. Dodd O/60 | Cheps | 39.50 |

84 finishers

**RAB MINI-MM SERIES –ROUND 4
Derbyshire
MM 29.11.15**

The weather leading up to the event was foul -persistent rain and 50 mph winds, which made setting out the course a cold and wet affair, improved with mulled wine at the Lantern Pike Inn.

The day of the event was even worse, with driving rain and 70 mph winds. Despite this, 250 people still decided to give it a try and all of them returned safely, though many with no points!

There was a great performance from Jasmin Paris who won overall.

The organisers are especially grateful to the runners who sacrificed their own race to help a fellow competitor who was at risk of hypothermia.

This event was kindly supported by United Utilities, who asked for a percentage of the entry fee to be donated to the Air Ambulance in return for permission to use the area. We are grateful to RAB who have sponsored the series this year and provided generous prizes.

We would also like to thank everyone who has supported our events this year and hope you will continue in 2016.

Alison Wainwright

| | | |
|--------------------------------|---------|--------|
| 1. J. Paris | Carneth | 360pts |
| 2. J. Bostock | Leicest | 350pts |
| 3. T. Brooks O/40 | CaldV | 310pts |
| 4. A. Blackett | DFR | 305pts |
| 5. A. Macdonald/S. Fraser O/50 | PeatBog | 290pts |
| 6. S. Enderby | EllisB | 290pts |
| 7. G. Crowley O/40 | DkPk | 290pts |
| 8. R. Ansell O/50 | Tring | 287pts |
| 9. D. Denness O/50 | StamfS | 283pts |
| 10. R. Kendall | Unatt | 278pts |

LADIES

| | | |
|------------------------|---------|--------|
| 1. (1) J. Paris | Carneth | 360pts |
| 2. (27) J. Davies O/60 | Sadd | 230pts |
| 3. (28) M. Dixon | Unatt | 230pts |

MIXED TEAM

| | | |
|------------------------------------|-------|--------|
| 1. (11) S. Richmond/G. Briggs O/50 | Penn | 270pts |
| 2. (18) A. Ingleby/S. Taylor | Unatt | 250pts |
| 3. (20) J. Greenhaigh O/40 | Unatt | 250pts |

252 finishers

**LEE MILL RELAY
Lancashire
4 X 10k/6.2m 29.11.15**

This was the second year of the Rossendale Lee Mill relays. The race consists of four runners in a team, all running the same

10k fell course individually and relay style. Fully flagged and marshalled, the course consists of Pennine peat bogs with a couple of testing climbs thrown in. Last year we had 25 teams, this year I'd have been happy with maybe 50? In the end 109 teams registered so a little daunting but I knew our team could cope.

The Saturday before, two of us flagged the route in pretty poor conditions, cold rain and strong wind. The forecast for the Sunday looked awful, so I decided to give teams the option of deferring their entry till next year if they felt they may have runners who could struggle, about 10 teams did so.

Race day and the forecast rang true with gale force winds from the off and driving rain with hail showers. We got the Leg 1 runners away. Rossendale Fell Rescue supplied two vehicles for the event, plus a quad bike they were trying for the first time - we really needed them as the day progressed.

Into Leg 2 and, if anything, conditions deteriorated. We had strict full body kit requirements, most people wearing it before they set off. Leg 3 probably saw the worst of the day, a couple of hypothermia cases that were dealt with on site. By the time the Leg 4 runners set off, Fell Rescue decided it was too risky for runners to go all the way to Top O Lench checkpoint and sent them along Rooley Moor Road instead, which only cut about 100 metres of total distance.

About this time I had a call that a runner in red was being carried down to the finish, probably the worst moment in my racing life. I ran up the lane, meeting them coming down. At this point I suspected that hypothermia was the culprit, but stroke or heart attack? I rang for ambulance and received advice from the operator till we got him to race HQ. After what seemed an age, I was relieved to see him start to come round, Jeez...what a scare! When the ambulance arrived he received medical attention and thankfully was able to walk.

Leg 4 runners in now and 'ringers' Green Head Monsters came in first, team of Jack Smith, Ian Holmes, Sam Watson and Tom Adams. Calder Valley were second team five minutes adrift. It was very close in the ladies with York Knavesmire in front of Mercia by 22 seconds after four hours racing. Team Podium had a good win in the Mixed category.

So, when I look back over a day made memorable by the weather, would I change anything? I think not. Almost 400 runners all have something to remember and not one complaint. Teams who maybe had concerns were given the chance to defer, so those who did run were confident in their ability to do so.

Just a note on the day's casualties. I followed up on all of them in the following days and they are all OK (physically anyway). Ben Mounsey wrote an excellent blog, well worth reading. The three hypothermia cases

were probably among the most experienced competitors on the day, multi-race winners and England runners to boot.

A special thanks for the Rossendale Harriers' marshals who endured the conditions in great spirit and our friends at Rossendale Fell Rescue. It was a great reassurance to know we could call on them.

The next Lee Mill is 27 November 2016. Hope you can make it.

Richard Stott

SANTA DASH Derbyshire

BS/4.5km/2.8m 06.12.15

| | | |
|--------------------|--------|-------|
| 1. S. Bailey | Unatt | 15.36 |
| 2. L. Parker U/18 | Penn | 17.09 |
| 3. J. Waller | Pstone | 17.27 |
| 4. N. Pettie | GoytV | 18.24 |
| 5. P. Kelsall | Unatt | 18.53 |
| 6. A. Barnett | DkPk | 19.18 |
| 7. M. Hulley | Unatt | 19.25 |
| 8. A. Baker | DkPk | 20.22 |
| 9. D. Mann | Unatt | 20.44 |
| 10. T. Friers U/18 | Pstone | 21.05 |

LADIES

| | | |
|-------------------------------|-------|-------|
| 1. (15) C. Bloor | Penn | 23.12 |
| 2. (17) M. Egerton | Penn | 23.53 |
| 3. (20) H. Carter | Unatt | 24.50 |
| 4. (24) E. Barnett U/18 | DkPk | 28.18 |
| 5. (27) R. Horsley Frost U/18 | Unatt | 32.17 |

29 finishers

GRAVY PUD Derbyshire

BS/8km/305m 06.12.15

Blustery conditions met the runners at the start of this year's Gravy Pud Fell Race as the back end of Storm Desmond rattled its way across the UK. 124 runners made it to the start line, which was a healthy number considering the competition from other races that weekend and a major access road had been blocked due to high winds.

Howard Oldham comfortably won the men's race with Chris Donnelly second. It was Chris' second run round the course as he had already helped to mark it up earlier

PHOTO © PAUL BARRETT



A cake decorated like a pie! A clear winner at Gravy Pud.

in the day. Rob James was third.

The ladies' race was won by England U23 runner Sally Radcliffe, second was Helen Thornhill and third was Vicky Wright.

Most importantly, the cake competition was won by Helen Thornhill for her depiction of her favourite meal of pie, chips and gravy, which included a suspended gravy boat!

All profits (£212) from the race went to Pancreatic Cancer UK in memory of the late Bill Fox, who was well known in the local running world.

Paul Barrett

| | | |
|---------------------|---------|-------|
| 1. H. Oldham | EChesh | 37.23 |
| 2. C. Donnelly | Sale | 37.58 |
| 3. R. James | Royton | 38.16 |
| 4. P. Butcher O/50 | Sthwell | 38.36 |
| 5. A. Frost O/40 | DkPk | 39.56 |
| 6. N. Stubbs | YorkK | 40.52 |
| 7. A. Whitehead | Unatt | 41.02 |
| 8. D. Fishwick O/40 | Chorl | 41.52 |
| 9. J. Young | Melth | 42.11 |
| 10. S. Ratcliffe | Stockp | 42.24 |

VETERANS O/50

| | | |
|--------------------|---------|-------|
| 1. (4) P. Butcher | Sthwell | 38.36 |
| 2. (11) A. Raferty | Sale | 42.38 |
| 3. (14) J. Hewitt | Gloss | 43.02 |

VETERANS O/60

| | | |
|-------------------|------|-------|
| 1. (19) C. Davies | Sadd | 44.39 |
|-------------------|------|-------|

LADIES

| | | |
|----------------------|--------|-------|
| 1. (10) S. Radcliffe | Stockp | 42.24 |
| 2. (18) H. Thornhill | Buxt | 44.07 |
| 3. (37) V. Wright | HydeV | 46.45 |

ESKDALE EUREKA North Yorkshire

BM/12.6km/470m 06.12.15

It was a good running day with temperatures at about 6 degrees C and only 1C. with the chill factor on the tops. The very wet weather on the West did not get this far East and beck crossings were straightforward.

In the race Alison Matthews was soon in the lead ahead of Kay Neesam and Ella Towers.

In the men, there was a group of seven at the front on the first climb. As they crossed the road above Hob Hole, Cameron Taylor made a move to the front, quickly followed by Chris Roberts and Harry Holmes. The other male chasers were now strung out behind. After Baysdale as they looped back towards Hob Hole, Cameron had a 40 second lead over the two chasers Chris and Harry, whilst in the women's event Alison had a similar margin over Kay at this point. Across the final moor and up the final climb things stayed much as they were.

York Knavesmire led by Chris went on to win the men's team from Esk Valley.

Best veteran performances went to Richard Bewell and Kay Neesam.

Dave Parry

| | | |
|-------------------|----------|-------|
| 1. C. Taylor | EskV | 58.22 |
| 2. C. Roberts | YorkK | 58.50 |
| 3. H. Holmes | YorkK | 59.50 |
| 4. R. Bewell O/50 | Wetherby | 66.41 |

| | | |
|-------------------------|--------|-------|
| 5. S. Collins | YorkK | 66.58 |
| 6. J. Blackett O/50 | DkPk | 67.05 |
| 7. B. Senior | LoftW | 67.34 |
| 8. T. Ratcliffe | YorkK | 67.59 |
| 9. R. Grayson O/40 | Picker | 68.12 |
| 10. M. Potts | Unatt | 69.00 |
| (25) C. Richardson O/50 | Easing | 72.40 |

VETERANS O/60

| | | |
|----------------------|--------|-------|
| 1. (24) N. Scruton | Scarb | 72.35 |
| 2. (46) M. Garratt | EskV | 81.10 |
| 3. (57) M. Hetherton | Picker | 86.50 |

VETERANS O/70

| | | |
|---------------------|-------|-------|
| 1. (78) R. Sherwood | NMske | 94.06 |
|---------------------|-------|-------|

LADIES

| | | |
|------------------------|---------|-------|
| 1. (15) A. Matthews | Darling | 69.50 |
| 2. (16) K. Neesam O/40 | NMske | 70.36 |
| 3. (48) E. Towers O/40 | Unatt | 81.25 |
| 4. (50) S. Haslam O/60 | Scarb | 82.20 |
| 5. (61) D. Jobson O/40 | NYM | 88.00 |
| (80) P. Costello O/60 | Redcar | 94.57 |
| (85) S. Slack O/50 | Picker | 97.55 |

100 finishers

**SIMONSIDE CAIRNS
Northumberland
BM/17.7km/540m 13.12.15**

The 20th time for this race proved as competitive as ever with only one minute separating the first five runners, with John Butters crossing the line in first place.

Karen Robertson was the first lady home making it her seventh win in 11 years.

The bad weather route was used due to the icy conditions on the stone paving and steps on Simonside.

A huge round of applause was given at the presentation for Darren Fishwick of Chorley in Lancashire for completing his 520th fell race in the last 5 years.

Paul Appleby

| | | |
|----------------------|---------|---------|
| 1. J. Butters O/40 | NFR | 1.25.02 |
| 2. A. Shaw | Unatt | 1.25.39 |
| 3. B. Grayson | Unatt | 1.25.49 |
| 4. A. Fletcher O/50 | Alnwick | 1.25.55 |
| 5. G. Robson O/40 | NSP | 1.26.02 |
| 6. C. Rowe O/40 | NSP | 1.26.22 |
| 7. S. Gibson | NFR | 1.27.41 |
| 8. J. Warman O/40 | HBT | 1.27.52 |
| 9. R. Garland | NFR | 1.28.34 |
| 10. J. Thompson O/40 | Salt | 1.28.36 |

VETERANS O/50

| | | |
|--------------------|---------|---------|
| 1. (4) A. Fletcher | Alnwick | 1.25.55 |
| 2. (14) D. Steel | NFR | 1.29.36 |
| 3. (18) G. Owens | NFR | 1.30.26 |

VETERANS O/60

| | | |
|---------------------|--------|---------|
| 1. (44) L. Turnbull | Norham | 1.44.37 |
| 2. (50) A. Duncan | NFR | 1.47.51 |
| 3. (66) F. Morgan | Unatt | 1.58.59 |

LADIES

| | | |
|-------------------------------|---------|---------|
| 1. (16) K. Robertson O/40 | NFR | 1.30.10 |
| 2. (31) G. Bradley | Salt | 1.37.12 |
| 3. (34) G. Campbell | SShield | 1.40.01 |
| 4. (41) M. Williams O/40 | NFells | 1.43.44 |
| 5. (51) H. Bolton Carter O/50 | NFR | 1.48.09 |
| (67) M. Drozdowicz O/50 | Elswick | 1.59.21 |

78 finishers

**REALLY WILD BOAR
Cumbria
AS/427m/8.89km 19.12.15**

| | | |
|--------------------|-------|-------|
| 1. M. Nixon | P&B | 41.44 |
| 2. S. Tosh | Ross | 41.47 |
| 3. I. Holmes O/50 | Bing | 41.56 |
| 4. S. Watson | Wharf | 42.25 |
| 5. A. Perry | HelmH | 42.38 |
| 6. J. Baxter | P&B | 42.51 |
| 7. N. Barber | Penn | 44.06 |
| 8. N. Crampton | P&B | 44.17 |
| 9. T. Mason | Wharf | 44.58 |
| 10. J. Davies O/40 | Borr | 45.20 |

VETERANS O/50

| | | |
|---------------------|-------|-------|
| 1. (3) I. Holmes | Bing | 41.56 |
| 2. (9) P. Lambert | Wharf | 51.15 |
| 3. (43) J. Blackett | DkPk | 51.52 |

VETERANS O/60

| | | |
|-------------------|--------|-------|
| 1. (9) J. Winn | Ellenb | 53.15 |
| 2. (71) M. Waugh | Kend | 57.08 |
| 3. (100) L. Anson | Borr | 63.27 |

LADIES

| | | |
|------------------------|--------|-------|
| 1. (23) H. Dent | Howg | 48.10 |
| 2. (32) S. Taylor | HelmH | 49.30 |
| 3. (4) C. Hurton | Eden | 52.31 |
| 4. (50) R. Pilling | P&B | 53.16 |
| 5. (64) N. Walkingshaw | Howg | 55.42 |
| (69) R. Hill O/40 | Settle | 56.50 |
| (72) S. Houghton O/50 | Ripon | 57.14 |
| (76) J. Keavney O/50 | Swale | 58.23 |
| (82) J. Brown O/40 | Clay | 59.28 |
| (98) P. Symonds O/60 | Howg | 63.09 |

125 finishers

**SKIRRID
South Wales
AS/5.6km/450m 20.12.15**

| | | |
|---------------------|-------|-------|
| 1. C. Jones | MDC | 31.59 |
| 2. P. Murrin O/40 | Chep | 32.20 |
| 3. P. Ryder | Brych | 32.23 |
| 4. B. Moon | MDC | 32.42 |
| 5. D. Hooper O/40 | SarnH | 34.45 |
| 6. B. Gibbison | MynDu | 35.00 |
| 7. E. Taylor | Heref | 35.03 |
| 8. J. Woolridge | Unatt | 35.39 |
| 9. R. Williams O/40 | MDC | 35.58 |
| 10. A. Lewis | Neath | 36.09 |

VETERANS O/50

| | | |
|--------------------|----------|-------|
| 1. (13) G. Jones | Pontyp | 36.32 |
| 2. (25) P. Gardner | WFRA | 38.56 |
| 3. (27) R. Self | LesCroup | 40.16 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (33) J. Aggleton | MDC | 40.40 |
| 2. (48) N. Grant | Chep | 42.23 |
| 3. (61) C. Taylor | Mercia | 44.27 |

VETERANS O/70

| | | |
|----------------------|--------|-------|
| 1. (73) L. Griffiths | Strath | 47.54 |
| 2. (95) R. West | MDC | 57.09 |

LADIES

| | | |
|-------------------------|----------|-------|
| 1. (19) Cl. Dallimore | MDC | 37.12 |
| 2. (38) A. Jones | MDC | 41.05 |
| 3. (42) R. Davies O/50 | MynDu | 41.38 |
| 4. (43) L. Baker | MDC | 41.39 |
| 5. (52) L. Jeffrey O/40 | Chep | 43.15 |
| (58) A. Loveluck O/40 | Unatt | 44.10 |
| (87) J. Scholey O/50 | LesCroup | 51.00 |
| (92) Ca. Dallimore O/60 | MDC | 51.49 |

100 finishers

PHOTO © PAUL APPLEBY



Karen Robertson's seventh win in 11 years at Simonside Cairns



At the summit Stoop stone
Diane McDonald & Tracy Strong

THE STOOP
West Yorkshire
BS/8km/250m 20.12.15

The best and funniest sight in fell running must be seeing all the senior and junior runners at the Stoop races donning their Santa hats and enjoying the fun that Haworth Moor and the Junior Quarry Runs have to offer. Certainly finishing with a broadest grins on their faces were winners Rob Hope and Nichola Jackson, who later at the prize giving, wore their turkey hats with pride.

Now eight times winner, 41 year old Rob Hope showed his finishing prowess by nipping past three times winner, Tom Adams, on the final climb of Penistone Hill, after a ding dong battle over the boggy terrain.

"After a good end of season rest following my last race at the Tour of Pendle, I was feeling a little race rusty and to be honest, not really in the mood for suffering. I was a touch late getting into winter mode with limited sessions in the tank. However, once on the start line I was keen to get away and avoid a face full of mud. It was like glory days of old with Pearce and Hope leading out at the start (admittedly there weren't many glory days but, hey, rose tinted glasses and all that). Tom Adams soon took charge and I was quickly having a predictable lactic overload. I thought if I could hang on until the rough boggy moors I'd have a chance given the overwhelming power I possess over Tom's Bambi like frame. By the summit we were neck and neck and well clear of the

rest. Now it was Deja vu from a few years ago and a battle of wits. The lead changed hands numerous times and by the stream crossing, Tom surged ahead. I hung on again as the pace quickened, hoping to stay in touch as the newborn fawn leapt over tussock and bog with graceful ease. Along the fast track, side by side then Tom hurdled the cattle grid (ok no more deer references) like a gazelle while I totally bottled it and tiptoed one bar at a time. Tom had a narrow lead by the toilet block when I made matters worse by taking a head long dive on a flag stone. Now thinking I might have blown it, adrenaline kicked in and I was off in pursuit. Last chance on the climb to the finish I kicked past (I'm probably Ovett, he's Coe - Moscow Olympics 800m final). I hung on for the finish. Too much effort, tasting blood. A great race and really pleased to be racing so well at this stage of the year. Thanks Dave and Eileen and all the helpers for the usual highly entertaining day. As I write I think I'm having a serious sugar rush through polishing off the Cadbury Heroes," said Rob.

2015 English champion, Simon Bailey, finished two minutes behind being chased all the way by international orienteer, Jack Wood, before new V50 Ian Holmes, an eleven times winner, showed he's nowhere near past it by finishing fifth, in a new V50 record.

U18 Jimmy Lund showed he can mix it with the best finishing ninth overall, Mike Egner won the V60s and William Mitton the V70s.

Rob Hope also led his P&B team mates

to the team prize with Graham Pearce sixth and Gary Devine 17th.

British & English FU23 champion, Nichola Jackson, was pleased as punch to have won her first Woodentops race. Claire Green finished second while in third, FU18 Jemima Elgood, smashed Mountain Running superstar Emma Clayton's 2004 record by 2.32, an awesome achievement leaving Scout Adkin and Jo Buckley in her wake. Jemima's day got better by leading Ilkley Harriers to the team prize with Kate Archer ninth and second FU18 Lucy Haines 12th. Shona Stone won the FV40s, Jane Mellor the FV50s and Margaret Jagan the FV60s.

The fancy dress was fantastic with 37 keen juniors wearing a multitude of Christmas themed costumes along with their Santa hats. The Quarry start was a little boggy which made for crowd cheering slides. Congratulations to U8 Zak Dimitrijevic, U10 James Duffy, U12 Alex Thompson, U14 Joe Hudson, U16 Dan Soles, GU8 Maisey Bellwood, GU10 Tui Brooks, GU12 Poppy Anderson, GU14 Briony Holt and GU16 Eliza Findlay.

As it is tradition, both senior and junior prize giving's ended with the customary chocolate throw out which always rounds off an excellent day of racing before the Christmas festivities begin.

The Woodentops

| | | | |
|-------------------|-----|--------|-------|
| 1. R. Hope O/40 | ... | P&B | 31.08 |
| 2. T. Adams | ... | Ilk | 31.12 |
| 3. S. Bailey | ... | Mercia | 33.12 |
| 4. J. Wood | ... | Ilk | 33.31 |
| 5. I. Holmes O/50 | ... | Bing | 33.54 |
| 6. G. Pearce | ... | P&B | 34.04 |

| | | |
|--------------------------|---------|-------|
| 7. H. Holmes | Knavesm | 34.04 |
| 8. S. Watson | Wharf | 34.35 |
| 9. J. Lund U/18 | Kghly | 34.42 |
| 10. N. Charlesworth O/40 | Wharf | 34.50 |

VETERANS O/50

| | | |
|---------------------|--------|-------|
| 1. (5) I. Holmes | Bing | 33.54 |
| 2. (16) S. Gregory | HolmeP | 36.12 |
| 3. (46) M. Williams | Ilk | 38.32 |

VETERANS O/60

| | | |
|-----------------------|----------|-------|
| 1. (52) M. Egner | Settle | 38.52 |
| 2. (130) M. Pickering | Ilk | 43.51 |
| 3. (149) M. Chambers | Saltaire | 46.01 |

VETERANS O/70

| | | |
|--------------------|--------|-------|
| 1. (385) W. Mitton | AchRat | 60.03 |
| 2. (395) M. Coles | VStr | 61.23 |
| 3. (435) B. Horne | Unatt | 70.03 |

LADIES

| | | |
|---------------------------|--------|-------|
| 1. (45) N. Jackson | Prest | 38.28 |
| 2. (56) C. Green | P&B | 39.10 |
| 3. (64) J. Elgood U/18 | Ilk | 39.42 |
| 4. (81) S. Adkin | YorkK | 40.45 |
| 5. (90) J. Buckley | CaldV | 41.33 |
| (158) S. Stone O/40 | Bing | 46.32 |
| (160) K. Bretherton O/40 | Trawd | 46.38 |
| (195) J. Mellor O/50 | Penn | 48.05 |
| (238) J. Butterworth O/50 | Skipt | 50.41 |
| (258) M. Jagan O/60 | Craven | 51.23 |
| (309) K. Thompson O/60 | Clay | 54.40 |

454 finishers

Curly Wurly Under 8 - 0.5m/100ft

Boys

| | | |
|--------------------|-------|------|
| 1. Z. Dimitrijevic | Kghly | 2.46 |
| 2. J. Archer | Ilk | 3.01 |
| 3. A. Brogden | Otley | 3.02 |

Girls

| | | |
|----------------|-------|------|
| 1. M. Bellwood | Kghly | 3.07 |
| 2. M. Timbers | Kghly | 3.22 |
| 3. L. Reilly | Ilk | 3.35 |

Under 10, U12 & U14 - 1m/150ft

Boys U/10

| | | |
|----------------|-------|------|
| 1. J. Duffy | CaldV | 7.36 |
| 2. S. Conroy | Kghly | 7.37 |
| 3. D. Thompson | Clay | 7.50 |

Girls U/10

| | | |
|--------------|-------|------|
| 1. T. Brooks | Wharf | 8.31 |
| 2. E. Price | Wharf | 9.01 |
| 3. H. Bishop | Wharf | 9.34 |

Boys U/12

| | | |
|----------------|-------|------|
| 1. A. Thompson | Wharf | 6.35 |
| 2. L. Barritt | Trawd | 7.26 |
| 3. J. Lee | Kghly | 7.27 |

Girls U/12

| | | |
|----------------|-------|------|
| 1. P. Anderson | Ilk | 7.30 |
| 2. R. Firth | Bing | 7.42 |
| 3. A. Jones | Wharf | 7.43 |

Boys U/14

| | | |
|----------------|-------|------|
| 1. J. Hudson | Kghly | 6.15 |
| 2. R. Mantle | Bing | 6.53 |
| 3. W. Thompson | Wharf | 7.11 |

Girls U/14

| | | |
|-------------|-------|------|
| 1. B. Holt | Clay | 7.13 |
| 2. E. Jones | Wharf | 7.45 |
| 3. E. Field | Unatt | 8.25 |

UNDER 16 RACE - 2m/300ft

Boys

| | | |
|-------------|------|-------|
| 1. D. Soles | Penn | 12.52 |
|-------------|------|-------|

Girls

| | | |
|---------------|-------|-------|
| 1. E. Findlay | Bing | 14.56 |
| 2. A. White | Bing | 16.54 |
| 3. A. Willis | Kghly | 20.39 |

UP THE NAB FESTIVE Derbyshire AS/6.4km/365m 27.12.15

| | | |
|---------------------|--------|-------|
| 1. S. Bailey | Mercia | 24.50 |
| 2. S. Hebblethwaite | Kesw | 25.24 |
| 3. A. Perry | HelmH | 27.20 |
| 4. N. Wood O/40 | HelmH | 27.39 |
| 5. H. Davies | Mercia | 28.11 |
| 6. A. Thorton | Macc | 28.14 |
| 7. C. Leigh O/40 | Unatt | 28.20 |
| 8. R. James | Roytin | 28.21 |
| 9. D. Soles O/50 | Penn | 28.34 |
| 10. R. Guillaume | DkPk | 28.37 |

VETERANS O/50

| | | |
|------------------|---------|-------|
| 1. (14) S. Pyke | DkPk | 29.26 |
| 2. (25) D. Soles | Penn | 31.06 |
| 3. (30) P. Jeggo | Springf | 31.37 |

VETERANS O/60

| | | |
|--------------------|--------|-------|
| 1. (41) K. Holmes | DkPk | 33.38 |
| 2. (53) A. Bocking | Chesh | 35.57 |
| 3. (57) G. Davies | Mercia | 36.15 |

VETERANS O/70

| | | |
|-------------------|----------|-------|
| 1. (66) J. Norman | Altrinch | 38.58 |
| 2. (79) R. Brown | Pstone | 46.43 |

LADIES

| | | |
|----------------------|----------|-------|
| 1. (17) N. Jackson | Prest | 29.44 |
| 2. (24) C. Rice | Gloss | 30.20 |
| 3. (27) E. Gould | Mercia | 31.18 |
| 4. (37) K. Johnson | Gloss | 33.21 |
| 5. (38) E. Crownshaw | DkPk | 33.22 |
| (39) J. Jepson O/40 | DkPk | 33.36 |
| (48) A. Jones O/60 | Altrinch | 35.15 |
| (61) J. Mellor O/50 | Penn | 37.56 |
| (64) P. Goodall O/60 | Totley | 38.08 |

83 finishers

AULD LANG SYNE West Yorkshire BS9.6km/300m 31.12.16

When you hear the bagpipes playing on Penistone Hill it can only mean one thing. It's the last race of the year and your last chance to end the season on a high or put a bad season behind you - either way it'll be time to celebrate afterwards no matter what the outcome.

Chris Farrell certainly celebrated by winning the race by 16 seconds from Tom Adams who rules the roost over the Haworth Moor races of the Bunny Runs, Stanbury Splash, Withins and Stoop events and has yet to win the ALS.

"I had no idea of the route, but knew it was more a tough trails race than an out and out fell race which suited me down to the ground. I sat in behind Tom and at Top Withins ruin, I just managed to hang on to him as he made his move. On the way back my confidence was growing and at the return beck crossing, Tom was just ahead and I was expecting him to pull away since he is a great climber. So I was surprised when I passed him and opened a gap. Once on the track, I was sure of my speed. That last climb was really tough on the legs though, the boggy ground took its toll. My Christmas target was the Ribble Valley 10k where I hoped to improve on my 30.35 time but with the floods cancelling the race, the ALS could be run on fresher legs. Top of my wish list for 2016 is to gain a Great Britain vest after just missing out in 2015. I was eighth at the British trial" said the 30 year old winner.

Chris has competed on Haworth Moor once before in 2013 at the Withins Skyline race finishing behind Tom Adams and Simon Bailey that day where Tom broke Alistair Brownlee's record. The Brownlee brothers no show was down to that thing called 'common sense' as Alistair put it and with pre-selection for the Rio Olympics already achieved, who could blame them for a no risk strategy.

Irish international, Killian Mooney, finished third before birthday boy Chris Holdsworth who had a storming run to beat 2013 ALS champion, Tom Addison.

Horwich RMI Harriers dominated the team with Michael Cayton in ninth backing up Chris and Killian.

2014 Yorkshire Fell champion, Tyler Hutchinson, a name for the future, won the U18 category finishing 21st, a very good



The Wuthering Heights
Kate Bush Girls

PHOTO © WWW.WOODENTOPS.ORG.UK

come back race after recent illness. Chris Leigh in 13th won the V40s, John Mason the V50s, Mike Egner the V60s and Paul Walsh the V70s.

2011 ALS champion, Katie Walshaw, won the race by leading from start to finish with World Masters FV40 champion, Helen Berry, second and along with Lucy Byram tenth, Holmfirth Harriers won the team prizes.

Considering the conditions, Helen Berry breaking Aly Raw's FV40 record by 1.18 was outstanding and to quote Helen "I'm not an old bird in my mind, I'm only 27 and want to compete with the younger runners and always for podium positions". Helen hasn't done much running since the Masters XC International in Dublin in November, mainly it's been training on the bike doing spinning sessions. Helen did compete in the Tinker Cup six days previous finishing three minutes behind Katie. "Having only run the shortened course last year, this was my first proper ALS. I was aiming for a top three finish. That start was manic and I felt as though I was going backwards in the mud whilst everyone else was going forwards. Once I did get running I thoroughly enjoyed it especially since it wasn't as boggy on the moor as I'd expected, which was a bonus. I got passed Nichola Jackson about two miles into the race for second but then was overtaken by a junior who I now know was Lauren. She gave me a good race, but I was determined not to let a junior beat me. We stayed together round Top Withins, the trig point and the descent off there. I could see Katie ahead and felt we were gaining on her. On the long descent down to the beck I opened a gap on Lauren. The effort I made on the track home to put some distance between Lauren and me and probably helped me secure the new FV40 record though! I then had a battle with my club mate, Dan Shaw, who did get the better of me just before the finish! I was pleased that we won the ladies' team too, a first for Holmfirth at ALS!" said last year's champion Helen.

Only 28 seconds behind Helen and chasing hard all the way was 16 year old Lauren McNeil who left British and English FU23 champion Nichola Jackson in her wake. What a fantastic talent for the future! Lauren first appeared on the fells in 2014 and finished first at the Inter County Fell Championships but was denied the Gold medal because she didn't enter under her county. This year she finished fifth in the British Mountain Running championships and World Trials race and won an individual Bronze medal behind two Scottish girls, and a team Silver medal when competing for England in the British and Irish Junior Home International in North Wales. Jane Mellor won the FV50s and Wendy Dodds the FV60s.

The fancy dress for this race is unbelievable. What themes and ideas people come up with is verging on outrageous and the ridiculous, but much appreciated by everybody! Spectators,

runners, photographers etc keep up the good work - prizes will always be in abundance for your efforts, with over 35 prizes awarded this year.

We hope you all enjoyed your Daleside Old Leg Over beer, whether it had an Alistair Brownlee or Helen Berry picture on the bottle we're sure it helped you celebrate the New Year. Next year will see Chris Farrell and Katie Walshaw adorn the bottle with these two athletes also receiving a 12 bottle case each for their triumphs this year. Remember a race is only as good as its helpers, so a big thank you to all our volunteers for making the day run so well. Remember folks, if you're injured or not running, all race organisers would welcome any help.

Lastly, a big up for Daleside Brewery for their help and assistance with the race.

The Woodentops

| | | |
|-------------------------|--------|-------|
| 1. C. Farrell | Horw | 41.19 |
| 2. T. Adams | Ilk | 41.35 |
| 3. K. Mooney | Horw | 42.55 |
| 4. C. Holdsworth | Clay | 43.26 |
| 5. T. Addison | HelmH | 43.40 |
| 6. W. Neill | Mercia | 44.04 |
| 7. J. Baxter | P&B | 44.22 |
| 8. S. Deakin | Leeds | 44.32 |
| 9. M. Cayton | Horw | 44.40 |
| 10. A. Dalton | Ross | 44.45 |

VETERANS O/40

| | | |
|-----------------------------|---------|-------|
| 1. (13) C. Leigh | Traff | 46.01 |
| 2. (14) M. Dawson | N Derby | 46.13 |
| 3. (15) N. Charlesworth ... | Wharf | 46.27 |

VETERANS O/50

| | | |
|-----------------------------|-------|-------|
| 1. (29) J. Mason | Dewsb | 49.09 |
| 2. (49) C. Balderson | Bowl | 51.23 |
| 3. (53) I. Greenwood | Trawd | 51.50 |

VETERANS O/60

| | | |
|------------------------------|--------|-------|
| 1. (44) M. Egner | Settle | 51.04 |
| 2. (112) M. Pickering | Ilk | 57.03 |
| 3. (132) K. Holmes | DkPk | 58.02 |

VETERANS O/70

| | | |
|---------------------------|--------|-------|
| 1. (341) P. Walsh | Bowl | 74.27 |
| 2. (367) W. Mitton | AchRat | 78.41 |
| 3. (397) M. Coles | VStr | 89.38 |

UNDER 18

| | | |
|------------------------------|-------|-------|
| 1. (21) T. Hutchinson | York | 47.34 |
| 2. (75) J. Denton | CaldV | 54.19 |
| 3. (177) B. Wain | Wkfld | 61.06 |

LADIES

| | | |
|-------------------------------|--------|-------|
| 1. (27) K. Walshaw | Holmf | 49.04 |
| 2. (34) H. Berry O/40 | Holmf | 50.00 |
| 3. (37) L. McNeil U/18 | Unatt | 50.28 |
| 4. (50) N. Jackson | Prest | 51.31 |
| 5. (52) C. Rice | Gloss | 51.43 |
| (72) J. Elgood U/18 | Ilk | 53.52 |
| (151) R. Hill O/40 | Settle | 59.06 |
| (198) J. Mellor O/50 | Penn | 62.54 |
| (211) S. Clapham O/50 | Gloss | 63.48 |
| (260) W. Dodds O/60 | Clay | 67.30 |
| (325) A. Baldwin O/60 | Stain | 72.14 |

413 finishers

BOWSTONES Cheshire

BM/11km/325m 31.12.15

Bramhall Runners End the year in Style!
Organisers were delighted to attract a 400



PHOTO © STEVE FAIRCLOUGH

A fine end to the year at Bowstones.

sell-out (pre-entry) for the third running of the New Year's Eve Bowstones Fell Race. The event is run over a stunning route and views and saw local runner James Scott-Buccluch win with a time of 42:22 and Donna Cartwright with 53:18.

Event organisers, Bramhall Runners, a fast-growing South Manchester/Cheshire club founded in 2012, were pleased to attract a large field of both experienced and novice fell runners for their festive event; the popularity demonstrated by a pre-entry sell-out weeks ahead.

The large turnout was treated to sunshine as they departed the Boar's Head pub in Higher Poynton heading for the stunning scenic climbs of Bowstones and Lyme Park Cage. In what had in earlier years been a nod to Yorkshire's iconic Auld Land Syne New Year's Eve fell race, it has already become the custom for participants to toe the start line of Bowstones dressed as chickens and Santas alike and were treated to Rudolph, polar bear and gorilla dressed marshals en route. The award for the best Fancy dress outfit went to a strapping, muscle bound St Trinian's school girl.

Bramhall Runners were delighted this year to be able to donate all profits from the race back to Lyme Park to help toward park and pathway restoration and to thank the park and its rangers for their generous agreement to permit the race to go ahead.

Steve Fairclough, race director and Bramhall Runners coach, said: "We were over the moon to sell out in advance of this year's event. It made things a little less fraught after the 300 entries on the day last year. Big thanks to all who helped out and who made the day happen. Finishers were treated to a special one off limited edition customized label bottle of Robinson's beer. A hilly run and beer, a perfect end to the year. Think we will use that last sentence as a tag line for the next race"

Steve Fairclough

| | | |
|-----------------------------|--------|-------|
| 1. J. Scott-Buccluch | Stockp | 42.22 |
| 2. H. Oldham | EChesh | 42.36 |

| | | |
|-------------------|---------|-------|
| 3. P. Marsden | BoltU | 43.21 |
| 4. C. Donnelly | Sale | 43.31 |
| 5. M. Palmer O/50 | MynDu | 44.33 |
| 6. B. Hobson | Chorlt | 44.44 |
| 7. J. Brown O/40 | Buckley | 44.55 |
| 8. J. Roberts | Macc | 45.03 |
| 9. A. Thornton | Macc | 45.06 |
| 10. C. Hill | Cosmic | 45.17 |

VETERANS O/50

| | | |
|---------------------|-------|-------|
| 1. (5) M. Palmer | MynDu | 44.33 |
| 2. (40) I. Warhurst | Penn | 51.21 |
| 3. (41) J. Brown | Macc | 51.22 |

VETERANS O/60

| | | |
|------------------------|--------|-------|
| 1. (39) S. Shaughnessy | Stockp | 51.02 |
| 2. (64) R. Taylor | Penn | 53.29 |
| 3. (75) A. Booking | Chesh | 54.20 |

VETERANS O/70

| | | |
|----------------------|-------|-------|
| 1. (208) I. Ashcroft | Wilms | 66.26 |
| 2. (223) G. Breeze | Wharf | 68.03 |
| 3. (306) T. Faulkner | Wilms | 79.23 |

LADIES

| | | |
|-----------------------|----------|-------|
| 1. (61) D. Cartwright | Bury | 53.18 |
| 2. (62) K. Beecher | MynDu | 53.20 |
| 3. (66) L. Blann | Altrinch | 53.43 |
| 4. (76) L. Grantham | Pensby | 54.22 |
| 5. (89) H. Evans | Buckley | 55.28 |
| (133) J. Bedhall O/40 | Buxt | 59.44 |
| (144) A. Oldham O/50 | EChesh | 60.09 |

343 finishers

CAPTAIN COOK'S RACES

North Yorkshire

BS/8km/318m 01.01.16

| | | |
|-------------------|---------|-------|
| 1. H. Holmes | Knavesm | 32.39 |
| 2. P. Lowe O/40 | NYM | 33.19 |
| 3. C. Roberts | YorkK | 33.23 |
| 4. L. Biddell | Mercia | 33.41 |
| 5. S. Garratt | NMske | 34.00 |
| 6. J. Cavill | Picker | 34.09 |
| 7. P. Butler O/40 | LoftW | 34.23 |
| 8. M. Jeffries | RichZet | 34.30 |
| 9. A. Berry | DFR | 34.35 |
| 10. J. Oldfield | Sedgef | 34.39 |

VETERANS O/50

| | | |
|------------------------|----------|-------|
| 1. (16) D. Parker | StTheres | 35.35 |
| 2. (21) B. Atkinson | Knavesm | 36.42 |
| 3. (29) S. Tomaszewski | ThSow | 37.28 |

VETERANS O/60

| | | |
|--------------------|---------|-------|
| 1. (50) D. Hendley | Knavesm | 39.04 |
| 2. (59) K. Edwards | Hpool | 39.40 |
| 3. (91) R. Burn | ThSow | 41.18 |

VETERANS O/70

| | | |
|-------------------|-------|-------|
| 1. (243) B. Allen | NMske | 54.12 |
| 2. (247) P. Miles | NMske | 55.05 |
| 3. (283) J. Ball | Ripon | 65.41 |

LADIES

| | | |
|------------------------|---------|-------|
| 1. (14) C. Lambert | Wether | 35.22 |
| 2. (25) S. Adkin | YorkK | 37.00 |
| 3. (30) C. Williamson | LoftW | 37.42 |
| 4. (56) S. Bulman O/40 | NMske | 39.29 |
| 5. (64) N. Vogan | Knavesm | 39.56 |
| (67) M. Stead O/40 | Morpeth | 40.23 |
| (90) S. Houghton O/50 | Ripon | 41.18 |
| (155) C. Pollard O/50 | Wharf | 45.48 |
| (282) C. Burn O/60 | ThSow | 65.12 |

289 finishers

NINE STANDARDS

Cumbria

BM/12.9km/549m 01.01.16

Former British and English fell running champion, Victoria Wilkinson, smashed the ladies' record at the annual Nine Standards fell race on New Year's Day.

An incredible run over the 12.9km course saw the Bingley Harrier finish third overall in a time of 58.48. This made her the highest ever placed lady in the race. The previous record, set jointly by Keswick AC's Pippa Madams and Lauren Jeska, of Eryri Harriers, in 2012, was 1.00.55.

Wilkinson's efforts earned her £50, provided by race organisers Howgill Harriers, who offer the cash prize for anyone setting a new record time.

Overall race winner was Carl Bell, who dominated throughout, in a time of 54.49. Bell is the men's record holder, having set a time of 51.55 in 2013. Second was Jim Mann in 58.08. Fourth behind Wilkinson and first under-23 runner home, was Oscar Meanwell in 59.33, followed by club mate, Bill Stewart, who was first V40 in 59.37.

Second woman home and 17th overall was Heidi Dent with Jenn Mattinson third and 30th overall.

Team honours went to Borrowdale Fell Runners (men) and Helm Hill (ladies).

A total of 120 runners took part, with only one retiring. The race, which includes 549 metres of ascent, begins and ends in Kirkby Stephen, and takes runners through Hartley to the Nine Standards, which are the highest points on the skyline seen from Kirkby Stephen. Race organizer, Paul Brittleton, said weather conditions were good but with a pretty hard frost. He thanked Steve and Pauline Moffat and Terry Roache for their help, sponsors Geoff Hodgson Sawmill, Kirkby Stephen, and Kirkby Stephen mountain rescue team members, who were on hand.

Paul Brittleton

| | | |
|---------------------|---------|-------|
| 1. C. Bell | Kesw | 54.49 |
| 2. J. Mann | DFR | 58.08 |
| 3. V. Wilkinson | Bing | 58.48 |
| 4. O. Meanwell U/23 | Borr | 59.33 |
| 5. B. Stewart O/40 | Borr | 59.37 |
| 6. S. Watson | Wharf | 59.40 |
| 7. S. Fisher | Howg | 59.51 |
| 8. A. Berry | Barlick | 60.59 |
| 9. A. Meanwell O/40 | Borr | 61.29 |
| 10. J. Melia O/40 | Ross | 61.52 |

VETERANS O/50

| | | |
|----------------------|-------|-------|
| 1. (24) D. Banks | Kend | 68.03 |
| 2. (34) R. Turner | Ross | 69.39 |
| 3. (35) N. Weightman | ErewV | 70.03 |

VETERANS O/60

| | | |
|---------------------|------|-------|
| 1. (59) J. Sharples | Clay | 76.24 |
| 2. (84) M. Garratt | EskV | 82.31 |
| 3. (95) A. Jackson | Howg | 84.53 |

LADIES

| | | |
|-------------------------|--------|-------|
| 1. (3) V. Wilkinson | Bing | 58.48 |
| 2. (17) H. Dent | Howg | 63.54 |
| 3. (30) J. Mattinson | Kesw | 69.24 |
| 4. (43) J. Goorney O/40 | Lytham | 73.41 |

| | | |
|----------------------|-------|-------|
| 5. (47) K. Seddon | Chest | 74.35 |
| (52) M. Foxwell O/40 | Amble | 75.04 |
| (58) J. Keavney O/50 | Swale | 76.05 |
| (69) K. Aubrey O/50 | HelmH | 78.11 |
| (75) W. Dodds O/60 | Clay | 81.03 |
| (86) P. Symonds O/60 | Howg | 82.47 |

119 finishers

TRIGGER

West Yorkshire

BL/32km/1650m 10.01.16

I'll keep it short as there is a brilliant report below - Thanks to Fieldhead campsite, Marsden Cricket Club, the Spine for use of Edale Village hall, then Bradfield Brewery, the Trunce and MyRaceKit for prizes, all the Landowners for permissions. And of course Woodhead Mountain Rescue who man all the CPs and various other points on route and provide all the food. It was another great race; thanks to all the runners who added donations to their entry fees, bought cakes, beer and buffs on the day. We did indeed raise over £5000 for WMRT.

Nicky Spinks

Trigger Report by Nic Barber

Advertised as 20 miles but currently closer to 24, Trigger started at 08:30 on Sunday 10 January from Marsden Cricket Club in cool but clear conditions. Slushy snow was present at Wessenden and on Black Hill, but from Crowden onwards it was a 'race-to-the-sun' of Edale - albeit in to an at times severe headwind. With pre-race favourites Simon Harding and Jasmin Paris not on the start line (the latter due to a recent bike misadventure), there would be close battles for new names on the Benchmark trophies. Jasmin later kindly lent a shoe to a competitor who suffered 'disintegrating Xtalon' disorder at Crowden!

In the men's race a steady start saw Mark Ollerenshaw and Nic Barber set the early pace, with the former opening up a 150 metre gap by Black Hill trig. Following were Ben Harris and Konrad Rawlick, with a pack including S Pyke, Jon Morgan, Dave Lund, Dave Taylor, Jon Ashcroft, Ian Mills, Lee Langdon and Steve Knowles.

The head of the race closed up on the boggy exit from Black Hill, a slightly better line into Crowden Clough seeing Nic hold a slender lead over Mark and Konrad at Crowden. A woodland 'nature break' saw Mark start the ascent of Lawrence Edge with a small lead, Nic and Konrad taking a more eastern line on to Bleaklow, seeing them pop on to the Pennine way just before Bleaklow Head with Mark. Micro-route choices couldn't split the trio and they reached Shelf Stones together, then Snake Summit in close order. Behind, the S Pyke train pulled into the station with about 8 carriages attached.

On the slabs towards Mill Hill, the south-westerly headwind made its presence known. Konrad pushed the pace as Nic fiddled with food 30 metres behind, Mark a similar distance behind again. Despite the

Nic Barber wins the Trigger, note his innovative hydration pack



first win on her own race. Nicola Parkin was third, 40 minutes behind the leader. With the top three finishers, Dark Peak won the team prize. Nicky was also first LV40. There are no LV50s on the results.

The race was run as a fund-raiser for Woodhead MRT who marshalled the race, with more than £5,000 raised from entry fees, donations and the post-race cake and Rescue Ale sale"

Nic Barber

| | | |
|----------------------------|---------|---------|
| 1. N. Barber | Penn | 3.40.16 |
| 2. K. Rawlick | Carneth | 3.41.03 |
| 3. M. Ollerenshaw | Gloss | 3.44.28 |
| 4. S. Pyke O/50 | DkPk | 3.49.30 |
| 5. D. Lund | DkPk | 3.49.48 |
| 6. D. Taylor O/50 | DkPk | 3.55.10 |
| 7. L. Langdon O/40 | Penn | 3.55.50 |
| 8. J. Ashcroft O/40 | Carneth | 3.56.34 |
| 9. S. Knowles O/40 | Penn | 3.58.33 |
| 10. C. Webb | Sadd | 4.06.00 |
| (23) E. Gamble O/50 | Chesh | 4.17.36 |

VETERANS O/60

| | | |
|-----------------------------|-------|---------|
| 1. (75) K. Holmes | DkPk | 5.05.48 |
| 2. (104) A. Watts | Chesh | 5.23.15 |
| 3. (154) M. Cochrane | DkPk | 5.58.42 |

VETERANS O/70

| | | |
|-----------------------------|------|---------|
| 1. (148) Y. Tridimas | Bowl | 5.55.45 |
|-----------------------------|------|---------|

LADIES

| | | |
|----------------------------|-------|---------|
| 1. (24) N. Spinks O/40 ... | DkPk | 4.17.51 |
| 2. (34) S. Fawcett | DkPk | 4.32.30 |
| 3. (64) N. Parkin O/40 ... | DkPk | 4.58.20 |
| 4. (70) M. Foxwell | Amble | 5.03.33 |
| 5. (86) H. Buchan | CaldV | 5.13.43 |

192 finishers

**CANNOCK CHASE TRIG POINTS
Staffordshire**

CL/27km/500m 10.01.16

| | | |
|--------------------------|--------|--------|
| 1. T. Werrett | Mercia | 107.30 |
| 2. P. Vale | Mercia | 110.42 |
| 3. M. Connelly-Smith ... | StaffT | 115.06 |
| 4. D. Birtwistle | Telf | 116.12 |
| 5. M. Betts | Shrews | 116.34 |
| 6. H. Davies | Mercia | 116.38 |
| 7. S. Fenney | Stone | 116.51 |
| 8. S. Adney | Mercia | 117.10 |
| 9. A. Davies | Mercia | 117.37 |
| 10. T. Scheven | Lichf | 117.46 |

LADIES

| | | |
|----------------------------|--------|--------|
| 1. (21) J. Connelly | StaffT | 128.17 |
| 2. (35) H. Corrin | Wrekin | 137.03 |
| 3. (42) S. Willholt | Mercia | 140.14 |
| 4. (46) A. Pearce | Staffs | 141.04 |
| 5. (48) H. Stokes | Mercia | 142.19 |

161 finishers

**TOR Y FOEL
Conwy, Wales**

AS/7.4km/350m 10.01.16

There were very wet conditions (unsurprisingly!) for this year's running of the Tor y Foel race.

An on-form Matt Stott very narrowly beat Pete Ryder to the line with his MDC club mate Ben Moon, in third.

In the ladies' race, Clare Dallimore continued her dominance of this year's

attack, the group closed again just before cutting beneath Mill Hill towards Kinder. On the ascent of Ashop Edge, Nic applied some pressure which saw Mark drop off slightly. On the edge path despite being the local runner, Nic missed all the cuts which kept Konrad in touch. At Kinder Downfall the two were shoulder-to-shoulder but Nic eked out a 100 metre gap as Konrad stopped to take a drink. However, another missed line saw Konrad close to a couple of seconds at the final checkpoint at Kinder Low Trig.

From here all the leading runners descended to the bottom of Jacob's Ladder and headed to the finish along the road - it's not pure fell-running but it's in-bounds and the quickest route for those who can press on the accelerator after 3+ hours of mixed terrain. Nic stretched his lead over Konrad on the initial steep, grassy descent, finishing at Fielded Campsite 47 seconds ahead of Konrad in second, Mark completing the course four minutes after the leader. Having led the train to Snake, carriages kept uncoupling leaving S Pyke to take

fourth and first V50, nine minutes behind the leader, quickly followed by first class carriage Dave Lund. Dave Taylor (V50), Lee Langdon (V40), Jon Ashcroft (V40) and Steve Knowles (V40) all finished under four hours, with Chris Webb rounding out the top ten.

Dark Peak took the team prize, with Keith Holmes the V60 prize in just over five hours, Yiannis Tridimas the V70 winner in just under six hours.

In the ladies' race, Sally Fawcett took the pace on at Wessenden, leading at Black Hill before being caught by Nicky Spinks at Crowden. The Dark Peak pair climbing Lawrence Edge together before Nicky made a break on the line to Wild Boar Clough. Use of map and compass - even in perfectly clear conditions - ensured minimal time loss between Bleaklow Head and Shelf Moor Trig. Pictures at Snake Summit suggest Nicky had pulled out a decent advantage over Sally here which was stretched over Kinder, despite the fast running Nicky doesn't favour, to 14 minutes by the finish, the race won in just under 4:18.00 for Nicky's

South Wales Winter Hill series with another strong run, with second placed Helen Brown and third lady Katie Roby, coming in within a second of each other.

Parking at the race had been spread between the reservoir and the waterworks which made life a lot easier for the runners!

Thanks to Les Williams for organising the race and the summit checkpoint legends that are Kay and Martin Lucas.

Edward Dickson

| | | | |
|----------------------|-----|----------|-------|
| 1. M. Stott | ... | MDC | 35.15 |
| 2. P. Ryder | ... | Brych | 35.16 |
| 3. B. Moon | ... | MDC | 36.00 |
| 4. A. Tuckey | ... | Bridgend | 36.01 |
| 5. C. Jones | ... | MDC | 36.03 |
| 6. A. Fagereng | ... | MDC | 37.26 |
| 7. D. Hooper O/40 | ... | SarnH | 37.53 |
| 8. A. Wilton | ... | SanDom | 39.00 |
| 9. A. Care | ... | SanDom | 39.12 |
| 10. D. Sandford O/40 | ... | FODean | 39.18 |

VETERANS O/50

| | | | |
|-------------------|-----|-------|-------|
| 1. (25) I. Travis | ... | Unatt | 43.53 |
| 2. (29) A. Creber | ... | Cheps | 45.02 |
| 3. (30) S. Blease | ... | Brych | 45.07 |

VETERANS O/60

| | | | |
|---------------------|-----|--------|-------|
| 1. (22) J. Aggleton | ... | MDC | 42.34 |
| 2. (36) C. Taylor | ... | Mercia | 45.41 |
| 3. (49) G. Gunner | ... | CroftA | 50.23 |

VETERANS O/70

| | | | |
|----------------------|-----|--------|-------|
| 1. (55) L. Griffiths | ... | Strath | 51.27 |
|----------------------|-----|--------|-------|

LADIES

| | | | |
|-----------------------|-----|-------|-------|
| 1. (13) C. Dallimore | ... | MDC | 40.03 |
| 2. (18) H. Brown O/40 | ... | MynDu | 41.37 |
| 3. (19) K. Roby | ... | MDC | 41.39 |

| | | | |
|--------------------------|-------|--------|-------|
| 4. (35) A. Loveluck O/40 | Unatt | 45.18 | |
| 5. (41) B. Tucker O/40 | ... | Brecon | 47.11 |
| (43) R. Davies O/50 | ... | MynDu | 48.10 |
| (62) C. Dallimore O/60 | ... | MDC | 53.48 |
| (64) S. Francis O/50 | ... | FODean | 56.58 |

73 finishers

SOREEN STANBURY SPLASH

West Yorkshire

BM/12km/400m 17.01.16

It was just like Groundhog Day at the Soreen Stanbury Splash race. A year ago the snowy weather gave the organiser lots of fun in deciding what to do, in the end it was decided to use the Stoop route because of the wintery conditions. More fun was had in trying to get on to Penistone Hill at 8 00 a.m, the roads to the hill were snow covered. Hence, a statement was issued on the media platforms that the hill car park was only accessible by 4x4 vehicles. The shock was that 100s yet again parked in Haworth and then walked over Penistone Hill to the cricket ground trudging through the snow.

32 year old Tom Adams fresh from winning the prestigious individual Silver medal at the Yorkshire XC championships won the race for the fourth time only losing the lead when he stumbled through the ice in the first mile to allow Jack Wood five seconds of glory. Tom cruised across the finish line in 31.14, a brilliant time considering the conditions and that at the Stoop race before Christmas he was only

two seconds faster, although he was beaten by Rob Hope. Tom is now only the third athlete to complete a true hat trick of wins, the others being Colin Donnelly and of course the legendary Ian Holmes; who has achieved it five times, all in succession.

Orienteer Jack Wood finished second running nearly a minute faster than at the Stoop race where he finished fourth, third came Joe Baxter chased by Lewis Byram. Nick Charlesworth finished seventh to win the V40s, Mark Law the V50s, Jim Wheldon the V60s and Malcolm Coles the V70s.

Because the race was shortened, U18s could compete and Robert Thompson finished 14th to win that prize.

First local man to finish was V50 Simon Farrar who finished 51st just ahead of Gary Chapman who had just competed in the Spine Race. Pudsey & Bramley won the men's team with Joe Baxter third, Neal Crampton sixth and Colin Walker tenth.

World Masters Champion, Helen Berry, not only won the ladies' race but broke the FV40 record by over a minute which had stood for ten years to Christine Preston, although she didn't have it all her own way as Helena Croft wasn't far behind at the summit standing stone. 30 year old Helena did hang on to second place with Jo Buckley finishing third, just 14 seconds behind before 'princess tippy toes' Lindsey Oldfield finished fourth. 'I thought I'd nailed second place and then Helena reappeared at the bottom of the last hill, leaped the cattle grid



4th place for Holmfirth's Lewis Byram at the Soreen Stanbury Splash

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like a nimble young thing and I just couldn't keep up on the final hill.....ggrrrh...next time...." said 2011 & 2012 Soreen winner Jo.

First local lady was Janet Arkwright, Sally Houghton won the V50s and Sue Morley the V60s whilst Calder Valley Fell Runners won the ladies' team with Jo, Lindsey and Rachael Crossland.

All the Soreen junior quarry races were run over a slightly changed route because of the snow and ice with Ewen Wilkinson and Katie Buckley winning the U8 race where only five seconds separated the first three. In the main combined age group race winners were U10 Patrick Casey, BU12 Sam Conroy, BU14 Jack Muir, BU16 Fionn Kerry, BU18 Harry Hobbs, GU10 Hatti Bishop, GU12 Alice Jones, GU14 Briony Holt, GU16 Eliza Findlay and FU18 Victoria Merrick.

All juniors were rewarded with a Soreen goody bag and pop. The fun didn't stop there as at the West End Cricket Ground prize giving some fifty prizes were awarded, before the famous Soreen and chocolate throw out began.

Many thanks to Soreen for their continued support of this fell race which is affectionately known to seniors and junior runners as the Soreen Malt Loaf Run and introduces hundreds of folk to the delights of the deliciously squidgy energy power that Soreen gives you. Does it turn everyone into a Lean, Mean, Squidgy Machine?

The Woodentops

| | | |
|-------------------------|--------|-------|
| 1. T. Adams | Ilk | 31.14 |
| 2. J. Wood | Ilk | 32.48 |
| 3. J. Baxter | P&B | 33.20 |
| 4. L. Byram | Holm | 33.28 |
| 5. C. Miller | Hgte | 34.30 |
| 6. N. Crampton | P&B | 34.43 |
| 7. N. Charlesworth O/40 | Wharfe | 35.23 |
| 8. A. Fleet | Unatt | 35.34 |
| 9. C. Loftus O/40 | Kghly | 35.53 |
| 10. C. Walker O/40 | P&B | 35.56 |

VETERANS O/50

| | | |
|----------------------|--------|-------|
| 1. (45) M. Law | Holmf | 40.28 |
| 2. (50) T. Straughan | Skyrac | 40.36 |
| 3. S. Farrar | Kghly | 40.37 |

VETERANS O/60

| | | |
|---------------------|---------|-------|
| 1. (131) J. Wheldon | Baildon | 45.50 |
| 2. (132) M. Jordan | Hgte | 46.05 |
| 3. (134) J. Pickup | Clay | 46.12 |

VETERANS O/70

| | | |
|-------------------|------|-------|
| 1. (230) M. Coles | VStr | 53.54 |
|-------------------|------|-------|

LADIES

| | | |
|--------------------------|-------|-------|
| 1. (34) H. Berry O/40 | Holmf | 39.03 |
| 2. (53) H. Croft | Unatt | 40.58 |
| 3. (54) J. Buckley | CaldV | 41.12 |
| 4. (78) L. Oldfield | CaldV | 42.42 |
| 5. (84) G. Ford | Tod | 43.01 |
| 6. (87) S. Houghton O/50 | Ripon | 43.14 |

CURLY WURLY UNDER 8s – 0.5m/100ft – SNOW ROUTE

| | | |
|----------------------|-------|------|
| 1. E. Wilkinson | Kghly | 2.31 |
| 2. K. Buckley Girl | Kghly | 2.34 |
| 3. M. Timbers Girl | Kghly | 2.36 |
| 4. A. Peaker | Kghly | 2.41 |
| 5. E. Trusselle Girl | Bing | 3.03 |

19 finishers



CURLY WURLY U10s, U12s & U14s – 1m/150ft - SNOW ROUTE

| | | |
|------------------------|--------|------|
| 1. J. Muir U/14 | Wharfe | 6.19 |
| 2. A. Thompson U/14 | Wharfe | 6.21 |
| 3. S. Conroy U/12 | Kghly | 6.23 |
| 4. B. Holt U/14 Girl | Clay | 6.33 |
| 5. J. Lee U/12 | Kghly | 6.37 |
| (7) A. Jones U/12 Girl | Wharfe | 6.40 |

76 finishers

CURLY WURLY UNDER 16s & 18s – 2m/300ft – SNOW ROUTE

| | | |
|-------------------------|-------|-------|
| 1. F. Kerry U/16 | Holmf | 11.46 |
| 2. R. Mantle U/16 | Bing | 12.15 |
| 3. E. Findlay U/16 Girl | Bing | 13.03 |
| 4. V. Merrick U/18 Girl | Bing | 13.38 |
| 5. S. Thom U/16 | Kghly | 14.31 |

11 finishers

ASHURST BEACON Lancashire

BS/9.5km/290m 23.01.16

| | | |
|--------------------|---------|--------|
| 1. B. Johnson | Sthport | 36.56 |
| 2. S. O'Meara | ManchU | 37.20 |
| 3. B. Hobson | Chorlt | 39.37 |
| 4. L. Eccles | PennyL | 40.04 |
| 5. J. Hunt O/40 | DkPk | 40.36 |
| 6. S. A. Wadsworth | Barlick | 41.00 |
| 7. A. Rosevear | Sthwell | 41.12 |
| 8. B. Lomas O/40 | Congle | 41.52 |
| 9. C. Pender O/40 | Newb | 42.06 |
| 10. A. Smithson | MersyT | 442.15 |

VETERANS O/50

| | | |
|----------------------|--------|-------|
| 1. (19) K. Tuzio | Newb | 43.58 |
| 2. (22) D. Collins | WiganH | 44.08 |
| 3. (23) G. Schofield | Horw | 44.31 |

VETERANS O/60

| | | |
|-----------------------|------|-------|
| 1. (52) A. Duncan | Bowl | 47.34 |
| 2. (64) T. Hesketh | Horw | 49.18 |
| 3. (70) M. Cortvriend | Denb | 49.58 |

VETERANS O/70

| | | |
|-----------------------|---------|-------|
| 1. (131) G. Breeze | Wharf | 59.00 |
| 2. (138) N. Griffiths | Spect | 60.42 |
| 3. (153) W. Mitton | AchRatt | 66.52 |

LADIES

| | | |
|------------------------|--------|-------|
| 1. (29) C. Howard | Knows | 45.19 |
| 2. (55) J. Taylor O/50 | Wigan | 47.57 |
| 3. (60) I. Storm | Chorlt | 48.53 |

| | | |
|---------------------------|---------|-------|
| 4. (61) S. Budgett O/50 | Horw | 49.01 |
| 5. (75) C. Constable O/40 | LpoolP | 50.22 |
| (77) M. Cook O/40 | PPP | 50.41 |
| (144) S. Cooper O/60 | Sthport | 62.25 |
| (163) S. Charman O/60 | Spect | 73.06 |

167 finishers

BLAKES'S HEAVEN Cumbria

AS/8km/503m 23.01.16

99 runners signed on at Lamplugh Green for the 2016 running of the Blake's Heaven Fell Race, which is traditionally the first race of the year in West Cumbria. Normally a locals' race, interestingly this year, the race attracted a lot more runners from further afield. The weather was poor with a wetting drizzle and cloud on the top of Blake Fell. Recent snow melt and heavy rain made for very wet and boggy conditions both on the tops and fell flanks.

Sam Tosh took an early lead controlling the race from the front and gradually pulling away from the local fast men. However, he took a poor line off the top of Owsen Fell, the final top on the route and whilst this didn't affect the overall results, it lost him some valuable seconds as he finished in great style just 43 seconds off the course record. Rhys Findlay-Robinson and Carl Bell came home in second and third places, respectively.

The women's race was dominated by Hannah Horsburgh, who came home in a very creditable eighth place. Second was Katy Moore and third place went to Sally Fawcett.

Rob Stein was the first runner home from the host club (Cumberland Fell Runners) in twelfth place, and Claire Russell came home first of the CFR ladies in 43rd place. The other local club, Ellenborough, again dominated amongst the high finishers, with five runners coming home in the top 20.

In the MU23 category, Tommy Buckle, aged 18, running for Leeds Bradford Triathlon, was the first home in 19th place,

followed in 25th place by CFR's Matt Procter with Tom Partington (Unattached) in 70th place. The race was selected for an audit by the FRA and was found to have been organised and run in an 'exemplary' manner.

Tom Chatterley

| | | |
|------------------------|--------|-------|
| 1. S. Tosh | Ross | 32.17 |
| 2. R. Findlay-Robinson | DkPk | 32.56 |
| 3. C. Bell | Kesw | 33.37 |
| 4. W. Veitch | Borr | 35.04 |
| 5. P. Winskill | Kesw | 35.15 |
| 6. C. Tinnion | Ellenb | 35.46 |
| 7. P. Neild O/40 | Bowl | 37.01 |
| 8. H. Horsburgh | Kesw | 37.05 |
| 9. S. Keough O/40 | Ellenb | 37.08 |
| 10. C. Lister | Ellenb | 37.47 |

VETERANS O/50

| | | |
|-------------------|------|-------|
| 1. (27) P. Bullen | Kesw | 42.27 |
|-------------------|------|-------|

VETERANS O/55

| | | |
|------------------|-----|-------|
| 1. (22) A. Beaty | CFR | 41.00 |
|------------------|-----|-------|

VETERANS O/60

| | | |
|-----------------|--------|-------|
| 1. (32) J. Winn | Ellenb | 42.58 |
|-----------------|--------|-------|

VETERANS O/70

| | | |
|-------------------|-----|-------|
| 1. (97) D. Morgan | CFR | 66.25 |
|-------------------|-----|-------|

LADIES

| | | |
|-----------------------|--------|-------|
| 1. (8) H. Horsburgh | Kesw | 37.05 |
| 2. (21) K. Moore | Kesw | 40.54 |
| 3. (31) S. Fawcett | DkPk | 42.54 |
| 4. (35) L. Stobbart | CFR | 43.38 |
| 5. (37) H. Marshall | Unatt | 44.10 |
| (43) C. Russell O/40 | CFR | 45.01 |
| (51) N. Hawkrigg O/40 | NFells | 46.47 |
| (61) J. Casey O/50 | BCombe | 48.34 |

112 finishers

TARREN HENDRE

Gwynedd

AS/9.7km/610m 30.01.16

Grabbing a rare dry day, 55 runners enjoyed a bracing run in moderate winds. Ground conditions varied from dry track to steep, knee deep bog. Junior Owen Huw Roberts took full advantage to win in 55:03, taking the only new course record of the day from last year's junior winner Ryan Jenkins. Roberts was followed home by Karl Steinegger in 55:44, putting himself in a strong position to retain his Meirionnydd Winter Series title won last year. Martin Cliffe finished strongly in 56:05 to claim third place.

The women's race was won by Miranda Grant in 1:02:57 a minute and half ahead of Katie Beecher. Katie Cole took third place in 1:09:24, just ahead of Louise Barker. Eryri took the team prize from Buckley despite the Border club carrying four age category wins.

Organising club, Meirionnydd, celebrating their 10th anniversary, produced thirteen runners to match the thirteenth year of the race and defied any further bad luck after discovering four days before race day that the race HQ was no longer available! Fortunately the village hall was free and provided warmth and hot soup which was much appreciated by runners and frozen marshals alike.

Nich Bradley

| | | |
|--------------------|---------|-------|
| 1. O. Roberts | Eryri | 55.03 |
| 2. K. Steinegger | Amble | 55.44 |
| 3. M. Cliffe O/40 | Eryri | 56.05 |
| 4. S. Edwards O/40 | Buckley | 57.03 |
| 5. S. Bellamy O/40 | Mercia | 59.17 |
| 6. D. Collister | Unatt | 59.19 |
| 7. A. Powell O/40 | Maldwyn | 59.54 |
| 8. T. Evans | Meirion | 60.34 |
| 9. R. Anthony | Aberyst | 60.47 |
| 10. R. Dyfrig | Aberyst | 60.58 |

VETERANS O/50

| | | |
|--------------------|---------|-------|
| 1. (11) S. Toogood | Buckley | 62.24 |
| 2. (12) D. Powell | Aberyst | 62.35 |
| 3. (13) M. Belshaw | Eryri | 62.46 |

VETERANS O/60

| | | |
|-------------------|--------|-------|
| 1. (30) C. Taylor | Mercia | 70.16 |
| 2. (33) N. Hindle | WFRA | 71.11 |
| 3. (41) D. Jones | Eyri | 78.18 |

VETERANS O/70

| | | |
|-------------------|---------|-------|
| 1. (51) J. Morris | Buckley | 87.43 |
|-------------------|---------|-------|

LADIES

| | | |
|--------------------------|---------|-------|
| 1. (14) M. Grant | HBT | 62.57 |
| 2. (19) K. Beecher | MynDu | 64.28 |
| 3. (28) K. Cole | Unatt | 69.24 |
| 4. (29) L. Barker O/40 | Aberyst | 69.41 |
| 5. (35) A. Loveluck O/40 | Unatt | 72.37 |
| (40) K. O'Sullivan O/50 | Aberyst | 77.42 |
| (46) J. Edwards O/50 | Meirion | 81.52 |

HOOFSTONES

Lancashire

BM/12.9km/425m 30.01.16

| | | |
|---------------------|---------|---------|
| 1. M. Lalor | Barlick | 1.10.12 |
| 2. J. Dale | LondF | 1.10.37 |
| 3. A. Worster | Tod | 1.11.34 |
| 4. N. Hardiman O/40 | Clay | 1.16.09 |
| 5. G. Sugden O/40 | CaldV | 1.17.39 |
| 6. C. Godridge | CaldV | 1.17.41 |
| 7. M. Dobson O/40 | Trawd | 1.18.09 |
| 8. I. Robinson O/40 | Trawd | 1.18.19 |
| 9. P. Jenkinson | Eryri | 1.18.36 |



Matt Lalor, Barlick, at Hoofstones

PHOTO © STEVE BATESON

| | | |
|------------------------------|-------|---------|
| 10. R. Cope | Unatt | 1.19.07 |
| VETERANS O/50 | | |
| 1. (17) B. Beckett | Chorl | 1.23.50 |
| 2. (22) T. Taylor | Ross | 1.25.31 |
| 3. (27) M. Nutter | Clay | 1.32.07 |
| VETERANS O/60 | | |
| 1. (18) K. Taylor | Ross | 1.24.17 |
| 2. (50) J. Rogerson | RRose | 2.10.54 |
| 3. (51) R. Czudek | Tod | 2.24.49 |
| VETERANS O/70 | | |
| 1. (47) G. Breeze | Wharf | 1.59.05 |
| LADIES | | |
| 1. (5) G. Sugden O/40 ... | CaldV | 1.17.39 |
| 2. (16) B. Jenkinson | Eryri | 1.22.01 |
| 3. (28) K. Brierley O/50 ... | Tod | 1.32.11 |
| 4. (41) B. Savage O/50 ... | Clay | 1.39.58 |
| 5. (45) L. Lord O/60 | Clay | 1.55.45 |
| (52) P. Oakes O/40 | RRose | 2.32.37 |
| 55 finishers | | |

ARD WHALLIN FELL RACE
Isle of Man
AM/12km/750m 30.01.16

| | | |
|----------------------------|--------|---------|
| 1. L. Taggart O/40..... | MFR | 1.10.54 |
| 2. B. Corkill | MFR | 1.11.43 |
| 3. N. Colburn | MFR | 1.16.46 |
| 4. N. Armstrong O/40 ... | MH | 1.22.01 |
| 5. I. Gale O/50 | MFR | 1.22.52 |
| 6. P. Sheard O/50 | MFR | 1.23.12 |
| 7. A. Forster..... | MFR | 1.23.18 |
| 8. N. Brogan | MFR | 1.24.08 |
| 9. P. Thomas O/40..... | MFR | 1.25.17 |
| 10. C. Reynolds | MFR | 1.26.42 |
| (17) J. Norrey O/50 | MFR | 1.29.52 |
| VETERANS O/60 | | |
| 1. (52) R. Webb | MFR | 1.46.57 |
| 2. (53) I. Callister | MH | 1.47.18 |
| 3. (63) R. Stevenson | MFR | 1.54.27 |
| LADIES | | |
| 1. (7) A. Forster | MFR | 1.23.18 |
| 2. (35) E. Gawne | MFR | 1.36.15 |
| 3. (40) R. Craine O/40 ... | NAC | 1.38.47 |
| 4. (50) J. Quane O/40 ... | NAC | 1.46.27 |
| 5. (56) J. Morgan O/50 ... | IOMVAC | 1.48.12 |
| (61) M. Watkins O/50 ... | MFR | 1.52.58 |
| (77) R. Hooton O/60 | MFR | 2.04.15 |
| (89) M. Hall O/60 | WAC | 2.27.58 |
| 94 finishers | | |

TIGGER TOR
Derbyshire
BM/15.3km/514m 31.01.16

Tigger Tor is so named as the route starts and finishes at the Sheffield Tigers rugby club and includes ascent of Higger Tor. The clubhouse is an ideal venue for a winter fell race with a warm, friendly and convivial atmosphere on race day. With an open log fire, food and drinks in the bar and showers and changing facilities, runners can be sure of well-earned creature comforts before and after the race. Set in a rugged winter Peak District landscape, for many runners, who return year after year, this is a suitably challenging and enjoyable start to the season.

On race day the higher points were covered in a light dusting of snow and



Tough conditions for all at Tigger Tor

shrouded in mist. Conditions over recent weeks meant there was plenty of lovely mud. So it was not surprising that times were slower than last year (when course records were reset due to a route change). Steve Franklin was the overall winner, with Dave Taylor the runner-up and first V50. Totley also took first place in three of the other veteran categories.

In the ladies' event, first and second places were taken by Rachael Lundgren and Bethan Gay. Men's and ladies' team prizes were both won by Totley.

Although the website strongly discourages inexperienced fell runners from participating, some are undeterred. Among these was Wayne Bulcroft, running in his first fell race, whose only previous ventures off-road consisted of running on the Trans Pennine Trail. He surprised himself and astonished us by coming in third, describing the experience as "a real eye opener". I hope he will return next year - so why not join us

and see if you can beat the roady?
Ian Bradbury

| | | |
|---------------------------|--------|---------|
| 1. S. Franklin | Tot | 1.16.14 |
| 2. D. Taylor O/50 | DkPk | 1.17.21 |
| 3. W. Bulcroft | Unatt | 1.19.04 |
| 4. O. Hart O/40 | Tot | 1.19.21 |
| 5. B. Shaw | Tot | 1.20.06 |
| 6. M. James..... | PortV | 1.22.23 |
| 7. J. Street | Clowne | 1.22.35 |
| 8. R. James | CGCC | 1.22.39 |
| 9. R. Bradbury O/40 | Mat | 1.22.52 |
| 10. R. Pattinson O/50 ... | CaldV | 1.22.57 |
| (14) S. Gregory O/50..... | HolmeP | 1.24.33 |

| | | |
|---------------------------|------|---------|
| VETERANS O/60 | | |
| 1. (69) A. Whitehouse ... | Tot | 1.38.36 |
| 2. (106) K. Holmes | DkPk | 1.43.27 |
| 3. (157) M. Cochrane..... | DkPk | 1.48.34 |

| | | |
|-----------------------------|------|---------|
| VETERANS O/70 | | |
| 1. (286) S. Whittaker | Erew | 2.11.32 |
| 2. (288) M. Coles | VStr | 2.11.45 |
| 3. (268) C. White | Tot | 2.17.54 |

| | | |
|---------------------------|-----|---------|
| LADIES | | |
| 1. (45) R. Lundgren | UOS | 1.32.24 |

| | | |
|-------------------------|---------|---------|
| 2. (81) B. Gay | UOS | 1.40.49 |
| 3. (100) C. Kay | Tot | 1.42.36 |
| 4. (113) P. Sadler O/40 | Tot | 1.44.48 |
| 5. (116) R. Haddock | Fusion | 1.45.13 |
| (122) J. Crowson O/50 | DkPk | 1.45.49 |
| (196) S. Gilliver O/50 | Unatt | 1.59.54 |
| (298) J. Crockell | Unatt | 2.12.56 |
| (313) B. Haigh O/60 | P'stone | 2.15.21 |

342 finishers

WADSWORTH TROG

West Yorkshire

BL/32.2km/1220m 06.02.16

159 insane folk lined the startline for what would be the 25th running of the BEAST or Wadsworth Trog Fell Race. 198 pre-entered - the sane stayed at home!

On the start line was the Trog Tamer and course record owner, Karl Gray, with Ben Mounsey and another Calder Valley elite, Tim Ellis. There was a good turn out by Rossendale Harriers and a strong Trawden team.

The course was extra boggy underfoot following weeks of rain and with rain expected and cold winds, it was "gonna be a tough day" of racing.

With two extra cut-offs added this year, it gave the marshals less time out on the fells.

All our high risk checkpoints were covered by Raynet (amateur radio control) so we could listen to the leaders and all drop outs - a must for any long fell race. We could not run our event without their help.

After a 2.40.00 wait, the first two crossed

the finish line holding hands. Was it Gray/Mounsey or Mounsey/Gray? I don't think they cared! In third place was a shocked John Whiteside of Trawden, who went astray after High Brown Knoll following the famous Todmorden Harriers' Reg, who had retired after CP5 and was making his way back to the finish.

The first lady back was Calder Valley's Holly Page in a time of 3.14.00, followed by Dark Peak's Nicky Spinks and Wharfedale's Emma Hopkinson.

The men's team prize was awarded to Calder Valley and the ladies' team prize awarded to Trawden.

Isla Fisher

RAB MINI MM SERIES ROUND 1

Northern England

MM 07.02.16

The first event in the 2016 series was held at Totley AC's pavilion and the competitors had four hours to get as many points, from a possible 520, by finding controls sited around Big Moor, Totley Moor, Houndskirk Moor and Longshaw Estate.

There were over 280 runners who enjoyed a welcome break from the rain and despite a cold wind the day was fine with a glimpse of the sun.

Thanks to Totley AC, The National Trust and the Eastern Moors Partnership for helping with the event at short notice.

Alison Wainwright

| | | |
|-------------|-------|--------|
| 1. M. James | PortV | 461pts |
|-------------|-------|--------|

| | | |
|-----------------------|---------|--------|
| 2. K. Rawlik | Carneth | 450pts |
| 3. R. Kendall | Unatt | 437pts |
| 4. G. Rush/A. v Kikts | Unatt | 433pts |
| 5. S. Mills | DkPk | 420pts |

VETERANS O/40

| | | |
|------------------|--------|--------|
| 1. I. Jones | Eryri | 445pts |
| 2. A. Billington | Belper | 428pts |
| 3. M. Nolan | DkPk | 420pts |

VETERANS O/50

| | | |
|----------------|---------|--------|
| 1. D. Harrison | DkPk | 385pts |
| 2. S. Caldwell | YorkAlp | 360pts |
| 3. I. Bell | Dees | 339pts |

VETERANS O/60

| | | |
|--------------|--------|--------|
| 1. J. Howell | Walton | 275pts |
|--------------|--------|--------|

LADIES

| | | |
|----------------|---------|--------|
| 1. J. Paris | Carneth | 448pts |
| 2. R. Lawrence | Macc | 290pts |
| 3. M. Gillie | Clwyd | 288pts |
| J. Nolan O/40 | DkPk | 371pts |
| E. Rees O/50 | Unatt | 240pts |
| J. Davies O/60 | Sadd | 280pts |

MIXED

| | | |
|---------------------------------|----------|--------|
| 1. T. Bush/O. Walwyn | Penn/Mac | 380pts |
| 1. P. Nield/H. Marshall O/40 | Bowl | 320pts |
| 1. Am. Heading/An. Heading O/50 | WhtPk | 370pts |

MICKLEDEN STRADDLE

Derbyshire

BL/23km/741m 07.02.16

My first time as Race Organiser and the weather gods took pity on me. With the race having to be cancelled last year, and having seen pictures of awful conditions on The Wadsworth Trog the day before, topped off



CVFR's Ben Mounsey, Wadsworth Trog Tamer and course record holder, Karl Gray and Tim Ellis

LOW RES

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CVFR's Jo Buckley beating the bogs at Mickleden Straddle, she finished second lady behind Preston's Nichola Jackson.

by an equally bleak forecast of low cloud, snow showers and storm force winds, I was amazed to set 167 runners off in clear, bright conditions from Langsett Barn.

Conditions underfoot were extremely wet but this did not deter anyone as they headed up a windy Mickleden Edge to the first checkpoint at Cut Gate. A new time limit of 1.15.00 had been imposed on this year's race at CP1 but everyone made it comfortably before descending 800ft to CP2 at Slippery Stones, Tom Brunt of Dark Peak already building an unassailable lead.

A quick blast alongside Howden Reservoir followed by a steady but gruelling climb through wet and boggy ground tested the runners mettle, before finally descending from Cut Gate back to the finish.

Tom Brunt was a convincing winner in a time of 1:45:25 with Adam Peers finishing second in 1:49:32. Third place went to Phil Livermore in 1:50:03.

The first lady home, in 15th place overall was Nichola Jackson in a respectable time of 1:58:28 given the conditions underfoot. A battle for second among the Calder Valley ladies pair of Jo Buckley and Gayle Sugden resulted in Jo narrowly beating Gayle by just 15 seconds with times of 2:02:12 and 2:02:27 respectively.

The men's team prize went to Dark Peak (Tom Brunt, Chris Armit, Tom Peel) with the ladies' prize going to Calder Valley (Jo Buckley, Gayle Sugden, Nicki Latham).

A massive thanks to all the helpers and marshals on the day and especially to Woodhead Mountain Rescue Team, without whose help it would not be possible to hold the race. There was loads of positive feedback from everyone who entered not least due the excellent post-race catering! We hope to see you all again in 2017.

S Brownne

| | | | |
|------------------|-----|--------|---------|
| 1. T. Brunt O/40 | ... | DkPk | 1.45.25 |
| 2. A. Peers | ... | Lpool | 1.49.32 |
| 3. P. Livermore | ... | NLeeds | 1.50.03 |
| 4. C. Armit | ... | DkPk | 1.51.17 |

| | | | |
|--------------------|-----|---------|---------|
| 5. M. Hyde | ... | Stadium | 1.53.33 |
| 6. J. Smith | ... | CaldV | 1.53.42 |
| 7. G. Story | ... | Unatt | 1.54.43 |
| 8. J. Symonds O/40 | ... | Unatt | 1.54.48 |
| 9. M. O'Connor | ... | CaldV | 1.56.02 |
| 10. S. Tilford | ... | Wkfld | 1.57.10 |

VETERANS O/50

| | | | |
|-----------------------|-----|-------|---------|
| 1. (35) M. Wharton | ... | CaldV | 2.07.04 |
| 2. (40) M. Ellithorn | ... | Chorl | 2.10.46 |
| 3. (43) I. Winterburn | ... | DkPk | 2.12.12 |

VETERANS O/60

| | | | |
|-------------------------|-----|--------|---------|
| 1. (99) M. Cochrane | ... | DkPk | 2.33.31 |
| 2. (105) R. McArthur | ... | Melth | 2.34.39 |
| 3. (112) R. Borysiewicz | ... | Valley | 2.36.38 |

VETERANS O/70

| | | | |
|-------------------|-----|--------|---------|
| 1. (162) R. Brown | ... | Pstone | 3.26.44 |
|-------------------|-----|--------|---------|

LADIES

| | | | |
|--------------------------|-----|--------|---------|
| 1. (15) N. Jackson | ... | Prest | 1.58.28 |
| 2. (23) J. Buckley | ... | CaldV | 2.02.12 |
| 3. (25) G. Sugden O/40 | ... | CaldV | 2.02.27 |
| 4. (51) H. Croft | ... | Holmf | 2.15.34 |
| 5. (96) N. Fellowes O/40 | ... | Chorl | 2.31.37 |
| (108) B. Coomber O/50 | ... | DenbyD | 2.36.07 |
| (144) N. Latham O/50 | ... | CaldV | 2.54.33 |

164 finishers

CHARNWOOD HILLS

Leicestershire
CL/21.5km/366m 07.02.16

| | | | |
|----------------------|-----|----------|---------|
| 1. A. Woodward | ... | Hermit | 1.31.34 |
| 2. T. Hartley O/40 | ... | Barrow | 1.34.47 |
| 3. H. Davies O/40 | ... | McCarEnd | 1.37.55 |
| 4. J. Williams O/40 | ... | Hermit | 1.38.00 |
| 5. J. Hubbard | ... | Amble | 1.38.12 |
| 6. C. Twigg O/40 | ... | Owls | 1.38.28 |
| 7. R. Whitelegg O/40 | ... | LeicsC | 1.39.02 |
| 8. G. McDermott O/40 | ... | Hermit | 1.39.27 |
| 9. A. Peet O/40 | ... | Wigston | 1.40.30 |
| 10. K. Powell | ... | LeicsTri | 1.40.55 |

VETERANS O/50

| | | | |
|----------------------|-----|---------|---------|
| 1. (33) A. Wright | ... | Tam | 1.50.55 |
| 2. (35) A. Dickenson | ... | DkPk | 1.51.06 |
| 3. (60) K. Strange | ... | Bowline | 1.56.58 |

VETERANS O/60

| | | | |
|----------------------|-----|---------|---------|
| 1. (122) A. Jeyes | ... | Ivanhoe | 2.09.43 |
| 2. (156) T. Press | ... | Hatton | 2.14.09 |
| 3. (157) K. Naughton | ... | Sphinx | 2.14.14 |

VETERANS O/70

| | | | |
|---------------------|-----|----------|---------|
| 1. (184) T. Vaughan | ... | LeicsTri | 2.18.32 |
| 2. (263) A. Lock | ... | Midland | 2.43.02 |
| 3. (303) D. Sedgley | ... | AmpFlit | 3.25.05 |

LADIES

| | | | |
|-------------------------|-----|----------|---------|
| 1. (14) C. Lambert | ... | Wthby | 1.42.37 |
| 2. (34) N. Nealon O/40 | ... | Huncote | 1.51.05 |
| 3. (49) K. Lomas | ... | Charn | 1.55.03 |
| 4. (56) C. Shea-Simonds | ... | LeicsTri | 1.56.30 |
| 5. (63) M. Atterbury | ... | AnsteyA | 1.57.25 |
| (103) G. Vaughan O/50 | ... | LeicsTri | 2.07.06 |
| (121) S. Karmazyn O/40 | ... | HolmeP | 2.09.41 |
| (160) M. Lomas O/50 | ... | Charn | 2.14.45 |
| (284) J. Collingham | ... | Wreake | 2.55.36 |

307 finishers

SIDMOUTH 4 TRIGS

Devon

BL/26km/914m 07.02.16

Another amazing day for all involved in the 16th 4 Trigs Challenge.

After a very wet and blustery Saturday, the day before the 4 Trigs race, we were granted a dry, although windy, window on the Sunday, race day. The runners left in sunshine and nearly all competitors had returned before the rain came in by late afternoon.

The runners enjoyed themselves, most managing to smile at the end of this challenging task. It was particularly difficult this year, due to all the rain prior to the event which made the course hard going, being very muddy and slippery.

The runners had to visit each trig point at High Peak, Beacon Hill, Buckton Hill and Western Cliff, with many other hills and valleys in between. This gruelling 16 mile race has a massive 3,200 feet of climb.

Many runners chose to run around in small groups making it a sociable affair and they all finished in very high spirits talking and laughing.

This year all proceeds will be going to the charity, Cardiac Risk in the Young (CRY).

This year's race was won by Tim Lenton, who has won the race previously, and managed the challenge in 2.24.00. Justin Ashby achieved second place with a time of 2.29.00. Third place went to Patrick Devine-Wright achieving 2.32.00 and fourth place went to Matthew Bellamy coming in at 2.39.00.

The first woman home was Jessica Raynor who came in at 21st position with the time of 3.06.00.

John Keast and Ian Voce have retained their record of having successfully completed every trig race - 16 in total.

Towards the back of the field, - real stalwarts, were Helen Palmer, Terry Bewes, Ian Voce, David Palmer, Roy Couzens, Mandy Burroughs, Cathy Keast, and Debbie Marriot who all finished around the five hour mark, give or take five or ten minutes!

Again, this year, we had a few veteran walkers and special mention must be made to Arthur Vince, Stuart Bondi (Rambo) and Joy Couzens who took over seven hours to complete the challenge.



A sunny sixteen miles from the seaside – Sidmouth 4 Trigs.

Finally, and by no means least, a huge thank you to all the helpers (the marshals and the tea ladies) who made the day go so fantastically well.

Marion Hayman

| | |
|---------------------|---------|
| 1. T. Lenton | 2.24.00 |
| 2. J. Ashby | 2.29.00 |
| 3. P. Devine-Wright | 2.32.00 |
| 4. M. Bellamy | 2.39.00 |
| 5. R. Everson | 2.40.00 |
| 6. J. Bee | 2.42.00 |

| | |
|---------------|---------|
| 7. G. Parratt | 2.45.00 |
| 8. M. Knapp | 2.46.00 |
| 9. T. Wright | 2.52.00 |
| 10. D. Boyle | 2.52.00 |

LADIES

| | |
|------------------------------|---------|
| 1. (6) J. Bee | 2.42.00 |
| 2. (17) J. Baptiste Rouvelin | 3.01.34 |
| 3. (21) J. Raynor | 3.06.50 |
| 4. (24) C. Busby | 3.19.00 |
| 5. (28) E. Wood | 3.37.00 |

93 finishers

WINDY HILL FELL RACE

Lancashire

BM/14.5km/390m 13.02.16

| | | |
|---------------------|---------|---------|
| 1. B. Mounsey | CaldV | 56.36 |
| 2. P. Marsden | BoltU | 1.00.28 |
| 3. K. Darcy | BoltU | 1.01.15 |
| 4. J. Whiteside | Trawd | 1.02.35 |
| 5. H. Oldham | EChesh | 1.02.41 |
| 6. S. Pymm | Horw | 1.04.01 |
| 7. J. Smith | CaldV | 1.04.08 |
| 8. T. Campbell O/40 | AstTylD | 1.04.28 |
| 9. S. Livesey O/40 | B'burn | 1.04.43 |
| 10. C. Loftus O/40 | Kghly | 1.05.49 |

VETERANS O/50

| | | |
|----------------------|------|---------|
| 1. (22) G. Fleet | Sadd | 1.09.53 |
| 2. (40) G. Schofield | Horw | 1.13.43 |
| 3. (49) R. Turner | Ross | 1.15.33 |

VETERANS O/60

| | | |
|--------------------|-------|---------|
| 1. (56) K. Taylor | Ross | 1.16.17 |
| 2. (59) S. Morran | NVets | 1.16.36 |
| 3. (63) D. Collins | Tod | 1.17.12 |

VETERANS O/70

| | | |
|-------------------|------|---------|
| 1. (179) D. Lucas | Roch | 1.38.02 |
|-------------------|------|---------|

LADIES

| | | |
|-------------------------|---------|---------|
| 1. (16) H. Dent | Howg | 1.07.14 |
| 2. (24) R. Sheffield | Amble | 1.10.03 |
| 3. (44) K. Pickles O/40 | PudseyP | 1.15.03 |
| 4. (65) K. Foster | Unatt | 1.17.16 |
| 5. (75) R. Ratcliffe | Sadd | 1.19.39 |
| (89) N. Murphy O/40 | Ross | 1.22.00 |
| (100) J. Ransome O/50 | Unatt | 1.23.57 |
| (125) B. Wright O/50 | Bing | 1.26.18 |

206 finishers

RAS MOEL Y CI

Gwynedd

BS/8km/390m 13.02.16

Well, another fantastic turnout for Ras Moelyci, with 117 runners registering on the day. Once again, many of the runners commented on how they value this race, either as a tester for their winter training, or as the springboard for their preparation for the coming season after a winter of rest, relaxation and wine. Like last year, the weather decided to play ball and although



The runners go first under, then over the M62 in the Windy Hill Fell Race



it was really cold, the sun actually came out too although it couldn't dry up the mud that lay in wait for the runners after so many weeks of relentless rain.

The camera men from local TV company, Rondo Media, asked if they could come along to find out more about sports like fell running that don't receive much attention. They interviewed some of the runners and organisers as well as catching some video footage from the day. It will appear in their "Clwb" programme soon and is also available on YouTube.

Gareth Hughes set a blistering pace from the off by leading the runners through the thick mud out of the fields of Moelyci farm and on towards the pot-holed tarmac and grassy lanes towards the energy-zapping boggy ascent to the summit, and those close on his heels in the early stages changed position now and again. Sarah Ridgeway led the ladies from the start and never lost grip of this lead.

Even the crazy horses of Moelyci couldn't put the runners off (you have to see Sports Pictures Cymru's photos to understand what I'm talking about), and it's reliably reported that official back marker, Dilwyn Rowlands, tried to jump on the back of one of the horses in order to save his tiring legs. A massive thanks to marshal Steve "SPJ" Jones, for rapidly acquiring horse-whispering skills and calming the crazy equines down. See his separate report as it makes extremely fun and interesting reading (I'll upload it for him because the old John Wayne wannabe doesn't do FB much). Thanks too to marshal Dafydd "Bugs" Williams for running up the hill to help SPJ with his horse dilemma, but forgetting to mention his severe allergy to horses and the anaphylactic reaction he usually gets when he's near a horse. Now that's dedication!

Once again the views of Elidir Fawr were magnificent as the runners rounded the back of the mountain as they approached the push towards the summit. The slippery descent seems to have claimed a couple of scalps, albeit temporarily, and they got back to their feet and pounded onwards towards the woods. The finish line, in its new position at the top of the small hill, was described by many runners as the sting in the tail of the race, zapping the last of their already waning energy as they clambered up towards the red tape, the smiling faces of Ann, Sharon, Sioned and Arwel with their stopwatches and encouraging cheers of "well done", and the welcoming aroma of hot soup and a roll.

As many predicted, first over the line was Gareth Hughes in a brilliant time of 39.05, with many onlookers commenting that it could have been the muddy conditions that prevented him from getting closer to Richard Roberts' course record. Less than a minute later in second place was the lightning fast Spaniard, Michael Corrales in his first local fell race in a time of 39.52. Not far behind, in third place, was young

and ever-improving Owen Roberts, over the line in 40.15. Owen has a fantastic fell running career ahead of him if his current performance is anything to go by. The V40 category was won by Johnny Moore in 43.26. First V50 was David Soles in 45.28. Dei Jones claimed the V60 prize and was so excited at his first category win in a while. It was great to see that even seasoned fell runners with years of experience still get excited by their performances. Finally in the male section, the ever-impressive Don Williams easily clinched the V70 title in 57.26.

In the ladies' race, and again as many in the know predicted, Sarah Ridgeway took the title by storm clinching the win, as well as the V40 category in 46.16. Closest rival, Lizzie Irvine, crossed the line in 50.18, with Jennifer Charlton coming in third in 51.19. Ali Thomas took the V50 title in 54.42, and Maggie Oliver ensured her name remained firmly on that V60 title by crossing the line in 72.07.

The junior race attracted nine runners and they all performed sterlingly. The race was won by Daniel Soles in 9.06, closely followed by his brother Samuel, likely to be some good rivalry there! All the other junior runners did really well and deserve a mention: Georgia Parkinson, Abbi Parkinson, Iolo Llyr Roberts, Dylan Pye, Gwion Rhys Parry Evans, Mared Enlli Evans, and Tilly Craine. Well done all of you. Enjoy the Easter eggs.

Eryri Harriers were well represented at the race with 36 club members running. In total, 117 runners registered and there was only 1 DNF.

A massive thank you to the following for making the race a big success:

All the staff at Ffarm Moelyci; the marshals and other volunteers and you, the runners. Without all of you, there wouldn't have been a race.

Thanks/diolch
Gary Porter-Jones

| | | | |
|-------------------|-----|--------|-------|
| 1. G. Hughes | ... | Mercia | 39.05 |
| 2. M. Corrales | ... | NWRRRC | 39.52 |
| 3. O. Roberts | ... | Eryri | 40.15 |
| 4. H. O'Donnell | ... | Eryri | 42.14 |
| 5. S. Davies | ... | Eryri | 42.16 |
| 6. R. Roberts | ... | Eryri | 43.04 |
| 7. J. Moore O/40 | ... | Eryri | 43.26 |
| 8. S. Green | ... | Eryri | 43.45 |
| 9. M. Davies O/40 | ... | NWRRRC | 43.55 |
| 10. D. Jones O/40 | ... | Eryri | 44.03 |

VETERANS O/50

| | | | |
|------------------|-----|---------|-------|
| 1. (15) D. Soles | ... | Penn | 45.28 |
| 2. (26) D. Baugh | ... | Denbigh | 47.19 |
| 3. (37) I. Edgar | ... | Eryri | 49.42 |

VETERANS O/60

| | | | |
|------------------|-----|-------|-------|
| 1. (69) D. Jones | ... | Eryri | 56.21 |
| 2. (83) P. Jones | ... | Unatt | 58.31 |
| 3. (108) D. Owen | ... | Eryri | 70.18 |

VETERANS O/70

| | | | |
|---------------------|-----|---------|-------|
| 1. (76) D. Williams | ... | Eryri | 57.26 |
| 2. (99) J. Morris | ... | Buckley | 64.33 |

LADIES

| | | | |
|--------------------------|----------|-------|-------|
| 1. (19) S. Ridgeway O/40 | RunSnowd | 46.16 | |
| 2. (42) L. Irvine | ... | Eryri | 50.18 |

| | | | |
|--------------------------|-----|-------|-------|
| 3. (45) j. Charlton O/40 | ... | Eryri | 51.19 |
| 4. (50) S. Harley | ... | Eryri | 53.10 |
| (60) A. Thomas O/50 | ... | Eryri | 54.42 |
| (109) M. Oliver O/60 | ... | Eryri | 72.07 |

116 finishers

JUNIORS

| | | | |
|----------------------|-----|-------|-------|
| 1. D. Soles | ... | Penn | 09.06 |
| 2. S. Soles | ... | Bux | 09.15 |
| 3. G. Parkinson Girl | ... | Menai | 10.46 |
| 4. A. Parkinson Girl | ... | Menai | 11.06 |
| 5. I. Robert | ... | Unatt | 11.53 |

99 finishers

GLAISDALE RIGG North Yorkshire BM/13.7km/562m 21.02.16

| | | | |
|----------------------|-----|---------|-------|
| 1. L. Rodgers | ... | LoftW | 61.15 |
| 2. H. Holmes | ... | Knavesm | 62.40 |
| 3. S. Greenwell O/40 | ... | EskV | 63.32 |
| 4. N. Zissler | ... | DkPk | 64.22 |
| 5. S. Allin | ... | Knavesm | 64.27 |
| 6. N. Stubbs | ... | YorkK | 67.15 |
| 7. M. Wainwright | ... | DkPk | 67.43 |
| 8. M. Potts | ... | Unatt | 68.22 |
| 9. G. Hawking O/40 | ... | Knavesm | 68.32 |
| 10. B. Atkinson O/50 | ... | Knavesm | 68.48 |

VETERANS O/50

| | | | |
|---------------------|-----|---------|-------|
| 1. (10) B. Atkinson | ... | Knavesm | 68.48 |
| 2. (13) J. Blackett | ... | DkPk | 70.14 |
| 3. (14) N. Ridsdale | ... | Driff | 71.03 |

VETERANS O/60

| | | | |
|--------------------|-----|------|-------|
| 1. (39) N. Bowden | ... | Reep | 80.00 |
| 2. (60) M. Garratt | ... | EskV | 86.37 |

VETERANS O/70

| | | | |
|------------------|-----|-------|--------|
| 1. (88) P. Miles | ... | NMSke | 103.17 |
|------------------|-----|-------|--------|

LADIES

| | | | |
|--------------------------|-------|---------|-------|
| 1. (24) N. Vogan | ... | Knavesm | 74.49 |
| 2. (25) N. Kent O/40 | ... | LoftW | 74.59 |
| 3. (33) S. Gordon | ... | NMSke | 78.34 |
| 4. (35) H. Rodgers | ... | LoftW | 79.06 |
| 5. (41) S. Houghton O/50 | Ripon | 80.14 | |
| (53) E. Towers O/40 | ... | Unatt | 82.49 |
| (62) C. Pollard O/50 | ... | Wharf | 88.07 |

99 finishers

FLOWER SCAR Lancashire AM/11.7km/660m 21.02.06

The 2016 running of Flower Scar represents the start of a new era following Jon Wright's decision to retire as race organizer in 2015. Jon has done a fantastic job organizing the race since 1995 and established the race as a local classic. Not wishing to see it disappear from the calendar, I happily offered to take it on. New to race organization however, the handover year certainly brought its challenges - most notably an unplanned, late route change was forced upon the race due to restricted access along parts of the route. A new start/finish point from Todmorden High School resolved this, but shortened the route considerably. Wishing to retain the race's AM status, some additional unmarked/nav moorland sections were added around the windfarm on Flower Scar and Todmorden Moor. Problem solved.

Despite a number of fixture clashes and a less than great weather forecast, a decent turnout of 120 runners was seen on the day. Runners appeared to revel in the horrendously windy conditions on the tops, despite marshals in the most exposed spots reporting struggling to stay standing! The varied route choices on offer across the main moorland section led to an interesting and very close race amongst the men.

After 7 miles of hard running, an unusually large leading pack were seen leaping over the wall and hay bales into the finishing field, with the final 400 metre sprint being won by Rob James taking a narrow victory from club mates Callum Davidson and Patrick Brennan. Just 10 seconds separated the top 4 with the top 10 finishing within a minute of each other.

In the women's race, a dominant performance saw Gayle Sugden take a clear win of over 2½ minutes from Emma Taylor and Kirsty Hall. Rossendale Harriers took both the men's and women's team prize.

Some problems were reported on route marking in the later sections of the race so these will be tightened up for 2017. I have however, only received positive feedback relating to the new, extended route over the moor. This may well now become a permanent feature for future years and part of the new era for Flower Scar.

Thanks to all those who raced and helped out on the day. Hope to see you back again next year.

Darren Tweed

1. R. James Royton 62.49

| | | |
|----------------------------|----------|-------|
| 2. C. Davidson U/23 | Ross | 62.53 |
| 3. P. Brennan | Ross | 62.58 |
| 4. P. Crabtree O/40 | Wharf | 62.59 |
| 5. I. Willis O/40 | Kghly | 63.23 |
| 6. G. Story | Unatt | 63.37 |
| 7. A. Whitehead | Unatt | 63.42 |
| 8. N. Eccles O/40 | Wharf | 63.46 |
| 9. F. Macdonald Oulds ... | Chorlt | 63.49 |
| 10. S. O'Mearu | Alehouse | 63.50 |

VETERANS O/50

| | | |
|--------------------------|---------|-------|
| 1. (18) C. Smale | Barlick | 67.59 |
| 2. (22) J. Tinman | Ross | 68.35 |
| 3. (24) D. Soles | Penn | 68.52 |

VETERANS O/60

| | | |
|---------------------------|------|-------|
| 1. (47) S. Jackson | Horw | 73.17 |
| 2. (49) D. Collins | Tod | 74.22 |
| 3. (51) K. Taylor | Ross | 75.11 |

VETERANS O/70

| | | |
|----------------------------|------|--------|
| 1. (86) D. Weatherhead ... | Bing | 83.41 |
| 2. (111) M. Coles | VStr | 108.06 |

LADIES

| | | |
|------------------------------|----------|-------|
| 1. (25) G. Sugden O/40 ... | CaldV | 69.04 |
| 2. (38) E. Taylor | Acc | 71.40 |
| 3. (41) K. Hall O/40 | Wharf | 72.40 |
| 4. (66) F. Lynch O/40 | Rad | 81.12 |
| 5. (74) N. Murphy O/40 ... | Ross | 82.05 |
| (76) K. Brierley O/50 | Tod | 82.15 |
| (78) A. Jones O/60 | Altrinch | 82.35 |

120 finishers

**MIDGLEY MOOR
Lancashire**

BS/8km/381m 27.02.16

Race day was actually dry!! This brought out 103 runners to enjoy the pretty 5 mile route heading out of Booth up onto Midgley

Moor.

Harry Holmes finished first in just under 40 minutes. Harry then graciously waited to thank Neil Crampton, who came in second, for guiding him round the race route. In third place was first runner home from Barlick, who had Midgley Moor in their championship – Shaun Chew came in within three minutes of the winner.

Shaun, along with Andy Berry and David Pole, took the men's team prize for Barlick.

First lady back in under 47 minutes was Bronwen Jenkinson. Kirsty Hall was second lady back with Annabel Mason third.

The ladies' team prize again went to Barlick thanks to strong runs from Paula Collen, Leanne Dinsdale and Rachel Lowther.

Local dairyman, Geoff Midgley, kindly donated fresh milk for the finishers.

All proceeds from the race are donated to Cancer Research UK – this year £584 was raised.

Graham Davy

| | | |
|--------------------------|---------|-------|
| 1. H. Holmes | Knavesm | 47.43 |
| 2. N. Crampton | P&B | 39.52 |
| 3. S. Chew | Barlick | 42.40 |
| 4. A. Worster | Tod | 42.45 |
| 5. A. Berry | Barlick | 42.50 |
| 6. N. Barber O/40 | Tod | 42.55 |
| 7. I. Gee O/40 | Tod | 43.07 |
| 8. D. Poole | Barlick | 43.14 |
| 9. M. Howard U/23 | CaldV | 45.05 |
| 10. C. Goddard | Tod | 45.29 |

VETERANS O/50

| | | |
|---------------------------|-------|-------|
| 1. (14) B. Johnson | CaldV | 46.08 |
| 2. (25) S. Booth | Unatt | 49.04 |



Andy Berry leading Barlick Fell Runners winning team train past Churn Milk Joan Standing Stone at Midgley Moor fell race

PHOTO © WWW.WOODENTOPS.ORG.UK

| | | |
|---------------------------|---------|-------|
| 3. (27) P. Brannigan | Tod | 49.55 |
| VETERANS O/60 | | |
| 1. (36) K. Taylor | Ross | 50.47 |
| 2. (39) D. Collins | Tod | 51.19 |
| 3. (65) P. Ellerton | Bing | 56.42 |
| VETERANS O/70 | | |
| 1. (84) G. Breeze | Wharfe | 65.27 |
| 2. (87) R. Blakeley | Tod | 67.36 |
| 3. (88) M. Coles | VStr | 67.56 |
| LADIES | | |
| 1. (17) B. Jenkinson U/23 | Eryri | 46.59 |
| 2. (29) K. Hall O/40 | Wharfe | 50.09 |
| 3. (35) A. Mason U/23 | Wakef | 50.42 |
| 4. (48) R. Patrick O/40 | Tod | 53.28 |
| 5. (49) J. Scarfe O/50 | CaldV | 53.47 |
| 6. (54) L. Dinsdale | Barlick | 55.31 |

103 finishers

**HOPE WINTER
Derbyshire
BS/9.5km/451m 28.02.16**

We had a fantastic winter's day for the running of the first Hope Winter race. The weather was kind with a light wind, sunshine and 5 degrees made for almost perfect winter conditions. Underfoot conditions had dried considerably over the last couple of weeks leaving only a few boggy paths rather than the continuous mud we have seen for most of the winter.

This race is based on the very popular Hope Wakes Week which is being run for the 70th year later in the summer. To make the winter race a bit different, we reversed the route and had to make a slight detour past one of the farms. This meant the race went from Hope straight to the summit of Win Hill before a steep descent across the moor into the forest. A gradually rising track with a couple of steep short climbs seemed to catch out a few runners who were not familiar with the nature of the terrain on this path. The path through the forest rises up to the Brinks and this leads to a long grassy descent back into Hope, a quick trip through the village brings the runners back to the finish.

Regular summer winner, Stuart Bond, started his year with a win followed by Tom Saville. The ladies' race was won by the up and coming Lauren McNeil. Sally Fawcett having a day off from High Peak Marathon recce, came in second. Due to the popularity of the event and positive comments we shall see about making this a regular addition to the fell race calendar.

Many thanks to the marshals and helpers on the day and to Montrail/Mountain Hardwear and AccelerateUK for their support.

Colin Papworth

| | | |
|---------------------|--------|-------|
| 1. S. Bond | DkPk | 44.26 |
| 2. T. Saville U/23 | DkPk | 46.34 |
| 3. S. Franklin | Totley | 47.43 |
| 4. Billy Cartwright | Mat | 47.53 |
| 5. Ben Cartwright | Mat | 48.29 |
| 6. D. Kilpin | Pstone | 48.59 |
| 7. K. Allanson | Mat | 49.41 |
| 8. P. Butcher O/50 | Mansf | 49.51 |

| | | |
|----------------------|-------|-------|
| 9. A. Lake O/40 | EskVa | 49.57 |
| 10. M. Nolan O/40 | DkPk | 50.08 |
| VETERANS O/50 | | |
| 1. (8) P. Butcher | Mansf | 49.51 |
| 2. (12) M. Stenton | DkPk | 50.31 |
| 3. (23) S. Bell | DkPk | 52.59 |
| VETERANS O/60 | | |
| 1. (57) K. Holmes | DkPk | 59.21 |
| 2. (88) N. Oxley | Unatt | 64.45 |
| 3. (99) N. Hindley | FRA | 64.38 |

| | | |
|----------------------|-------|-------|
| VETERANS O/70 | | |
| 1. (134) D. Trickett | Hands | 69.36 |
| 2. (204) B. Allsop | Buxt | 83.35 |

| | | |
|---------------------------|--------|-------|
| LADIES | | |
| 1. (22) L. McNeil U/23 | Unatt | 52.47 |
| 2. (31) S. Fawcett | DkPk | 55.00 |
| 3. (32) O. Walwyn | Macc | 55.12 |
| 4. (43) H. Tant | Totley | 56.25 |
| 5. (46) H. Thornhill U/23 | Buxt | 57.57 |
| (68) J. Wilson O/40 | Hands | 60.36 |
| (92) J. Crowson O/50 | DkPk | 63.31 |
| (120) L. Palmer O/50 | Gloss | 67.49 |
| (130) H. Saville O/60 | DkPk | 68.51 |

220 finishers

**PIPE DREAM
Conwy
AS/8.2km/518m 01.03.16**

Cool air, but very boggy conditions greeted the runners for this year's race. The forecast threatened snow on higher ground but the course was thankfully spared the white stuff.

Despite most having completed the race more than once, the first half dozen leaders unfortunately went off the course, led astray by last year's winner and course record holder, Math Roberts, and despite a valiant effort, by the time they realised their error, there was too much work to do to get back in front.

The race was won by Mark Davies, who took advantage of the wanderers, hanging onto a margin of 45 seconds from Simon Edwards and Paul Jones.

The ladies' win went to a recent returnee to the fold, namely Miranda Grant, who led her next rival by over two and a half minutes, showing fine form for a successful forthcoming season. That rival was Lizzie Irving, herself no slouch but apparently not so quick on the descent. Gemma Brown took third.

The outstanding result of the day was the ladies' V50 record being broken by six seconds by Sarah Barnwell, who is also clearly on form for a promising 2016 in that category. She left all some distance behind her, including the V40 runners.

There was a great battle for the V70 slot, with the three of them separated by only two and half minutes. Don Williams led John Morris and Yiannis Tridimas.

The new style presentation went down well with some unusual prizes going out; Dolgarrog of course being well known for its exotic fruit plantations.

Everyone seemed to enjoy the race, even those who did some extra mileage!

Craig Jones

| | | |
|--------------------------|---------|-------|
| 1. M. Davies O/40 | NWRRC | 38.46 |
| 2. S. Edwards O/40 | Buckley | 39.38 |
| 3. P. Jones O/40 | Eryri | 39.50 |
| 4. M. Roberts | CaldV | 38.51 |
| 5. R. Bentley | Eryri | 39.52 |
| 6. M. Hulley O/40 | Penn | 40.27 |
| 7. P. Roberts O/40 | Helsby | 40.55 |
| 8. M. Grant Lady | Eryri | 41.00 |
| 9. Gareth. Hughes O/40 | Mercia | 41.11 |
| 10. Goronwy. Hughes O/40 | Hebog | 42.01 |

| | | |
|----------------------|-------------|-------|
| VETERANS O/50 | | |
| 1. (12) I. Warhurst | Penn | 42.23 |
| 2. (14) J. Randell | Meirionnydd | 43.04 |
| 3. (29) T. Coleman | Unatt | 44.56 |

| | | |
|----------------------|---------|-------|
| VETERANS O/60 | | |
| 1. (15) D. Weaver | Eryri | 43.14 |
| 2. (27) A. Duncan | Bowland | 44.54 |
| 3. (41) D. Bowen | Penn | 47.20 |

| | | |
|----------------------|---------|-------|
| VETERANS O/70 | | |
| 1. (71) D. Williams | Eryri | 52.52 |
| 2. (73) J. Morris | Buckley | 54.14 |
| 3. (74) Y. Tridimas | Bowland | 54.20 |

| | | |
|-----------------------------|---------|-------|
| LADIES | | |
| 1. (8) M. Grant | Eryri | 41.00 |
| 2. (18) L. Irvine | Eryri | 43.41 |
| 3. (23) G. Brown | NWRCC | 44.08 |
| 4. (32) H. Evans | Buckley | 46.55 |
| 5. S. Barnwell O/50 | Eryri | 48.00 |
| 6. (49) L. Emery-Jones O/40 | Eryri | 49.16 |

86 finishers

**CLOUD 9
Cheshire
BM/14.5km/381m 06.03.16**

| | | |
|-----------------------|----------|---------|
| 1. C. Moulton | Baolloy | 56.55 |
| 2. R. Campbell | Hland | 1.00.00 |
| 3. B. Hobson | Chorlt | 1.01.02 |
| 4. F. Macdonald Oulds | Chorlt | 1.01.53 |
| 5. J. Powell | Altrinch | 1.01.55 |
| 6. K. Sutor O/40 | CheshH | 1.02.00 |
| 7. B. Light | Buxt | 1.03.01 |
| 8. E. James | Belper | 1.03.12 |
| 9. L. Eccles | PennyL | 1.03.28 |
| 10. J. Bennett O/40 | Buxt | 1.03.51 |

| | | |
|----------------------|-------|---------|
| VETERANS O/50 | | |
| 1. (46) J. Halson | Lpool | 1.10.13 |
| 2. (49) S. Thompson | ValeR | 1.10.52 |
| 3. (53) R. Wood | Lpool | 1.11.40 |

| | | |
|----------------------|-------|---------|
| VETERANS O/60 | | |
| 1. (42) T. McGaff | Wilms | 1.09.38 |
| 2. (66) A. Bocking | Chesh | 1.14.02 |
| 3. (119) B. Blyth | Macc | 1.19.22 |

| | | |
|-----------------------|----------|---------|
| VETERANS O/70 | | |
| 1. (143) J. Norman | Altrinch | 1.22.20 |
| 2. (190) N. Griffiths | Spect | 1.32.25 |
| 3. (221) C. Grime | Spect | 1.39.45 |

| | | |
|----------------------|-----------|---------|
| LADIES | | |
| 1. (23) O. Walwyn | Macc | 1.07.01 |
| 2. (39) M. Beever | Stain | 1.09.13 |
| 3. (60) K. Latham | SChesh | 1.12.47 |
| 4. (69) A. Markley | Macc | 1.14.16 |
| 5. (75) A. Durrant | SChesh | 1.14.42 |
| (91) H. Carter O/40 | Sandb | 1.16.14 |
| (95) D. Hope O/40 | StaffsM | 1.16.41 |
| (120) B. Ganose O/50 | Altrinch | 1.19.27 |
| (128) A. Jones O/60 | Alltrinch | 1.20.51 |
| (156) T. Brown O/50 | SChesh | 1.25.00 |
| (180) A. Hirsch O/60 | BelleV | 1.30.54 |

256 finishers

BLUEBELL FELL RACES
Derbyshire
BS/7.6km/190m 06.03.16

Six days before the event, the race organiser received a call from the pub informing him that the bookings for Mother's Day lunches would mean that it was not convenient for the pub to act as the event HQ.

Luckily, in the neighbouring village of Hazelwood, a suitable hall proved a suitable substitute and meant that the original course could be used, albeit a lot muddier than on the previous occasion.

It was good to see 10 runners from Redhill RR for the first time and women making up 35% of the field and many competitors enjoying the delights of fell running for the first time.

The three runners who took the first three places immediately opened up a significant lead with Billy just getting the better of fellow 24 year old Bradley up the last long and muddy hill.

Without the willing officials and marshals such an event would be impossible to organise. Perhaps, as we celebrate Mother's Day, World Peace Day etc, we should have a day to recognise and thank those many thousands of volunteers who unselfishly give up their time to help at sports, arts and community events each year.

David Denton

| | | |
|---------------------|---------|-------|
| 1. B. Cartwright | Mat | 31.39 |
| 2. B. G Hansen | Redhill | 31.54 |
| 3. L. Beresford | Ripley | 32.47 |
| 4. P. Butcher O/50 | Mansf | 33.35 |
| 5. D. Halford O/40 | Unatt | 37.28 |
| 6. R. Foley O/40 | Wirks | 37.31 |
| 7. G. Baird O/40 | Sutton | 37.42 |
| 8. C. Booth O/50 | LongE | 38.01 |
| 9. J. Mooney O/50 | Macc | 38.33 |
| 10. G. McMahon O/60 | Redhill | 39.08 |

VETERANS O/60

| | | |
|---------------------|---------|-------|
| 1. (10) G. McMahon | Redhill | 39.08 |
| 2. (15) S. Brister | Mat | 41.08 |
| 3. (203) P. Goodall | Totley | 43.27 |

LADIES

| | | |
|-------------------------|---------|-------|
| 1. (8) C. Booth O/50 | LongE | 38.01 |
| 2. (16) D. Booth | Derby | 41.11 |
| 3. (19) K. George | DerbyT | 41.58 |
| 4. (22) P. Goodall O/60 | Totley | 43.27 |
| 5. (27) H. Morley O/40 | Belper | 45.19 |
| (31) M. McHarg O/40 | Belper | 50.06 |
| (38) B. Barnes O/50 | Redhill | 52.08 |

3.8km/95m

| | | |
|-----------------------|--------|-------|
| 1. M Long MO/40 | Unatt | 22.28 |
| 2. K. Watson Jun Lady | Unatt | 28.18 |
| 3. T. O'Leary Lady | Unattt | 31.10 |
| 4. A. Hardwick Jun M | Mans | 31.11 |
| 5. L. Beck Lady O/50 | Derw | 32.44 |

SEDBERGH THREE PEAKS
Cumbria

AS/3.6km/462m 08.03.16

| | | |
|----------------|----------|-------|
| 1. C. Arthur | Bowland | 30.07 |
| 2. J. Bird | 1stV111B | 30.57 |
| 3. J. Campbell | 1stV111B | 33.16 |
| 4. T. Cowin | HelmH | 33.40 |

| | | |
|-------------------|----------|-------|
| 5. J. Byrne | Amble | 34.37 |
| 6. A. Maskew | 1stV111B | 34.46 |
| 7. C. Jackson | Gloss | 34.53 |
| 8. C. Lowther | Eden | 35.00 |
| 9. R. Askew | Hart | 35.20 |
| 10. W. Thomson | 1stV111B | 35.45 |
| 11. C. Burrow | HelmH | 36.05 |
| 12. J Eyre | Eden | 36.11 |
| 13. B. Van-Dyke | 1stV111B | 36.31 |
| 14. B. Pennington | HowgillH | 36.49 |
| 15. D. Fishwick | Chorley | 36.50 |

51 finishers

CARDING MILL CANTER
Shropshire

AS/7.8km/580m 12.03.16

An almost perfect day for running saw 115 runners compete. Ross Campbell was the first home by a considerable margin. It was good to see a large contingent of female runners of all ages, with Hannah Jarvis the first home. Due to a 'senior moment' on my part when marking the course, this year's race was 650 metres longer, with an extra 20 metre climb than it should have been. Oops! Sorry. But at least it means all competitors will have a PB!

Dave Nichols

| | | |
|---------------------|--------|-------|
| 1. R. Campbell U/23 | Hland | 45.40 |
| 2. M. Palmer O/50 | MynDu | 47.00 |
| 3. P. Vale O/40 | Mercia | 47.42 |
| 4. N. Corker O/40 | RSC | 47.46 |
| 5. G. Speake | Mercia | 47.53 |
| 6. S. Glendinning | Conist | 48.06 |
| 7. T. Roo | Mercia | 49.27 |
| 8. M. Thomas | Unatt | 49.28 |
| 9. J. Newey O/40 | Mercia | 49.53 |
| 10. M. Bollom O/40 | Mercia | 50.49 |

VETERANS O/50

| | | |
|-----------------|--------|-------|
| 1. M. Palmer | MynDu | 47.00 |
| 2. A. Yapp | Mercia | 50.54 |
| 3. P.Shackleton | Clay | 53.40 |

VETERANS O/60

| | | |
|---------------|--------|-------|
| 1. G. Jones | Shrews | 52.21 |
| 2. D. Daniels | Cobra | 60.02 |
| 3. A. French | Wrex | 65.20 |

LADIES

| | | |
|--------------------------|--------|-------|
| 1. (16) H. Jarvis | DorkM | 51.40 |
| 2. (25) K. Beecher | MynDu | 54.27 |
| 3. (38) V. Swinger O/40 | Shrop | 57.13 |
| 4. (43) A. Grundy O/40 | Tatten | 57.45 |
| 5. (54) L. Aphramor O/40 | Mercia | 60.55 |
| (61) E. Collins O/50 | Denb | 61.47 |
| (93) B. Cole O/50 | Mercia | 70.55 |

115 finishers

BLACK COMBE
Cumbria

AM/13km/1000m 12.03.16

Black Combe stands by itself at the southwestern tip of Cumbria and Wordsworth says its views are the biggest in the country. "This height a ministering angel might select". Not on race day. Thin drizzle and thick clag, and nobody could see a thing. Many interesting new routes were discovered.

We also had a lot of snow the week

before, which melted just before the race to leave everything slippery and loose. Under these conditions Vic Wilkinson put in an extraordinary performance. The women set off a few minutes ahead and she ran the whole race alone, navigated perfectly in the fog, came off the fell still ahead of everyone and took 20 seconds off a record that was set 19 years ago on a dry and sunny day.

Next down was the men's winner, Ben Mounsey, who ran well throughout, kept his head and won it on the climbs. Kris Jones and Rhys Findlay-Robinson were close behind.

In 6th place was Ian Holmes. He has run Black Combe only once before in 1997 and his record still stands. This time he won the V40, broke the V50 record by a minute or so and also recorded the second fastest descent from summit to finish.

The fastest descender was Nic Barber, as usual, and the fastest woman Nichola Jackson.

By then the marshals in the second half of the race were spinning around as runners approached them from all directions. From checkpoint 3 to 4 is an easy 400 metres downhill. Local athlete John Heneghan, set a new record of nearly 40 minutes.

Even four-times winner Rob Jebb took a 20 minute detour, then overtook 100 people on the next climb.

Despite the fog, the mud, the navigation and the crowd, it all seemed to go well. Everyone got down in the end. The pies were good, the tents snug and the tea mostly hot. People parked nicely. There was a lot of litter to pick up but as far as I know nobody got their garden peed in this time, and we donated over £1300 to help rebuild the playground in Silecroft.

It took over 50 people to put this race on and I ought to mention them all, but most of all I would like to thank Pete and Hazel Tayler, who thought about every detail and did most of the work.

If anyone would like to try racing Black Combe in the sun, come and see us on 29 August for the new Bootle Show race.

Will Ross

| | | |
|------------------------|----------|---------|
| 1. B Mounsey | CaldV | 1.10.28 |
| 2. K. Jones | DkPk | 1.10.45 |
| 3. R. Findlay-Robinson | DkPk | 1.10.47 |
| 4. S. Hebblethwaite | Kesw | 1.12.38 |
| 5. T. Addison | HelmH | 1.13.03 |
| 6. I. Holmes O/50 | Bing | 1.14.15 |
| 7. N. Northrop | DkPk | 1.14.18 |
| 8. M. Lamb | Kesw | 1.14.24 |
| 9. J. Davies O/40 | Borr | 1.14.37 |
| 10. J. Parkinson | P&B | 1.15.00 |
| 11. T. Brunt O/40 | DkPk | 1.15.23 |
| 12. L. Maude | Barlick | 1.15.48 |
| 13. A. Perry | HelmH | 1.16.14 |
| 14. M. Lockyer | P&B | 1.16.18 |
| 15. M. Purkis U/23 | EdinbUni | 1.16.19 |
| 16. G. Pearce | P&B | 1.16.23 |
| 17. S. Stead | Kesw | 1.16.27 |
| 18. J. Baxter | P&B | 1.16.31 |
| 19. B. Abdelnoor | Amble | 1.16.39 |
| 20. B. Proctor | HelmH | 1.16.41 |



VETERANS O/50

| | | | |
|-------------------|-----|------|---------|
| 1. I. Holmes | ... | Bing | 1.14.15 |
| 2. (40) D. Taylor | ... | DkPk | 1.19.46 |
| 3. S. Pyke | ... | DkPk | 1.23.03 |

VETERANS O/60

| | | | |
|--------------------|-----|---------|---------|
| 1. (152) T. McGaff | ... | CheshHR | 1.31.55 |
| 2. (183) B. Grant | ... | Hgte | 1.34.01 |
| 3. (195) J. Winn | ... | Ellenb | 1.34.35 |

VETERANS O/70

| | | | |
|--------------------|-----|----------|---------|
| 1. (394) J. Norman | ... | Altrinch | 2.00.41 |
| 2. (417) K. Carr | ... | Clay | 2.05.10 |
| 3. (458) G. Breeze | ... | Wharfe | 2.16.08 |

LADIES

| | | | |
|--------------------------|-----|----------|---------|
| 1. (33) V. Wilkinson | ... | Bing | 1.18.29 |
| 2. (121) H. Dent | ... | Howgill | 1.28.41 |
| 3. (123) E. Gould | ... | Mercia | 1.28.48 |
| 4. (128) N. Jackson | ... | Preston | 1.28.59 |
| 5. (130) L. Roberts O/40 | ... | Amble | 1.29.15 |
| 6. (136) C. Spurdin | ... | Kesw | 1.30.02 |
| 7. (139) L. Adams | ... | BlCombe | 1.30.29 |
| 8. (147) H. Russell U/23 | ... | HelmH | 1.31.33 |
| (280) R. Browne O/50 | ... | Bowland | 1.44.03 |
| (282) A-M. Jones | ... | Altrinch | 1.44.08 |

492 finishers

**BROUGH LAW
Northumberland
AS/8km/400m 13.03.16**

There was a great turnout today at the Brough Law fell race in the Ingram valley. 82 runners registered and duly completed the 5 mile course on a very mild, dry and wind free day. Perfect weather and the strongest hint yet that spring is in the air.

First back was an in-form Lee Bennett in his recently renewed NFR colours in 37:45, closely followed by last year's winner David Beech in 37:59. Third place went to Mark Snowball in a very good time of 38:38.

In the women's race, Karen Robertson crossed the line first in 44:13 with Katherine Davis second in 46:39 and Claire Bagness in third with 49:51.

A special note of thanks go to the following people for their invaluable help.

Mike Steven, Richard Kirby (+ son/wife), Jane Briggs, Michael Briggs and Andy Richardson for their support and help on the day. Ross Wilson for permission to hold the race and for dismantling the course after the race. Northumberland National Park ranger (Mark) for the use of the new facilities at Bulby's wood. Stuart Ferguson for the support from Hangar 18/FRA and guidance in making sure everything went smoothly.

A total of £220 was raised for Northumberland Mountain rescue.

J Butters

| | | | |
|---------------------|-----|---------|-------|
| 1. L. Bennett O/40 | ... | NFR | 37.45 |
| 2. D. Beech | ... | NFR | 37.59 |
| 3. M. Snowball | ... | Morpeth | 38.38 |
| 4. G. Simpson | ... | Alnwick | 38.58 |
| 5. M. Cockburn | ... | Morpeth | 39.42 |
| 6. A. Fletcher O/50 | ... | Alnwick | 39.55 |
| 7. S. Ellis | ... | NShP | 40.08 |
| 8. W. Robson | ... | NShP | 40.23 |
| 9. T. Oliphant | ... | Heaton | 41.37 |
| 10. C. Rowe O/40 | ... | NShPoly | 41.38 |

VETERANS O/50

| | | | |
|--------------------|-----|---------|-------|
| 1. (6) A. Fletcher | ... | Alnwick | 39.55 |
| 2. (16) T. McColl | ... | Newburn | 43.54 |
| 3. (27) B. Beckett | ... | Chorley | 45.38 |

VETERANS O/60

| | | | |
|---------------------|-----|---------|-------|
| 1. (42) N. Cassidy | ... | Tyne | 49.15 |
| 2. (57) P. Reed | ... | NFR | 55.08 |
| 3. (73) J. Emmerson | ... | Elswick | 61.03 |

LADIES

| | | |
|---------------------------|---------|--------------|
| 1. (17) K. Robertson O/40 | NFR | 44.13 |
| 2. (31) K. Davis O/40 | NSP | 46.39 |
| 3. (45) C. Bagness O/50 | ... | Wooler 49.41 |
| 4. (53) J. Briggs O/40 | NFR | 52.34 |
| 5. (55) R. Bennett | NFR | 53.14 |
| (58) M. Drozdowicz O/50 | Elswick | 55.10 |

82 finishers

**BRADDA
Isle of Man
AL/25km/1789m 13.03.16**

The fourth round of the 2016 Callin/Wild sponsored Manx Fell Running Championships was held on a testing course that was based on last year's English Championship route. The Bradda Fell Race started and finished on the old golf course near Bradda West, the point where the 2015 English Championships finished. From here the race followed last year's route apart from missing the coastal path section to Niarbyl and Gob Ny Ushtey. The course was slightly shorter than last year but proved to be just as testing.

Weather conditions were very good with very little wind although the coastal paths were still extremely wet and muddy from the recent persistent rain.

Ben Corkill recorded a fine victory after a race long battle with 2015 Isle of Man Ultra winner Tom Cringle. Veteran Ian Gale had a remarkable run to finish 3rd and first over 50.

The ladies' category was won by Judith Quane to complete her comeback from a serious injury that had wrecked her 2015 season.

Richie Stevenson

| | | | |
|----------------------|-----|-----|---------|
| 1. B. Corkill | ... | MFR | 2.18.49 |
| 2. T. Cringle | ... | MFR | 2.20.49 |
| 3. I. Gale O/50 | ... | MFR | 2.29.09 |
| 4. I. Goatman | ... | MFR | 2.35.21 |
| 5. P. Sheard O/50 | ... | MFR | 2.37.07 |
| 6. M. Murphy | ... | MFR | 2.38.28 |
| 7. T. Hughes | ... | MFR | 2.39.26 |
| 8. C. Reynolds | ... | MFR | 2.45.22 |
| 9. J. Macgregor O/40 | ... | NAC | 2.51.30 |
| 10. N. Brogan | ... | MFR | 2.52.38 |

VETERANS O/40

| | | | |
|---------------------|-----|-----|---------|
| 1. (9) J. Macgregor | ... | NAC | 2.51.30 |
| 2. (13) N. Kaye | ... | MFR | 3.04.32 |
| 3. (15) C. Kirk | ... | MFR | 3.05.38 |

VETERANS O/50

| | | | |
|--------------------|-----|-----|---------|
| 1. (5) P. Sheard | ... | MFR | 2.37.07 |
| 2. (12) S. Hubbard | ... | MFR | 3.04.29 |
| 3. (18) S. Taggart | ... | MFR | 3.10.19 |

VETERANS O/60

| | | | |
|----------------------|-----|-------|---------|
| 1. (37) I. Callister | ... | ManxH | 3.27.36 |
| 2. (38) R. Moughtin | ... | WAC | 3.28.01 |
| 3. (49) J. Critchley | ... | MFR | 4.34.33 |

LADIES

| | | | |
|-----------------------|-----|-----|---------|
| 1. (16) J. Quane O/40 | ... | NAC | 3.05.51 |
|-----------------------|-----|-----|---------|







Jack Eyre, Eden Runners and Adam Jackson Keswick AC, on the final sprint to the finish line at Carrock Fell race.

PHOTO © STEVE RAZZETTI

| | | |
|-----------------------------|-----|---------|
| 2. (27) J. Morgan O/50 ... | MFR | 3.17.57 |
| 3. (29) M. Watkins O/50 ... | MFR | 3.19.43 |
| 4. (32) C. Brogan | MFR | 3.22.22 |
| 5. (39) A. Clague O/40 ... | MFR | 3.29.20 |
| (43) R. Hooton O/60 | MFR | 3.42.48 |

52 finishers

RAS YR ARAN Gwynedd

AM/16.1km/945m 19.03.16

The weather can often be interesting for the Aran. This year was relatively benign with the ground in excellent condition and just a few snow patches. The wind was light but cold but from the northeast and carried the faint smell of the Aran Lamb sponsors' burger van at the finish up the hill like scent to trail hounds! 102 runners started with an excellent showing from English clubs making the journey to Meirionnydd.

Gareth Wyn Hughes took and kept an early lead to win in 1:30:44, three minutes ahead of Karl Steinegger with Dave Lund 12 seconds behind taking third. In the women's competition Miranda Grant took the honours in 1:43:32 from Sarah Ridgeway, who finished in 1:47:30 a minute ahead Helen Brown. Less than two minutes separated the two university based junior men with Robert Parker leading home for Cardiff Uni in 1:58:44. V40 went to John Hunt in 1:37:55, Mark Palmer recorded 1:35:10 for V50. Alan Duncan was first V60 in 2:01:52 and Garry Gunner took V70 in 2:30:25. Sarah and Helen are both FV40 but the prize in this category went to Joanne Cliffe with Kate O'Sullivan taking the FV50 prize. The team

prize was won by Dark Peak ahead of Ambleside.

This race concludes the Meirionnydd winter series of three races. This year eight men and three women completed the series. A very consistent Karl Steinegger defended his last year's title in a total time of 3:26:33, almost 12 minutes faster than last year, and over 11 minutes ahead of second place Simon Edwards of Buckley Runners. Miranda Grant took the women's award in 3:59:00 from Katie Beecher who had to pull out of the final race during the descent. The series winners both received half a side of lamb from Mrs Thomas from Aran Lamb who, as well as sponsorship, help the Meirionnydd RC with a lot of the local organisation of the race. This year race HQ moved to the village hall providing a much bigger venue, close by the start and with the luxury of showers, and this will likely be a permanent change.

Nicholas Bradley

| | | |
|---------------------------|----------|---------|
| 1. G. Hughes | Mercia | 1.30.44 |
| 2. K. Steinegger | Amble | 1.33.43 |
| 3. D. Lund | DkPk | 1.33.55 |
| 4. M. Palmer O/50 | MynyddDu | 1.35.10 |
| 5. J. Hunt O/40... .. | DkPk | 1.37.55 |
| 6. M. Cliffe O/40 | Eryri | 1.38.13 |
| 7. M. Morton O/40 | Penn | 1.39.41 |
| 8. R. Skrimshire | DkPk | 1.39.41 |
| 9. L. Eccles | PennYL | 1.40.02 |
| 10. M. Davies O/40 | NWRR | 1.40.30 |

VETERANS O/50

| | | |
|----------------------------|----------|---------|
| 1. M. Palmer | MynyddDu | 1.35.10 |
| 2. (11) R. Houghton | Penn | 1.40.43 |
| 3. (30) R. Owen | Eryri | 1.55.04 |

VETERANS O/60

| | | |
|--------------------------|---------|---------|
| 1. (43) A. Duncan | Bowland | 2.01.52 |
| 2. (61) D. Bowen | Penn | 2.11.31 |

| | | |
|--------------------------|------|---------|
| 3. (63) K. Gofton | WFRA | 2.13.07 |
|--------------------------|------|---------|

VETERANS O/70

| | | |
|--------------------------|--------|---------|
| 1. (86) G. Gunner | CroftA | 2.30.13 |
| 2. (92) A. Oliver | Eryri | 2.37.25 |

LADIES

| | | |
|------------------------------|----------|---------|
| 1. (15) M. Grant | Eryri | 1.43.32 |
| 2. (22) S. Ridgeway O/40 ... | RunSnowd | 1.47.30 |
| 3. (23) H. Brown O/40 ... | MynyddDu | 1.48.31 |
| 4. (29) S. Williams | RhedwyrH | 1.54.35 |
| (79) K. O'Sullivan O/50 ... | Aberyst | 2.22.07 |

100 finishers

MEIRIONNYDD WINTER SERIES – OVERALL RESULTS (Rhubell Fawr, Tarren Hendre, Ras Yr Aran)

| | | |
|---------------------------|----------|---------|
| 1. K. Steinegger | Amble | 3.26.33 |
| 2. S. Edwards O/40 | Buckley | 3.38.14 |
| 3. M. Palmer O/50 | MynyddDu | 3.42.12 |
| 4. A. Powell O/40 | Maldwyn | 3.48.03 |
| 5. R. Dyfrig | Aberyst | 3.55.00 |

LADIES

| | | |
|------------------------------|-------------|---------|
| 1. M. Grant | Eryri | 3.59.00 |
| 2. A. Loveluck O/40 | Meirionnydd | 4.38.39 |
| 3. K. O'Sullivan O/50 | Aberyst | 4.54.59 |

CHICKEN RUN Derbyshire BS/9.4km/322m 19.03.16

| | | |
|--------------------------|----------|-------|
| 1 S. Clark | Bux | 41.00 |
| 2. G. Briggs O/40 | DkPk | 41.08 |
| 3. M. Burton O/40 | Penn | 41.13 |
| 4. D. Bethell | TeamRaid | 42.04 |
| 5. B. Light | Bux | 42.11 |
| 6. K. Malton | SheltStr | 43.07 |
| 7. C. Jackson | Gloss | 43.25 |
| 8. T. Rutter | DkPk | 43.37 |

| | | |
|---------------|------|-------|
| 9. A. Ford | Horw | 43.45 |
| 10. A. Bunyan | Mcc | 44.20 |

VETERANS O/40

| | | |
|-------------------|------|-------|
| 1. G. Briggs O/40 | DkPk | 41.08 |
| 2. M. Burton O/40 | Penn | 41.13 |
| 3. (11) D. Croft | Macc | 45.04 |

VETERANS O/50

| | | |
|-------------------|-------|-------|
| 1. (12) J. Hewitt | Gloss | 45.21 |
| 2. (16) D. Soles | Penn | 46.59 |
| 3. (17) N. Clarke | Macc | 48.45 |

LADIES

| | | |
|------------------------|-----------|-------|
| 1. (28) I. Storm | Chrorlton | 50.56 |
| 2. (33) R. Blight O/40 | Stockp | 51.15 |
| 3. (38) D. Hope O/40 | StaffsM | 53.53 |
| (51) P. Goodall O/50 | Totley | 56.45 |

74 finishers

6km

| | | |
|-------------------|------|-------|
| 1. D. Soles U/16 | Bux | 29.03 |
| 2. L. Parker U/16 | Penn | 29.17 |

**MIDDLE FELL RACE
Cumbria**

AM/10.6km/518m 19.03.16

| | | |
|--------------------|----------|---------|
| 1. C. Tinnion | Ellenb | 0.55.55 |
| 2. L. Amor | Ellenb | 0.56.52 |
| 3. C. Lister | Ellenb | 0.58.12 |
| 4. T. Ripper | BICombe | 0.58.19 |
| 5. S. Hardy O/40 | LoftWhit | 0.59.24 |
| 6. N. Ray O/40 | Ellenb | 0.59.42 |
| 7. G. Baily | PudseyP | 1.01.48 |
| 8. R. Green | AchRat | 1.02.36 |
| 9. A. Jackson O/50 | Ellenb | 1.02.48 |
| 10. A. MGeen O/50 | Ellenb | 1.02.48 |

LADIES

| | | |
|-------------------------|---------|---------|
| 1. (23) j. Casey O/50 | BICombe | 1.11.20 |
| 2. (26) K. Pickles O/40 | PudseyP | 1.01.46 |
| 3. (28) J. Davis O/40 | Borr | 1.18.16 |

39 finishers

**MUNCASTER LUCK
Cumbria**

BM/15km/620m 20.03.16

This was the first running of the Muncaster Luck race since 2000, and gave many competitors their first experience running on the low fells south of the Esk. There were some changes to the historic race route, partly to minimise running on the busy A595, and also to avoid the thick gorse and brambles that have grown up below the Pepper Pot, but the intention was to remain as faithful to the original race as possible. Thankfully, glorious weather made navigation relatively straightforward.

A number of finishers commented on their surprise at how much tougher the race was than the course profile would suggest, especially the bog before the Pepper Pot! I did try my best to flag the easiest route from Raven Crag to the finish and hopefully as the race becomes re-established, some favoured lines will develop.

Huge thanks must go to Muncaster Castle for their support and in particular, Ewan Frost-Pennington. Also, special thanks to all the marshals who assisted at checkpoints and the river and road crossings. Finally thanks to Walsh Sports and Hydrock for support with the prizes.

See you all in 2017!

John Heneghan

| | | |
|--------------------|-------|---------|
| 1. J. Davies O/40 | Borr | 1.33.16 |
| 2. B. Proctor | HelmH | 1.36.02 |
| 3. K. Hodgson O/40 | HelmH | 1.38.09 |
| 4. R. Stein | CFR | 1.43.02 |
| 5. N. Wood O/40 | HelmH | 1.43.35 |
| 6. R. Suddaby O/50 | Unatt | 1.45.01 |

| | | |
|----------------------|---------|---------|
| 7. A. Schofield O/40 | Borr | 1.45.08 |
| 8. T. Ripper | BICombe | 1.45.15 |
| 9. M. Cunningham | Borr | 1.47.01 |
| 10. M. Rooke | BICombe | 1.47.44 |

VETERANS O/50

| | | |
|--------------------|-------|---------|
| 1. (6) R. Suddaby | Unatt | 1.45.01 |
| 2. (15) D. Banks | Unatt | 1.51.44 |
| 3. (16) A. Bradley | CFR | 1.52.30 |

VETERANS O/60

| | | |
|------------------------|------|---------|
| 1. (31) D. Ratcliffe | Ross | 2.12.12 |
| 2. (39) J. Armstrong | Roch | 2.33.31 |
| 3. (44) D. Patton Lady | CFR | 2.51.32 |

LADIES

| | | |
|-------------------------|-------|---------|
| 1. (11) S. Taylor | HelmH | 1.48.49 |
| 2. (22) C. Russell O/40 | CFR | 2.03.53 |
| 3. (26) K. Aubrey O/50 | HelmH | 2.05.56 |
| 4. (30) C. Gibson O/40 | HelmH | 2.10.06 |
| (44) D. Patton O/60 | CFR | 2.51.32 |
| (45) L. Buck O/50 | CFR | 2.52.26 |
| (46) J. Mottram | CFR | 3.00.59 |

50 finishers

**CARROCK FELL
Cumbria**

AS/9km/500m 20.03.16

A glorious sunny day set the scene for the inaugural Carrock Fell Race.

75 competitors off on the course which started at Calebreck and crossed Carrock Beck followed by a stiff climb to the summit of Carrock Fell. Route choices immediately diverged at the start, with runners taking various different lines to cross the beck and head for Carrock summit. Runners then had to navigate a boggy traverse section to High Pike followed by a very fast grassy descent to the finish with plenty of route options to choose from heading for the finish line. The

PHOTO ©



Caption – Carrock Fell

new race attracted elite and club runners from the Lake District, Yorkshire and as far away as Northumberland. Recent dry weather meant the fells were in perfect condition and the weather was ideal for running. Fast times were predicted.

Ricky Lightfoot stormed home in just 37.39, three and half minutes clear of the second placed Will Veitch. The first female home was Heidi Dent in a very fast time of 45:00 and second female was Catherine Spurden.

The event was sponsored by The Old Crown Inn Heskett Newmarket and the Heskett Newmarket Brewery who provided prizes of their beers for all class winners.

The event was described by runners as "a classic fell race". There was a wonderful atmosphere and great sportsmanship. Winner Ricky Lightfoot, who had another running engagement to get to, donated his prize to the last man home Phil Kirby (MV60 Coniston) 1:18:26.

The race was organised by the Northern Fells Running Club; a new club formed in 2015 and this was their first Fell Running Association accredited event. The Club is based around the village of Heskett Newmarket and has fortnightly club runs and welcomes new members at all levels of experience.

At the end of the event it was announced that the club has agreed to take over the Fellside Race which has been dormant for

the last few years. It will now take place in August 2016.

Natalie Hawkrigg

| | | |
|---------------------------|---------|-------|
| 1. R. Lightfoot | Ellenb | 37.39 |
| 2. W. Veitch | Borr | 41.07 |
| 3. P. Winskill | Kesw | 42.21 |
| 4. T. Oates | Amble | 43.32 |
| 5. M. Munro | HerneH | 43.39 |
| 6. S. Dickinson | Amble | 43.50 |
| 7. H. Dent Lady | Howgill | 45.00 |
| 8. D. Birch O/40 | Kesw | 45.09 |
| 9. C. Holliday | CarlTri | 45.34 |
| 10. D. Hurton O/40 | Eden | 46.24 |

VETERANS O/40

| | | |
|-----------------------------|------|-------|
| 1. (8) D. Birch O/40 | Kesw | 45.09 |
| 2. (10) D. Hurton O/40 ... | Eden | 46.24 |
| 3. (12) A. Jackson | Kesw | 46.32 |

VETERANS O/50

| | | |
|----------------------------|-----------|-------|
| 1. (14) C. Donnelly | Camberlay | 47.07 |
| 2. (16) M. Hepworth | Eden | 48.25 |
| 3. (20) J. Whitaker... .. | Ilk | 50.04 |

VETERANS O/60

| | | |
|--------------------------|----------|-------|
| 1. (70) C. Clark | Kesw | 74.15 |
| 2. (75) P. Kirkby | Coniston | 78.26 |

LADIES

| | | |
|-----------------------------|---------|-------|
| 1. (7) H. Dent | Howgill | 45.00 |
| 2. (18) C. Spurden | Kesw | 49.15 |
| 3. (24) K. Robertson O/40 | NFR | 50.59 |
| 4. J. Lee | NthnF | 55.53 |
| 5. (42) C. Bagness O/50 ... | Wooller | 56.47 |
| 6. (45) V. Haworth... .. | Kesw | 58.18 |
| 7. C. Guest | NthnF | 60.57 |
| 8. C. Clarkson | Kesw | 63.04 |

75 finishers

**RIVOCK EDGE
West Yorkshire
BM/10.9km/269m 20.03.16**

It always seems to happen that no matter how I try to avoid clashing with other local races, it still occurs. However for those who did come, all stated it's a brilliant course with lots of different terrains, well marshalled and marked out. We had no adverse comments as I always try to speak to every competitor at the finish for views, areas for improvement etc.

The total field this year was 57 with most of the local clubs represented. (A special thanks to Clayton Le-Moors Harriers and Nidd Valley Road Runners who always send a good number of runners).

Weather conditions could not have been better with clear blue sky and temperatures higher than average so a fast course time was expected. The course remained more or less the same as last year but for the runners, a significant change of scenery. In the last 12 months as the whole of the top forestry section had been cleared, introducing a new hazard of tree stumps and 'mountain high' piles of brash which needed to be avoided.

For the spectators and people down at the start and finish, most of the runners were clearly visible for the much of the course. Many of the runners did comment that it was always nice and cool in the

Helen Glover smashed the previous record of 61.58 by over four minutes with 57.15 at Rivock Edge



LOW RES

© Woodentop

forestry section and look forward to when the saplings grow to maturity. (A long wait I think!).

Anyway back to the runners. The winner of this year race was Chris Miller with an impressive time of 50.25, beating the course record of 51.52 set by C. Loftus in 2012.

Chris was over two minutes ahead of second placed runner, Jonny Bradshaw of Wharfedale Harriers with a time of 52.30.

Even more impressive was Helen Glover smashing the record time of 61.58 by over four minutes setting a new record of 57.15 for first woman 'over the line'.

Sophie Martin of Wharfedale came second with a very creditable time of 63.22.

Despite all the best planning a couple of runners were held up because a bridge over the canal had to be opened up for a passing barge but fortunately did not appear to change the finishing order for the race.

My thanks go to the local landowners who give us access to their land each year often having to move livestock to facilitate the race, the Keighley Scout Service Network Team who marshalled the course and gave full radio communication cover and to the runners, particularly those who come every year to support the event.

And finally, to the category winners who forego'd the prizes this year, but instead donated the money to 'Sport Relief'. Thank you

Derek Wild

| | | |
|-------------------------|--------|-------|
| 1. C. Miller | Hgte | 50.25 |
| 2. J. Bradshaw | Wharfe | 52.30 |
| (9) S. Walton O/40 | Kghly | 60.05 |
| (13) A. Davidson O/50 | NiddV | 63.39 |
| (18) C. Williams O/50 | Unatt | 67.06 |
| (17) A. Corbishley O/60 | Ross | 67.00 |
| (34) H. Atkinson O/60 | Bing | 73.21 |

LADIES

| | | |
|------------------------|---------|-------|
| 1. (6) H. Glover | Kghly | 57.15 |
| (12) S. Martin | Wharfe | 63.22 |
| (28) C. Morgan O/40 | NiddV | 69.55 |
| (37) C. Fryer O/50 | CaldV | 75.32 |
| (49) J. Rawlinson O/60 | Barlick | 85.57 |

BLAKEY BLITZ North Yorkshire

AM/17km/855m 20.03.16

On a weekend of ultra-running on the North Yorkshire Moors, Hardmoors 55 and Cleveland Survival, there was a good turnout of 99 starters and finishers for the toughest fell race in Esk Valley Fell Club/ Northern Runner winter series.

The A-rated medium is a test and can catch out the unwary. With two descents and one climb on the outward leg to Fryup Dale and the reverse on the return, including a mile long climb to the finish, runners need to leave something in the tank.

The weather was reasonably kind, sunshine with a slightly chill north westerly wind was marred by a mizzle mid-race, but it doesn't get much better in March on the North Yorkshire Moors.

The top three were established on the outward leg, though they remained in close order for the duration with 20 seconds separating first from third in the final reckoning and with a hill-top finish, they were all captured in a single photo shot.

Dragon's Back winner 2015, Jim Mann, claimed the race victory, his time of 81.50 was a few minutes shy of the race record. In second was Harry Holmes adding to his recent spate of top 3 finishes, followed in by Chris Roberts. Add to them, Samuel Allin in sixth and veteran runner Barry Atkinson in 11th and Knavesmire claimed the male team prize. It would have been closer if Durham could have mustered another top ten finisher.

In the ladies' race, Scout Adkin had a terrific run to finish 8th in 90.38 and claim a course record by eight minutes. Along with team mates, Nik Vogen in third and Cassie Holmes in seventh, Knavesmire ladies matched the men with team victory too. Liz Barker ran well to claim second but just couldn't match Scout's speed on the day.

Thanks go to the marshals and to the Lion Inn for hosting the registration.

Bob Lillie

| | | |
|----------------------|-----------|-------|
| 1. J. Mann | Durham | 81.50 |
| 2. H. Holmes | Knavesm | 82.01 |
| 3. C. Roberts | Knavesm | 82.10 |
| 4. J. Carvill | Pickering | 83.52 |
| 5. A. Berry | Durham | 84.15 |
| 6. S. Allin | Knavesm | 85.06 |
| 7. A. Blackett | Durham | 89.36 |
| 8. S. Adkin Lady | Knavesm | 90.38 |
| 9. M. Potts | Unatt | 91.18 |
| 10. J. Blackett O/50 | DkPk | 91.38 |

VETERANS O/40

| | | |
|---------------------------|-----------|-------|
| 1. (12) D. Middlemas O/40 | DkPk | 93.43 |
| 2. (13) S. Rycroft | Pockling | 93.48 |
| 3. (14) M. Todd | Pickering | 95.04 |

VETERANS O/50

| | | |
|---------------------|---------|--------|
| 1. (10) J. Blackett | DkPk | 91.38 |
| 2. (11) B. Atkinson | Knavesm | 92.50 |
| 3. (44) B. Edwards | Unatt | 113.13 |

VETERANS O/60

| | | |
|--------------------|-----------|--------|
| 1. (30) K. Edwards | HartlepBR | 105.42 |
| 2. (41) N. Scruton | Scarb | 110.26 |
| 3. (64) E. Meehan | NYM | 124.44 |

VETERANS O/70

| | | |
|-----------------|-----|--------|
| 1. (95) R. Gray | NFR | 157.49 |
|-----------------|-----|--------|

LADIES

| | | |
|-------------------------|---------|--------|
| 1. (8) S. Adkin | Knavesm | 90.38 |
| 2. (38) L. Barker | Ellenb | 108.59 |
| 3. (39) N. Vogan | Knavesm | 109.12 |
| 4. (47) J. Jackson O/40 | LoftW | 114.18 |
| 5. (51) E. Towers O/40 | Unatt | 117.44 |
| (78) D. Tunstall | Durham | 137.02 |

99 finishers

LLANTYSILIO Denbighshire

AS/9.9km/640m 26.03.16

It was very pleasant couple hours spent marking out the course the day before on a warm and sunny spring day. Much less pleasant the following day when 96 runners

set off on the 10km/640m Llantysilio fell race. High winds made running the 3km-long ridge tough work and, in particular, the contouring back around Moel y Gamelin, following the 2015 new route. But the male/female course records were still broken by the winning runners, Jon Bowie in 53.53 and Mel Price in 59.46.

It was great to see many of the runners staying after the race, enjoying the shelter of the Sun Inn.

Nicholas Holmes

| | | |
|------------------------|----------|-------|
| 1. J. Bowie | Mercia | 53.53 |
| 2. M. Munroe | HerneH | 55.32 |
| 3. J. Brown O/40 | Buckley | 55.40 |
| 4. M. Corrales | NWRR | 56.13 |
| 5. C. Fitzpatrick O/40 | Trafford | 56.20 |
| 6. K. Steinegger | Amble | 56.22 |
| 7. T. Budd | Gloss | 57.37 |
| 8. M. Cliffe O/40 | Eryri | 57.55 |
| 9. C. Jackson | Gloss | 58.51 |
| 10. M. Davies O/40 | NWRR | 59.15 |

VETERANS O/50

| | | |
|---------------------|---------|-------|
| 1. (26) P. Beeson | Maldwyn | 63.27 |
| 2. (27) N. Shepherd | Bowland | 64.21 |
| 3. (28) V. Belshaw | Denbigh | 64.29 |

VETERANS O/60

| | | |
|--------------------|----------------|-------|
| 1. (41) A. Duncan | Bowland | 69.52 |
| 2. (53) N. Bradley | Meirionnydd RC | 72.30 |
| 3. (57) N. Hindle | WFRA | 73.48 |

VETERANS O/70

| | | |
|---------------------|---------|-------|
| 1. (77) G. Gunner | CroftA | 81.26 |
| 2. (82) J. Morris | Buckley | 83.55 |
| 3. (86) G. Fielding | Eryri | 88.18 |

LADIES

| | | |
|--------------------------|----------|-------|
| 1. (15) M. Price O/40 | Mercia | 59.46 |
| 2. (17) B. Jenkinson | Eryri | 60.24 |
| 3. (24) M. Grant | Eryri | 63.06 |
| 4. (29) A. Rowlands O/40 | Eryri | 64.29 |
| 5. (37) V. Swingler O/40 | ShropSh | 68.14 |
| (59) A. Purves O/50 | Unatt | 73.57 |
| (63) E. Collins O/50 | Denbigh | 74.52 |
| (65) A-M. Jones O/60 | Altrinch | 75.50 |

96 finishers

HOAD HILL JUNIORS Cumbria 26.03.16

Hoad Hill Harriers from Ulverston hosted the first Fell race over the monument by the club in its 30th Anniversary year.

This was an exciting race for the youngsters competing in five races from Under 8 to Under 16. There was a good turnout considering the weather forecast for the day and having to fit into the Easter weekend.

Some great racing took place with youngsters heading straight up over the monument offering great views for spectators of the event.

Runners came from a range of clubs throughout the north west and were excited to have the opportunity to add the race to the Fell Junior Championships.

The courses saw some great runners in the Under 8s - a hard course weaving runners back down saw Jack Sanderson take victory over Blake Flemming in 5.10,



closely followed by Rueuben Eley. The first girl home was Evie Corkill, all showing great potential for their age.

The Under 10 race had a larger field to see Bethan Saunders take victory over Patrick Casey. Second male and 3rd overall was William McNally, followed home by Felicity Boyle. Third male and female were Jessica Bailey and Oliver Oldham with some great times and strong running at the finish.

The largest field was in the Under 12s and saw Henry Hunter take victory with a 44 second lead over Scott Fisher. A close field followed as 3rd male was James Duffy and close behind was first female, Olesia Winder. Second female was Erin Keeler with Lucy Ashburner in third.

It was a great race taking a course over the monument down to the back before heading back up and down a steep descent made for great racing.

The weather closed in prior to the Under 14s and Under U 16s, conditions on the fell worsening while Connor O'Hara took victory in the U14 and Logan Hargreaves in the U16, followed by Emily Mahiter who endeavoured to take on the Hoad as her first fell race.

Louise Thompson

Under 8s

| | | |
|-----------------|--------|------|
| 1. J. Sanderson | Settle | 5.10 |
| 2. B. Fleming | Unatt | 5.28 |

| | | |
|--------------------|-------|------|
| 3. R. Eley | Unatt | 5.53 |
| 4. T. Boyd | Unatt | 6.08 |
| 5. E. Corkill Girl | Unatt | 7.12 |

Under 10s

| | | |
|---------------------|---------|-------|
| 1. B. Saubders Girl | HoadH | 10.35 |
| 2. P. Casey | CaldV | 11.01 |
| 3. W. McNally | FurnStr | 11.14 |
| 4. F. Boyle Girl | Unatt | 11.19 |
| 5. J. Bailey Girl | Unatt | 11.20 |

Unders 12s

| | | |
|-------------------|---------|-------|
| 1. H. Hunter | HelmH | 10.08 |
| 2. S. Fisher | HoadH | 10.52 |
| 3. J. Duffy | CaldV | 10.57 |
| 4. W. Flemming | HoadH | 10.59 |
| 5. O. Winder Girl | HoadH | 11.00 |
| 6. E. Keeler Girl | DurhamC | 11.52 |

Under 14s

| | | |
|--------------|-------|-------|
| 1. C. O'Hara | HoadH | 18.32 |
|--------------|-------|-------|

Under 16s

| | | |
|---------------------|--------|-------|
| 1. L. Hargreaves | Wharfe | 28.55 |
| 2. E. Mashiter Girl | Unatt | 41.12 |

**PEAT PITS WOOD
Derbyshire**

BS/5.5km/106m 27.03.16

Despite the strong wind, just under 100 runners, including many newcomers to the sport, turned up to a rapidly changing Peat Pit Woods where the landowner has begun the task of felling all non-indigenous trees and, in doing so, allowing the natural woodland floor cover to proliferate.

With 67% of the field being vets, it was left to two 24 year olds to fight out the top places in the 4.68km course with Harry Holmes taking the honours over the winner of the recent Bluebell Fell Race, Billy Cartwright.

It was encouraging to see that ten of the first eleven home are NOT vets and that is good for the continued development of the wonderful sport of fell running.

Thanks are extended to the intrepid band of volunteer officials and marshals for their help and also to the owners of the motorhome that acted as a temporary on-course registration point.

David Denton

| | | |
|--------------------|----------|-------|
| 1. H. Holmes | Knavesm | 16.28 |
| 2. B. Cartwright | Matlock | 16.39 |
| 3. K. Hopley | StaffsM | 17.01 |
| 4. K. Allanson | AchRat | 17.31 |
| 5. D. Kilpin | Pstone | 17.46 |
| 6. P. Sorrell | N Derby | 18.02 |
| 7. K. Malton | StiltStr | 18.09 |
| 8. J. Ratti | AchRat | 18.21 |
| 9. M. Darling O/40 | SheltStr | 18.34 |
| 10. R. Hall | Unatt | 18.43 |

VETERANS O/40

| | | |
|------------------------|----------|-------|
| 1. (9) M. Darling O/40 | SheltStr | 18.34 |
| 2. (12) P. Hopley | Unatt | 18.53 |
| 3. (13) D. Cross | Sutton | 19.05 |

VETERANS O/50

| | | |
|--------------------|----------|-------|
| 1. (19) C. Booth | LittleEH | 20.04 |
| 2. (21) R. Hyde | ErewV | 20.41 |
| 3. (28) S. Edwards | Belper | 21.36 |

VETERANS O/60

| | | |
|----------------------|----------|-------|
| 1. (25) G. McMahon | Redhill | 20.58 |
| 2. (35) M. Moorhouse | Matlock | 22.14 |
| 3. (37) A. Bradley | SheltStr | 22.17 |

LADIES

| | | |
|-------------------------|----------|-------|
| 1. (32) R. Keeley | Belper | 22.05 |
| 2. (44) P. Goodall O/60 | Totley | 23.11 |
| 3. (45) G. Gamble O/40 | Unatt | 23.19 |
| 4. (46) K. Kucharek | RollsR | 23.21 |
| 5. (47) H. Thornley | Redhill | 23.47 |
| 6. (49) C. Scott | Sinfin | 24.10 |
| (68) A. Booth O/50 | LittleEH | 27.31 |

84 finishers

SHORT RACE – 2.34km

| | | |
|--------------------|---------|-------|
| 1. S. Clarke JM12 | Sutton | 09.16 |
| 2. T. Gill JM12 | Matlock | 10.08 |
| 3. T. Bailey JM10 | Heanor | 11.06 |
| 4. J. Stevenson W | Unatt | 16.17 |
| 5. G. Laroche JW11 | Unatt | 16.59 |

5 finishers

Worn by British fell running champion, Finlay Wild



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