

SPRING 2017

The Fellrunner



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Association
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Contributions – May 31st 2017

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

RACE RESULTS AND REPORTS

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

COVER

Cautley Pike 2017 © Andy Holden

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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.

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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 EDITOR

Spring 2017

I was foolish enough to do one of those spring time, pancake flat, inner city marathons. It was fine, just not very...interesting. I didn't do any road running training, obviously, so the tarmac pounding was a bit of a shock. I didn't really value the 'occasion' that people talk about, which really just seemed to be about crowds, kit, some music and a long but sociable queue for the toilets. The support however was fantastic, especially from my club.

I also found myself estimating, and then worrying, about the enormous number of plastic bottles that were used and discarded on the day – surely well into the hundreds of thousands! Carrying your own bottle won't help you break world records – fair enough, but will it really make a big difference (time wise) for the thousands who finish somewhere between 3 and 6 hours?

It was a relief to get back to the reality and tranquillity of the fells. Proper races like Causey Pike and Coledale Horsehoe have now taken place up here in 'blistering' heat. There were even some grumbles around Newlands and Coledale in March and early April along the lines of "...it's too hot for me!" Of course we all knew that the refreshing dash from the snowy summit of Causey Pike into a sunny Stair village was special and to be savoured.

There may be something to say for spring road marathons. After a winter of putting in plenty of miles and spending quality training time around the lakes and mountains, I feel fairly well prepared for a good spring and summer on the fells. Hope you do too. I am still too slow climbing and ridiculously soft coming down. However, I am now as good on the flat as anyone in my class – which, come to think of it - is of very little value for a fell runner.



PHOTO © THE EDITOR

Preparing for the intensity of the spring road marathon running season at Ullswater.

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



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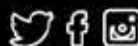
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STORES NATIONWIDE: UPANDRUNNING.CO.UK / SHOPS

Executive Committee

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

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

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

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

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

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

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

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

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

Statistician Carl Bedson (Cheshire Hill Racers)
Ingle Nook, Swallow House Lane, Hayfield,
High Peak, SK22 2HF
07917 174576
statistician@fellrunner.org.uk

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

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

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

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

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

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

Membership Representative
Helen Berry (Holmfirth Harriers)
Delves Cottage, Delves Gate, Slaithwaite,
Huddersfield HD7 5FA
07972 677376 01484 975487
helenberry@aol.com

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

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

Co-optees with specific responsibilities

Chair Communications Sub-Committee
Barry Crawshaw (Pennine)
5, Springbank Gardens, New Mills SK22 4BJ
07870 904844
barnstormer1234@gmail.com

Under 21 Co-ordinator
Ian Loombe (Dark Peak)
Ringwood, Hilltop, Sheffield, S6 6GW
07710 182339
ian@eightpointtwo.co.uk

MEMBERS OF SUB-COMMITTEES
(* = not a member of the Executive Committee)

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

England Mountain Running Committee
Anne Buckley (Chair), Mark Croasdale*,
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Access and Environment Chris Jones (Chair),
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Hugh Symonds*, Yiannis Tridimas*, Chris
Upson*, Tony Wimbush*, Rob Woodall*.

Other FRA Information

Equipment Officer

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

Junior Statistics inc Championship Results

Jim Godwin
www.felljunior.org.uk

Navigation Courses

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

Fellrunner Results

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

Adverts in FR and Calendar

UKA Information including insurance

John Temperton
www.britishathletics.org.uk/governance/
insurance/
jtemperton@uka.org.uk

Northern Ireland Mountain Running Association

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

Scottish Athletics Hill Running Commission

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

Scottish Hill Runners

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

Welsh Mountain Running Committee

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

Welsh Fell Runners' Association

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

World Mountain Running Association

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

British Open Fell Runners' Association

Lee Marshall
www.bofra.org.uk
015242 61993
chair@bofra.org.uk

Long Distance Awards

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

Copies Of The Articles Of Association Are Available On The Website.
8 Hardman Close, Rossendale BB47DL.
Tel: 07956344174
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PHOTO © MARK FERMER

CALENDAR UPDATE

ANDY BUTLER

2017 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, Fixtures Secretary



RACE INFORMATION

I have been advised of the following race updates since the handbook went to press.

Events which have been registered with and licensed through the FRA are identified by "(FRA)" after the name of the race. The races in England have been licensed 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 23

YARLSIDE DOWNHILL (FRA). 1.00 p.m. 1.5km/-420m
Venue: Yarlside, Cautley Nr Sedbergh. 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.

SAT. APR 29. O M M LITE BRECON BEACONS. MM. 0km/0m. Venue: Cwmdru Village Hall, NP8 1SA. Pre-entry. See OMM website for entry information. Teams. LK/NS. Over 14. Details: The OMM, Lowbrook Barn, Lancaster Rd, Lancaster, LA2 6AL. Tel: 01524 287287. Email: emma@theomm.com. Website: www.theomm.com.

SUN. APR 30

ARANT HAW (FRA). AS. 1.00 p.m. 7.5km/400m
Venue: Peoples Hall, Sedbergh. £4.00, on day. Part of Winter League Series, see website. ER/LK/PM. Over 17. Juniors: U13, U15, U17, start 12:15. Winter League presentation after senior race. Details: John Bagge, Marnix, Park St, Kendal, LA9 5QP. Tel: 07939 075964. Email: bagges@btinternet.com. Website: www.helmhill.co.uk.

SUN. MAY 14

GREAT WHERNSIDE JUNIOR UPHILL CHAMPIONSHIPS (FRA). AS. 12.00 noon. 3.25km/475m

Correction to start time; should read 12:00 noon.

SUN. MAY 21

CALDERDALE WAY RELAY (FRA). 8.00 a.m. 80.5km/3660m
Venue: North Dean Woods, West Vale, Halifax, W. Yorks. GR 080224. £66.00, pre-entry. For team of 12 on form from website. Limit 100 teams. No entry on day. Teams. LK. 18 for all legs except leg 3 which is 16 or over. Full body cover, hat, gloves, map, compass, whistle is required. No kit = no run. MUST run in pairs. Details: Nick Small, 1 Guidepost Farm, Causeway Foot, Halifax, HX2 8XA. Tel: 07761 072146. Email: nicholas.small@btinternet.com. Website: www.halifaxharriers.co.uk.

SAT. MAY 27

WEETS ENGLISH CHAMPS (FRA). AS. 12.00 noon. Women start at 12 noon, men at 13:30. 9.8km/550m

Note that there are no junior races

SUN. MAY 28

MYNYDD MYFYR (FRA). CS. 11.30 a.m. 6.5km/125m
Venue: Trefonen Village Hall, nr Oswestry, SY10 9DY. £7.00, on day. PM. Over 15. Records: T. Davies, 19.05, 2003; f. A. Wright, 22.58, 2005. Prizes for 1st 3 men and women, and for 1st in all age groups. Mixed terrain, an 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.

SAT. JUN 3

WINCLE TROUT (FRA). BS. 2.45 p.m. 9.5km/320m
Change of race contact to: Robert Gittins, 24 Manchester Rd, Macclesfield, SK10 2HA. Tel: 07739 429373. Email: rob@janhill.co.uk. Website: www.winkle.org.uk. **Other details unchanged.**

SUN. JUN 4

PENDLE CLOUGHS (FRA). AL. 11.00 a.m. 22.5km/1250m
Venue: Downham, nr Clitheroe, Lancs, BB7 4BJ. GR SD786440. £6.00, on day. Entry fee includes donation to Downham Estate for parking. Car Parking at Village Hall Grid Ref 787439. Full FRA Mandatory Kit required. Bring kit to registration for checking. No kit - no run. ER/LK/NS/PM. Over 18. Records: T Brunt, 02.04.20, 2012; f. J Brown, 02.31.00, 2013. Details: Mark Nutter, 20 Osborne, Spen Brook, Newchurch-in-Pendle, BB12 9JJ. Tel: 07899 995181. Email: mark.nutter100@gmail.com. Website: www.claytonleemoors.org.uk.

SAT. JUN 10

ROSSENDALE HARRIERS 50TH ANNIVERSARY JUNIORS, U21, JUNIOR INTER-COUNTIES (FRA). 12.00 noon.

Change of entry fee to £3.50.

WED. JUN 14

LYME 1 (FRA). AS. 6.30 p.m. 6.5km/165m
Venue: Lyme Park, SK12 2NR. £7.00, on day. Entry fee includes free entry to Lyme Park. PM. Over 15. First race in a series of 3. Individual race prizes and also overall series prizes. Details: Mark Goldie, 1 Back Der Street, Todmorden, OL14 5QU. Tel: 07748 273119. Email: goldiesrun@hotmail.com. Website: www.nationaltrust.org.uk/lyme/whats-on.

SAT. JUN 17

TEBAY (FRA). AM. 1.00 p.m. Women at 13:00, men at 14:00. 13km/914m

Change of race organiser to: Paul Brittleton, 1 Royal Arcade, Kirkby Stephen, CA17 4QP. Tel: 07583 077128.
Email: paulbrittleton@yahoo.co.uk.
Website: www.tebayfellrace.org.uk. **Other details unchanged.**

SUN. JUN 18
GREAT LAKES RUN (FRA). AL. 11.00 a.m. 21km/2130m
Change of date, all other details unchanged

TUE. JUN 20
BLACKA MOOR CHASE (FRA). BS. 7.30 p.m. 10km/440m
Change of date, all other details unchanged

WED. JUN 21
LYME 2 (FRA). AS. 6.30 p.m. 6.5km/165m
Venue: Lyme Park, SK12 2NR. £7.00, on day. Entry fee includes free entry to Lyme Park. PM. Over 15. Second race in a series of 3. Individual race prizes and also overall series prizes. Details: Mark Goldie, 1 Back Der Street, Todmorden, OL14 5QU. Tel: 07748 273119. Email: goldiesrun@hotmail.com.
Website: www.nationaltrust.org.uk/lyme/whats-on.

WED. JUN 21
PONTESBURY (FRA). AS. 7.30 p.m. 4.9km/354m
Venue: Registration at Pontesbury Sec. School, Bogey Lane, Pontesbury, SY5 0TG. GR 404058. £5.00, on day. LK/PM. Over 16. Records: T. Davies, 18.05, 2009; f. L. Taylor, 22.33, 2006. Fourth race in the Shropshire Hills Summer Series. Details: Graham Jones, 32 Whitchurch Road, Harlscott, Shrewsbury, SY1 4DW. Tel: 07837 242742. Email: john.jones22@btinternet.com.
Website: www.merciafellrunners.org.uk.

WED. JUN 21
TOR MILE (FRA). AS. 7.30 p.m. First junior race 18:30. 2km/168m
Venue: Robin Hood pub, Holcombe Rd, nr Textile Museum, BB4 4NP. GR 778213. £4.00, on day. Registration from 18:00. Teams of 3. PM. Over 16. Records: D Lewis, 08.15, 1978; 00.00, 0000. Juniors: Start 18:30. Shorter course U13 (min age 8) 1 lap, U15 2 laps, entry £3. The inaugural Tor Mile was held in 1911 and is one of the oldest fell races in the country. Details: Chris Paxton, 20 Cotton Way, Helmshore, Rossendale, BB4 4QS. Tel: 01706 418541.
Email: christopher.s.paxton@parcelforce.co.uk.

WED. JUN 28
LYME 3 (FRA). AS. 6.30 p.m. 6.5km/165m
Venue: Lyme Park, SK12 2NR. £7.00, on day. Entry fee includes free entry to Lyme Park. PM. Over 15. Third race in a series of 3. Individual race prizes and also overall series prizes. Details: Mark Goldie, 1 Back Der Street, Todmorden, OL14 5QU. Tel: 07748 273119.
Email: goldiesrun@hotmail.com.
Website: www.nationaltrust.org.uk/lyme/whats-on.

THU. JUN 29
WITTON TRAIL RELAYS (FRA). 7.00 p.m. 3.65km/160m
Venue: Witton Park, Blackburn, BB2 2TP. GR SD 662272. £12.00 pre-entry, £15.00 on day. Per team of 3. Teams of 3. PM. 12. Records: C Farrell, 13.54, 2015; f. E Greenwood, 16.50, 2013. Relay for teams of 3, each leg 3.65km/160m. Details: Richard Taylor, 17 Rannoch Drive, Blackburn, BB2 5BH. Tel: 07739 765727.
Email: richardtaylor90@hotmail.com.
Website: www.englishhillrunners.com.

SUN. JUL 2
FOUNTAINS (FRA). BM. 1.00 p.m. 13.6km/358m
Race cancelled

THU. JUL 6
BULL HILL (FRA). BS. 7.30 p.m. 8.8km/335m
Change of date. Entry fee now £3.50. No longer part of series. Other details unchanged

THU. JUL 6
HOAD HILL (FRA). 7.30 p.m. 2.8km/151m
Venue: Ford Park, Ulverston, Cumbria, LA12 7JP. £2.50, on day. Main car parking half mile from venue. Bring full FRA kit. ER/LK/PM. Over 12. Juniors: Junior race min age 10, 1.7k 81m, race at 7pm £1 entry fee. Details: Louise Thompson, Belle Vue Alpine Rd, Newland, Ulverston, LA12 7QD. Tel: 07917 275079.
Email: nvlogcabins@gmail.com.
Website: www.hoadhillharriers.co.uk.

SAT. JUL 8
BAILDON CANTER (FRA). BS. 3.15 p.m. 5km/152m
Venue: Baildon Rugby Club, Jenny Lane, Baildon, BD17 6RS. £3.00, on day. Please arrive early to enter. PM. Over 14. Records: Q Lewis, 19.31, 2014; f. H Olroyd, 21.27, 2015. Juniors: Junior races for up to 14 years (6 and over). 6/7 year olds must be accompanied by adult. Also U6 fun run not under FRA permit. Part of carnival. Come early to top recce of contact organiser for recce on previous Saturday. Details: Sue Coates, 24 Cliffe Avenue, Baildon, Shipley, BD17 6PD. Tel: 07970 215312. Email: suecoates26@gmail.com.
Website: www.baildonrunners.co.uk.

SAT. JUL 8
MANX MOUNTAIN MARATHON (FRA). AL. 8.00 a.m. 51km/2500m
Change of date, all other details unchanged

SAT. JUL 8
HALF MANX MARATHON (FRA). AL. 1.30 p.m. 21.5km/1200m
Change of date, all other details unchanged

WED. JUL 26
INCLINED TO MADNESS (FRA). BM. 7.15 p.m. 11km/375m
Venue: Lower Clay Bank Car Park, nr Stokesley, N Yorks, TS9 7JA. GR NZ579038. £5.00, on day. Registration will be at Clay Bank Car Park, toilets available to use before the race at Great Broughton Village Hall. Teams. NS/PM. Over 16. Part of the Dave Parry Summer Fell Series 2017. Details: Dave Bannister, 26 South Bank Avenue, South Bank, York, YO23 1EA. Tel: 01904 639655.
Email: d_banno123@hotmail.com.
Website: www.eskvalleyfellclub.org.

SUN. JUL 30
SABDEN (FRA). AS. 11.00 a.m. 8.5km/457m
Venue: Sabden Village Hall, BB7 9HE. GR SD 780379. £4.00 pre-entry, £5.00 on day. Teams. ER/LK/NS/PM. Over 16. Records: C Arthur, 38.07, 2016; f. N Jackson, 44.04, 2016. Limited Car Parking. Please share if you can. Details: Richard Taylor, 17 Rannoch Drive, Blackburn, BB2 5BH. Tel: 07739 765727. Email: richardtaylor90@hotmail.com. Website: www.englishhillrunners.com.

TUE. AUG 1
BURBAGE SKYLINE (FRA). BS. 7.30 p.m. 9.3km/366m
Change of date, all other details unchanged

SAT. AUG 19
PENDLE 3 PEAKS (FRA). AM. 11.00 a.m. 16km/870m
Change of entry fees to £8.50 pre-entry, £10.00 on day. Other details unchanged.

SUN. AUG 20

SEDBERGH HILLS (FRA). AL. 11.00 a.m. 22.5km/1830m

Updated entry details £6.50 pre-entry, £8.00 on day. Pre-entry via www.sedberghillsfellrace.org. **Additional prizes** of £100 for breaking men's or women's course records.

SAT. AUG 26

OKE CROAK (FRA). BM. 11.00 a.m. 16.7km/628m

Change of date, all other details unchanged

MON. AUG 28

ROYAL RUMBLE (FRA). BS. 6.45 p.m. 8km/292m

Venue: The Royal Arms, Tockholes, BB3 0PA. GR SD 663216. £4.00 pre-entry, £5.00 on day. Proceeds to Bolton Mountain Rescue. Teams. ER/NS/PM. Over 16. Records: J Hindle, 34.15, 2016; f. E Greenwood, 41.10, 2015. Details: Richard Taylor, 17 Rannoch Drive, Blackburn, BB2 5BH. Tel: 07739 765727. Email: richardtaylor90@hotmail.com. Website: www.englishhillrunners.com.

SUN. SEP 3

VIKING CHASE (FRA). BM. 10.45 a.m. 12.9km/457m

Change of date, all other details unchanged

SUN. SEP 24

ROSSENDALE HARRIERS 50TH M M M (FRA). O. 9.00 a.m.

Venue: Community cafe, Stubbylee Park, Bacup, OL13 0DE. GR SD 87727217. £10.00 pre-entry, £12.00 on day. FRA kit required; Dibbers £2, if required. U14s can enter O event in the park held at the same

time. Entrants can be solo 18+ or pairs 14+ with adult over 21. NS.

14. Juniors: Junior events organised by PFO in the park at the same time. Refreshments included. Prizes include 2017 Capricorn trophies.

Details: Nick Harris, 8 Hardman Close, Rossendale, BB4 7DL.

Tel: 07956 344174. Email: nick.harris@northmanchester.net.

Website: www.rossendaleharriers.co.uk.

SUN. DEC 10

LITTON CHRISTMAS CRACKER (FRA). BM. 11.00 a.m. 12.2km/360m

No entries on day. Records: A Campbell, 48.21, 2016; f. O Walwyn, 59.05, 2015.

NON FRA RACES - SCOTLAND

SAT. MAY 13

BROUGHTON HEIGHTS (INTER-COUNTIES). AS. 1.00 p.m. 9.6km/600m

Venue: Broughton Place Farm, Broughton near Biggar, ML12 6HJ.

Pre-entry. Entry via website from mid February. Teams. Competitors

must be born in 1998 or before. Note Under 23 and veteran age

categories are based on age on race day. Intercounties Senior

Championship licensed through Scottish Athletics. The event is an

open event. All Inter Counties entries must be done through the

county contact/team manager. Runners who are not in a county/

district team are not eligible for Inter Counties individual or team

prizes. Details: Mark Johnston, 3 Lovells Glen, Linlithgow Bridge,

EH49 7TD. Tel: 07717 623344. Email: mark_johnston@gmx.co.uk.

Website: www.sientries.co.uk.



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MEMBERSHIP MATTERS

CHARMIAN HEATON

New Members

We have over 630 new members so far this year and I would like to welcome them all to the FRA and wish them many years of pleasure in the fells.

New Honorary Members

It has given me enormous pleasure to offer Honorary Membership to eight members who were aged 85 and above on 1st January, in recognition of their continued support of the FRA for many years. Please join me in congratulating:

Dennis Glass, Derek Clutterbuck, Harold Hill, Monica Shone, Gordon Booth, Maurice Dean, Joe Beswick and Reginald Baker. Frank Gratton was also listed as a member aged 93 years of age and his son told me that his father had passed away aged 90 but that he had kept up his membership in his memory. What a lovely tribute. I also need to mention an existing Honorary member, David Hodgson, and two Life Members, Edward Hill and Colin Rushton, who are all aged over 85 years young.

Annual Handbook

I recently completed an Advanced Driving course and it occurred to me that the last time I studied the Highway Code was around 40 years ago! Each year the FRA produces the excellent Handbook and Fixtures Calendar and I wonder how many members turn directly to the race listings. Of course, the handbook contains far more crucial and important information and I urge all members (new and old) to spend an evening browsing through the first 62 pages of the 2017 publication. Remind yourselves of the Runners' Rules which you

sign up to every time you enter a race. Read the requirements and rules for race organisers which should give you an appreciation for the sterling work carried out by countless volunteers every week to enable you to go out and enjoy our sport safely.

Edit/Renew your Membership

There are still around 500 members from 2016 who have not as yet renewed their membership into 2017. So, if you have friends who have not received their 2017 handbook and have over-looked their renewal just remind them to click on the "Edit/Renew" button on the Membership page of the FRA website. You can also use this link to update any of your personal details if you move house or change your running club or contact details etc.

We still get occasional queries about old standing orders which should be cancelled. If you see £12 leaving your account only to be returned shortly afterwards then please ask your bank to cancel the instruction. Payment by Direct Debit helps us enormously thank you.

FRA Presence at Races

I am delighted to Welcome Sue Jeff from Tideswell who has offered to help me to have an FRA presence at Championship races and other classic races. We aim to have a stand with information for prospective new members and to answer any queries from existing members. So, if you see us please come along and say hello. In the meantime should anyone have any queries relating to membership then please do not hesitate to contact me on membership@fellrunner.org.uk and I will do my best to help you.

Charmian Heaton



FRA Basic Navigation Courses

22-24 September 2017

***Elterwater Hostel,
Ambleside***

9-11th March 2018

***Kettlewell Hostel,
Wharfedale***

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.



PHOTO © STEVEN WILSON OF WWW.GRANDDAYOUTPHOTOGRAPHY.CO.UK

VACANCIES

STEVE CLIFF

Fell Runners Association – Commercial manager

The FRA are looking for someone to replace the Commercial Manager, who is retiring from the role this summer.

The Commercial Manager is not a committee role, and any successful applicant would be provided with guidance from the Chair and Treasurer. The role is being expanded from the existing one, which is primarily concerned with managing relationships for advertisers in the Fell Runner.

The Commercial Manager will work with a well-established subcommittee, with clear roles and offering tremendous support. The Commercial manager role is high profile and includes the following responsibilities...

- a. Liaison with current and prospective advertisers paying to use FRA facilities e.g. the Fell Runner and the Handbook.
- b. Liaison with FRA sponsors, including helping with the issuing of the sponsorship agreements.
- c. Working with the Chair and other members to review sponsorship agreements; redrafting sponsorship tendering documents; drafting and placing advertisements for sponsorship and sponsorship tender evaluation.
- d. Maintaining a rate card being used with advertisers and arranging for this to be updated annually by agreement with the Treasurer.
- e. Working with the Treasurer to arrange for the invoicing of advertisers and sponsors.
- f. Working with members of the Committee to explore other opportunities for income generation e.g. sale of special anniversary kit or other 'FRA brand' promotions; donations from members or sponsorship of International teams.

If you are interested in giving back a bit to the sport we all love, then please contact the Chair, Nick Harris, (chair@fellrunner.org.uk) for more information, or the secretary at secretary@fellrunner.org.uk.

Apology

In the winter 2016 edition we failed to credit the above image to Steven Wilson of www.granddayoutphotography.co.uk
Our apologies to all concerned.

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SECRETARY'S CORNER

STEVE CLIFF (SECRETARY)

Since the Autumn Edition of the Fell Runner, the Committee have met twice at Marl Pits, Rossendale – in December, 2016 and early in February 2017. I have combined reports from both meetings into a single report, to ease reading and save repetition.

An important decision made is the date of the 2017 AGM, details can be found at the end of this report. The AGM has been fixed on the same date as an English Championship race (Tebay), reflecting the wishes of members who replied to the 2016 survey. The committee look forward to seeing you there. Should anyone be interested in taking up a post on the committee and helping the sport we all love, then please drop me a line. I have listed a few posts that are vacant, or known to becoming vacant, at the end of this report.

Chair –

2016 AGM - The conclusion of the Chair's action from the 2016 AGM, relating to Member Resolutions was presented and accepted by the Committee. Details have been posted on the FRA web site.

Clarifications - The chair clarified the U21 eligibility criteria, confirming it was the same as the senior criteria, and a notice has now been posted details on the FRA Web Site. Separately there has been discussion on the welfare policy, and a clarification published on the FRA web site.

Sponsorships – a review of sponsorship has started and the existing sponsors will be informed. The FRA is looking for a Commercial Manager to assist in this and other duties. If you are interested, then please contact the Secretary, in the first instance.

Secretary's report –

2017 AGM - The Secretary reported on the date of the AGM (June 2017). A notice was posted on the FRA Web Site, and is repeated in the Spring Fell Runner.

Incidents - The total number of incidents reported to the Secretary by Race Organisers in 2016 was 12. A further four have been reported in the first quarter of 2017. All have been reported to the UKA, and a summary report passed to the Safety, Equipment and Rules subcommittee for review. An anomaly in the incident procedure has been noted, since the UKA moved to an online only process. This will be resolved in the coming period.

Disciplinary - A total of four disciplinary cases were completed in 2016, and the results reported on the FRA website.

Documentation - A list of FRA "external facing" documents that are due for their 3 year review, has been passed to relevant



committee members to action in 2017. Members and Race Organiser's will be informed of any changes, if any, through the year.

Company Commitments - The annual confirmation statement has been filed at Companies House, concluding the formal reporting required by the company for 2016. A review of the FRA commitments under the Companies Act was completed and a small number of procedures have been modified to reflect obligations.

U21 Coordinator - An Under 21 Co-ordinator was appointed as a co-opted member of the committee, reflecting the focus on juniors and, in particular, the transition to seniors. The co-ordinator will be working with the Championship Committee.

Treasurer's Report –

The Treasurer reported that the 2015 / 16 accounts have been filed with HMRC and at Companies House. The 2016 expenditure is on track, and planning is well underway for 2017.

Liaison with external bodies –

UKA / MRAG - It was reported that MRAG

agreed that British Championship races will be held under the Rules and Requirements of the body which licenses the race (as recommended at the last FRA Committee meeting). This means that the mandatory minimum kit requirements will follow local practice. Dates for 2017 International events were reported, also detailed elsewhere in the Fell Runner. MRAG is seeking to promote U/23s via the Junior sub-group. It has been agreed to organise a trial race for the European MR championships, which will also be the British MR championship. It will be held on Skiddaw (uphill only) on Sunday 4 June. Arrangements are well under way, but finding marshals may be a challenge. Any volunteers, please contact Andy Watts (treasurer@fellrunner.org.uk).

The Rules Advisory Group confirmed that any entrant in Fell or Trail Championships is exempt from registration with a National Association as long as he / she is a member of FRA / TRA. This closes the remaining issues relating to the UKA/IAAF 2016/7 Rule Book.

The races for the British Championships next year are now two short, two medium and one long (as has usually been the case).

The 2017 British Relay is confirmed to be

in Wales (in the same location as 2013).

Inter-Counties – The Senior Inter-Counties will be organised by the Scottish Hill Running Commission in May. It will again be part of the BA Mountain Running Challenge Series. The FRA made representations to continue with junior and senior inter-counties “Fell competitions”, and this was subsequently agreed by the CAU.

The UKA has initiated a consultation process to revise the existing 2016 rule book for 2018. The FRA will provide input from the fell community.

FRA Navigation and First Aid Courses –

A First aid course was held on 18-19th Feb at Woodhead Barn

Both navigation courses in 2017 are full and have a waiting list.

Margaret Backley has expressed a desire to ease back in her responsibilities following Steve standing down as course director. We are looking for someone to take over the admin side. If anyone is interested then please contact Ian Winterburn, or the Secretary in the first instance.

Championship sub-committee –

2017 Championship Races - All the races are progressing as planned. Overseeing for each race has now been handed over to an individual Race Liaison Officers. 2018 Championships - Races are taking shape.

Eligibility and FRA Member Status of English Championship Runners – A lack of clarity in existing rules was noted. A series of recommendations are being reviewed and will be taken forward.

Low numbers in the U23s and U21s – A considerable data gathering exercise has been undertaken by Jude Jepson and Ian Loombe. The findings reveal similar themes and are published elsewhere in the Fell Runner.

Missing Trophies - There are now several seemingly permanently missing Championship trophies. The sub-committee is gathering a definite list and will replace these with backdated engraving. This year team trophy winners were asked to sign for their trophies so that an individual person could be responsible for its safe keeping.

FRA Do 2017 / 2018 - The date of 11/11/17 at Castle Green has been booked, and we are awaiting the contract details. Helm Hill are putting a team together, and will be arranging a race on the same day. We are still looking for a club to host the 2018 Do – if anyone is interested then please contact Helen Berry at championship@fellrunner.org.uk, or the Secretary.

Inter-Counties 2018 – Finding a suitable venue in England for this event, is still under review. Anyone interested, please contact Jude Jepson at championship@fellrunner.org.uk, or the Secretary.

International Report –

Selection - The selection policy for 2017 is now available on the England Athletics website (www.englandathletics.org/england-athletics/england-athletics-team/mountain-running) and is also posted on the FRA website. The policy contains information about both representative opportunities and camps. Further details will be added as we receive more information.

Junior Home International, 17 September, Skiddaw, uphill only - England hosted a very successful Junior Home International in Keswick. Thanks to Duncan Richards, Derek Hurton and Chris Knox for all the time and effort they put into this. The athletes enjoyed the experience of competing on uphill-only courses on a ‘real’ mountain. A full set of results are posted elsewhere in the Fell Runner.

Great Britain & Northern Ireland Mountain Running (Teams selected by MRAG, chaired by Sarah Rowell, funded by UKA) - The 2017 selection policy is available here: <http://www.britishathletics.org.uk/competitions/mountain-running/>

The MRAG Junior sub-committee has been reconstituted with Duncan Richards as Chair. Neil Wilkinson is the England representative. The group has been given 2 initial tasks:

- i) Revision of guidelines for JHI to bring distances into line with new WMRA distances.
- ii) U23 development

Duncan has also invited Ian Loombe to join the group as he has been working on U23 development in fell running.

U20 Training Camp 21-23 April Sedbergh - Preparations are underway for this camp organised by Neil Wilkinson. Holding the camp in Sedbergh will allow athletes to train on the course for the World Championships trial.

14-16 day camp, Sedbergh, 19 March – This was a very successful day with inspiring talks from GB U20 mountain runner Emily Nicholson and GB track runner Jenny Meadows. Jenny also led a fun session on running drills to improve running economy and prevent injury. This was complemented by a very useful strength and conditioning/ stretching session led by Louisa Edmonston, GB mountain running physiotherapist. Duncan Richards introduced some interesting ideas from sports psychology and Anne Buckley talked about good decision making and explained the international representation opportunities for 2017.

Fixtures Secretary –

Handbook – the Handbook was produced

on schedule, and using the new online license application process has met with almost universal support.

The changes to the junior categories caused some issues, but these were resolved and result was much more consistency through the calendar.

Summary of Race Listings - The number of races listed increases through the year due to submission after the handbook goes to press. It was reported that, to date, 59 new FRA races have been added to the 2016 calendar, although the total number of licensed races is fairly static – the total English Races licensed in the printed calendar is 477 (462 in 2016); the total non-English in the printed calendar is 65 (70 in 2016).

Coaching Report –

The coaching strategy was outlined and agreed by the committee. In summary: -

- Link pricing to match those of England Athletics.
- Regionalised delivery over a 2 to 3 year cycle to cater for ‘hot spots’
- Link with the Trail Running Association (TRA) and deliver trail related courses where demand exists.
- Deliver bespoke courses to meet club demand.
- Run courses to achieve break even over the year.
- Invest any surplus in subsidising uneconomic courses, Fell Coach in Running Fitness (F CIRF) or coach CPD
- Increase minimum standards in delivery to exceed those required by England Athletics, (including on course content, safety and tutor skills and qualifications) to ensure we have greater safeguards in place.
- There have also been ongoing discussions around future strategy over linking 1st aid and navigation provision into the F CIRF.

Details of 2017 courses are outlined elsewhere in the Fell Runner.

Junior Coordinator –

2017 Championships - The 6-race championship dates have been published (FRA Handbook, www.fellrunner.org.uk and FRA Juniors Facebook group. There is also a link to the race calendar on www.felljunior.org.uk. All race organisers have been contacted to check their appreciation of the scale of the event and expectations relating to safety and smooth running of the events. Race Liaison Officers (RLO's) are being sought to enhance this. The first race of the season is reported elsewhere in the Fell Runner.

Eligibility and On-line form – The Junior statistician has introduced an on-line form

to be completed by athletes (u13+) in the English Junior Championships, before any race in which they wish to score points. Outstanding queries by members are being resolved.

FRA Juniors Facebook Group - The group continues to be a popular form of communication with membership now at 343. .

Succession Planning – Sadly, Owen will be standing down as Junior Coordinator this year, due to work and family commitments. Owen's enthusiasm will be much missed. He has offered to assist anyone that wishes to take the role, as part of a handover. Anyone interested, please contact either Owen to find more details of the scope of the work, or submit an application to the Secretary.

Access and the Environment –

National Trust - In 2016 the FRA paid £925 to cover race fees for all Lake District events, based on the agreement to donate 3% total entry fees, or what we feel is appropriate. A similar amount is proposed for 2017. This removes the need for individual race organisers to negotiate with the National Trust. Race Organisers in the Lake District should, however, be registering their events with the National Trust.

Grouse shooting - Saddleworth Edges and New Chew are unlikely to be run again after this year over their traditional routes or possibly not at all, due to a landowner's decision to forbid use of its land, a grouse moor over which the races are run. All other landowners are fine. This will be discussed in the access subcommittee to see if there any particular recommendations that can be developed to help races such as these 2.

Forestry Commission – We have been provided with an additional contact based in Northumberland and who has responsibility for the North of England, to start discussions with the Forestry Commission.

Communications –

The Fell Runner - The winter Fellrunner

received good feedback from members. Draft dates for contributions and printing in 2017 are below ...

- Spring 2017 Contributions
– March 31st 2017
- Summer 2017 Contributions
– May 31st 2017
- Autumn 2017 Contributions
– October 1st 2017

Facebook – A review of the “fell runners association” Facebook Group is being undertaken. A few ideas were circulated, and a set of changes will be planned for later in the year.

Safety, Equipment and Rules –

In 2016 the subcommittee's substantive point of discussion was revisions to FRA rules for 2017. In response to changes in UKA rules for 2017, we had to make a number of changes to FRA rules for 2017. The scope of these changes was greater than previously envisaged, and so we decided to take the opportunity to look at all our rules for 2017. This resulted in the rewriting of the FRA Requirements and Rules for Race Organisers, the FRA Requirements for Runners 2017 (the “Runners' Rules”), and the FRA Guidelines for Race Organisers. Final drafts of these three documents are now approved and available on the FRA web site.

Topics under review in 2017 include: - The FRA equipment register and policy; growing the Race Liaison Officer's to meet 2017 requirements; Licensing and listing of races; and a review of the FRA strategic and operational plan, which has previously been published on the FRA web site, as it relates to Safety, Equipment and Rules.

Membership Secretary –

Membership numbers - The Membership Secretary reported a continual slow increase in the number of FRA members as at January 2017 (5,676 in April 16; 5,690 in January 2017).

Members aged 85 and over - Members aged 85 and above on 1st January 2017

have been offered Honorary Membership of the FRA. The feedback has been very positive.

Increase in women members – An important part of the strategy is to increase the percentage of women members. We have received excellent feedback from members on how we might achieve this goal, and Sue Jeff is now working with the committee to help put in place some ideas.

Support for Membership through Transition – a number of ideas are being investigated, together with the Championship sub and the U21 coordinator, to help to maintain and increase membership through the transition years; moving from “family” to “student” or “senior” membership.

Welfare officer –

The Committee have agreed that the FRA will be following the UKA policies on Transgender - <http://www.britishathletics.org.uk/media/news/2016-news-page/august-2016/03-08-16-transgender-policy/> and Anti-Doping - <http://www.britishathletics.org.uk/cleanathletics/rules/>

This replaces the item in the 2017 Handbook on P 24 Apps 3 and 4 and as previously set out in the Welfare policy - <http://www.fellrunner.org.uk/documents.php> The policy will be updated.

FRA VACANCIES

If you are interested in giving something back to the sport that we all love, then there are a number of vacancies that I have mentioned in the report, in particular:

Committee posts – Junior Coordinator (to be freed up from June 2017)

Non-Committee posts – Commercial coordinator (now); Administration Support, in particular, support for the Navigation Courses (now); Handbook editor (now).

Thank you
FRA Secretary
Steve Cliff

secretary@fellrunner.org.uk

COACHING

2017 Courses and Coach CPD

We are now delivering 2017 courses. Fell LiRF courses have been delivered at Mytholmroyd ear Hebden Bridge and Longshaw Moors in the Dark Peak. Further courses are in the diary for Dartmoor, Church Stretton and Witton Park near Blackburn. It is FRA policy to respond to requests and run coaching courses at cost, so if a club, or cluster of, wants a course putting on then please get in touch.

The present policy of regionalising courses will be maintained and there will be a new venue in Dartmoor being used this year, with workshops on the Sunday on Movement Skills for fellrunning, effective running technique and planning / periodisation to make it worthwhile

GRAEME WOODWARD (COACHING CO-ORDINATOR)

for those who travel. There will also be workshops on the Sunday after the Church Stretton Fell LiRF. See the website for details.

In addition, discussions are underway to run further courses in the Isle of Man and Republic of Ireland.

The Fell CiRF courses are booking well, with participants from as far afield as Northern Ireland and Chamonix in France attending. All dates on the website will go ahead.

All confirmed dates and venues for courses are on the Fellrunner website under Coaching / Events.

Graeme
graemewoodward@hotmail.com

It is difficult to imagine the uplands we run across before the impact of humans. Woods up to the tree line; streams; rock outcrops; a few wild animals and little else.

Then came human inhabitations: deforestation; farming and subsequent monoculture sheep farming in many areas, grouse moors elsewhere; quarries, many now abandoned; new reservoirs.

In the last 50 years, there have been further rapid changes in the local environment: populations changes including massive reductions in the numbers of farmers, leaving only 5,500 full time farmers in Cumbria for example, whilst increasing their responsibilities for stiles and environmental issues. An increase in tourism has filled much of the employment gap but raised issues around second homes; traffic and erosion.

These changes seem likely to continue, partially driven by climate change which has probably led to the flash floods, and the subsequent damage, in recent years with some reforestation as one solution to these flooding problems.

The growth of windfarms has proved controversial in some areas but with hydro schemes and solar energy now provides a significant part of the country's energy

needs whilst further changing the visual outlook in some areas. Soon fracking may be making a local impact.

Brexit may also lead to changes as the Government may review current grants from the EU Common Agricultural Policy after 2020; grants which currently supply roughly two thirds of all farming income and this may raise questions about the viability of upland sheep farming.

Rewilding (<https://en.wikipedia.org/wiki/>

[Rewilding](#)) seeks to take these changes even further.

Fell runners often seem to see environmental issues in terms of our access rights to run and race plus concerns over the impact of footpath erosion. As we approach our second 50 years should the FRA, and our membership, be thinking more broadly about the challenges ahead and the impact of our running on our environment?

Nick Harris Chair



PHOTO © JACKIE CLOWES

ADVANCE NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association Limited will take place on Saturday 17th June 2017 at 17.00 at Tebay Sports, Social and Railway Club, Tebay, CA10 3SP. The AGM will start immediately after the Tebay Race Results Ceremony.

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

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. Another reminder notice, together with committee nominations, will be available in late May 2017.
2. **Accounts:** The accounts of the company to be approved at the meeting will cover the period 1 January 2016 to 31 December 2016.
3. **Election of the Executive Committee:**
 - a) The Officers and Member Representatives 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 5 May 2017.

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

All members of the Executive Committee must be members of Clubs affiliated for fell running to UK Athletics.

4. **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. If clubs wish to vote then they must notify the Secretary of the names of their representatives no later than Saturday 10th June, 2017.
 - 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.
5. **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. Discussion points for the meeting should be notified, to the General Secretary by Friday 5 May 2017. This will allow adequate time to be allocated to this item on the agenda.

Steve Cliff, General Secretary, April 2017

MONEY MATTERS

ANDY WATTS (TREASURER)

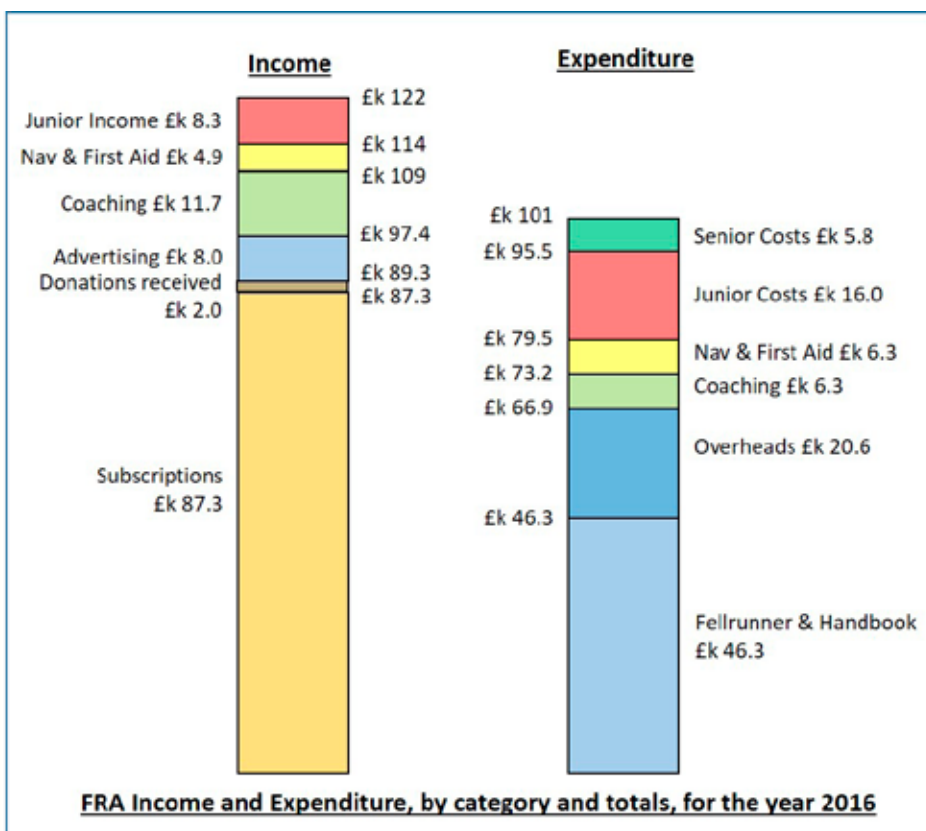
The State of the Finances

The accounts for 2016 are now complete and with the auditor. Hopefully he won't find anything disastrously wrong which might change what I'm writing here!

Our last financial year (the calendar year 2016) was a good year in money terms, in that we slightly increased our income without spending a whole lot more, giving a surplus of around £21k.

Subscription income was up, although the subscriptions had not actually been raised in 2016. We had offered an 'early renewal discount' in 2015, which did not apply to 2016, giving an effective slight subs increase. We also collected a lot more income from Junior events, mainly contributions from UKA, Scotland, Wales and both parts of the island of Ireland for the Junior Home International, which we staged in Keswick. Advertising income from the Fellrunner and also from the Handbook fell slightly, underlining the fact that we need someone to take this area over. Coaching was very well supported last year, with more courses run than ever, which reflects in the coaching income and expenditure.

Our spending was fairly stable overall, with the Fellrunner and Handbook printing and postage costs dominating our outgoings. Our overheads last year were high, reflecting the costs of administering the subs collection system through the change-over to the on-line system; this will reduce quite a bit this year. Senior expenditure includes the 'Do', and also the payments the FRA makes to race



organisers for our Championship races.

The overall surplus of £21k provides a useful contribution to our resources which became very depleted prior to increasing the subscriptions at the end of 2014. If inflation of our costs (for example printing

and postage) does not increase too much we should be able to keep the subscriptions at the current level for some time. The full detail of the accounts will, of course, be available at the AGM, and will previously have been placed on the web.



PHOTO © MARK FERMER

Late in 2016 I was asked to become the U21's coordinator for the 2017 season so I set about creating the new championships calendar and set up a new U21's facebook page which was launched in December 2016 (search for FRA English Champs U21's page).

As part of my role as U21's coordinator I was also asked to look in to transition between youth and senior racing. Having looked at historical numbers for the U21's I realised that there were issues around attendance for the age group. I was interested in trying to find out the reasons behind this so I decided to do undertake some research with Judith Jepson. We decided to keep the survey basic, and easy to fill in. It was open to 14 – 25 year olds or their parents. We tried to give plenty of opportunity to add comments and we wanted to gather information from all abilities (it's difficult to know whether I was successful with this).

I posted the survey on 3 social media sites and also e-mailed (via mailchimp) the whole of the under 23/junior database (411 e mails) of which 205 were opened and 52

clicked through to the survey. I received 128 responses to the survey. We have now collated all of the data and results and have gone to the committee with the findings. Currently we are in the process of reviewing the findings for the future.

Junior to Senior Transition Role

I have also been asked to look in to the issues around transition from Junior to senior racing. This role ties in quite nicely with the research I have been doing. Following the research I have compiled a paper with some of my suggestions and have also discussed the issues with Judith Jepson in line with her research with the U23's.

The U21's championship season will be under way by the time you read this but currently we have a modest increase in U19 and U21 competitors over 2016 numbers which is good news. It's going to be a slow process but I'm hoping that the committee will embrace the ideas that Judith and I have had. Were hopeful of building a strong foundation in the young senior categories which, as ever, has some very talented young athletes. Very exciting times ahead!

Robin Regan, clearing a stile with style at Chop Gate.



PHOTO © SAM HARDING

VACANCIES

STEVE CLIFF

Fell Runners Association – Junior Coordinator

The FRA are looking for someone to replace the Junior Coordinator, who is retiring from the role this summer.

The Junior Coordinator is a committee role and any application would be taken to the FRA AGM in June for ratification. The incumbent (Owen Mills) will be happy to help the new officer to transition into the role.

The Junior Coordinator will work with a well-established subcommittee, with clear roles and offering tremendous support. The Junior coordinator role is high profile and includes the following responsibilities ...

- Ensuring that the annual English Junior championship of 6 races are organised using a variety of courses around the fell running areas of England.
- Liaising with county team selectors to consider incorporating county championship race(s) into the English championship series, to avoid conflicting diary commitments.
- Presenting medals at the junior Do
- Ensuring that the statistics required to manage the various championships are collated accurately and published
- Overseeing content placed on the official FRA Junior website(s); the Junior Facebook page; in the Fell Runner and the Handbook

If you are interested in giving back a bit to the sport we all love, then please contact the current Junior Coordinator, Owen Mills, (owenmills@yahoo.com) for more information, or the secretary at Secretary@fellrunner.org.uk.

Handbook Editor

The FRA are looking for someone to help with the production of the FRA Handbook and Fixtures Calendar.

This role is currently performed by the Fixtures Secretary (Andy Butler), this year it has been decided to split the work for future years.

The Handbook and Fixtures calendar are published annually with most of the effort being between September and December.

The format has been consistently similar in previous years, although a couple of changes are being discussed this year. Your input will be appreciated. Any significant changes will be agreed with the Committee in September.

Applicants should be an experienced fell runner, and proficient in the use of Word (Excel would also be an advantage).

If you are interested in giving back a bit to the sport we all love, then please contact the Fixtures Secretary, Andy Butler, (fixtures@fellrunner.org.uk) for more information, or the secretary at Secretary@fellrunner.org.uk. Andy has produced the handbook for the past four years and will assist his successor with planning and advice for the 2018 handbook.

The process is well documented. The Handbook Editor will not be responsible for managing the registration of races, but will need to liaise with the Fixtures Secretary who will produce the race listings and race summary.

WELFARE

Gordon Ramsay, a Bunch of Billies and the Welfare Officer

3000 foot up but a bead of sweat still moistened my brow. On the edge and worried; don't slip. I'm nervy, like a second date. Suddenly...falling, still falling, damn it, sliding, still damn it, stopped, thank God. Nauseous now and warm, red thick, sticky fluid oozes from the bottom of my waterproofs, staining my mud claws. And so right there, right then my first attempt at the Ramsay Round started to unravel. 36 hours later despite the best efforts of my great mate Julie Carter and the A&E department, Belfield hospital, I returned to the start, crestfallen 25 hours after departure. Battered on the Ben and drowned in the drizzle of the Mamores, the only evidence of my failure was a trail of vomit on the slopes of Sgurr Eilde Moor. The sense of disappointment was palpable and embarrassing. I had dragged Julie all this way in the middle of a busy racing summer, sacrificing her own agenda for my failure.

A year later I was back, better than before. Less lard, more muscle and a more result focused attack than a whimsical minimalist wildness experience. A large Bowland support crew and a hor's de combat in the shape of Trough legend, Chris Reade. What could go wrong? Enter kitchen left 'the Queen' Pam Farmer and 'Duchess' Glenys. These two high end chefs provided the gourmet morsels that would fuel the valley and hill support including Rob Woodhall, Bill Williamson, Mike Johnson, Saira and Graham Lund and my great mates, the Blythe twins.

It started so innocently the previous afternoon. A little cake? Don't mind if I do. But in retrospect, with a little clinical acumen, the signs were there. Not a single yes/no, always an either/or. The tempting adjectives didn't help, no egg or ham buttie here, in the cauldron of haute cuisine. Golden free range egg on seeded bap or honey roasted organic ham within submarine roll? Another almond slice or ginger cake, your carbo loading? Now don't get me wrong, I love my snap and I've eaten in a few posh restaurants, but this catering was right up there, seriously good. I mean the almond slices were Michelin star. And so it went on, right up till the noon bake off, sorry Freudian slip. Finally, we were away and the Gordon Ramsay Round had begun. The tasting menu consumed easily. Particular highlights were that ginger cake slipping ironically down Spink's ridge. I heard none of Mike's advice at the Loch Treig dam as "the Queen" approached with a plate of mushroom penne, a hint of truffle oil, a whiff of wild garlic and some seasonal sage.

Then there was Gordon's at Meanach bothy. It's his latest venture, it is 3 star and the service at 2am is fantastic. Andy, the Queen's head butler, serves a beautiful terrine of soup. Not just any soup, but a velvety consommé, not foraged in the forest of Bowland, more caressed in the Garden of Eden. Adam, Eve, apples and the original sin. Bloody good job old Evie didn't knock this out, Adam would have been rib less. The Duchess sent her head sommelier, Mike, to proffer heady mead like tea to wash down the endless heavenly cake.

With this unerring calorific support, my Gordon Ramsay Round was only going to end in 2 ways; success or at the cemetery gates. 21 hours and 58 minutes, I was back, defying Morrissey's prophecy as Bowland stopped me sinking below the water line.

On the way home, still with 'the wild man in my head', I got to thinking about my addiction, about all of our addiction to this fellrunning phenomenon. As you know, it's not a hobby, it's a lifestyle within a big likeminded family. Like you, I love it, all of it, I live and breathe it. It's the very essence of me, I'm not Dr Gamble the stroke physician, I am Ed gamble the fellrunner.

I got thinking to all the people who've made it possible. People like Pam and Glenys. The marshals at all the races, like Ian Roberts, who pops up everywhere, one week on Causey Pike the next in Pembrokeshire. He makes it happen and always so cheery with it. The race organisers like Steve and Wynn Cliff who for so many years have put on one of my favourite races, Teenager with Altitude. People like Mandy

Goff who was organiser of my first Jura; surely the greatest ever fell race. I owe you.

I also owe my fellow competitors, the people who on the way to a race, you hope will be there so you get to battle with them once again. How often have I cheered, on swinging through a Lakeland 5 bar gate, to see Chris, Mike and Declan stood in their Bowland Tangerine ready to do battle? Some change over the years these rivalries, a few years ago it was runners like Chris Jackson from Glossopdale, but as I got older and he got more experienced the rivalry dwindled and I took up others like the legendary Darren Fishwick, always a good tussle, triumphing one week and then pipped the next.

I owe people like Ian Holmes, not that we were ever rivals but to have raced in the same era as the greatest ever fell racer is just an honour. As predictable as a Holmsie win, is a Holmsie chat, so humble, so uplifting. God, I owe him. And then there's those who usually batter you, but just now and again! For me it's runners like Rick Houghton. I owe them for their green light; they keep me dreaming, training, dieting and abstaining. I'm a great believer in the green light, the orgiastic future that year by year recedes before us. It was eluding me now, but that was no matter- tomorrow we will run faster, and one fine day....

But the biggest debt? I don't mind confessing to you as I know that you know. Moreover, you know that I know you know. You are a fellow fell runner after all; another adrenaline junkie chasing the endorphin dragon. You've just replaced a crushed



Musbury Tor Mile 1963
- Last Man Home



A perfect end to any Ramsey round

coke can and a fag light for Catsycam and Fleetwood Pike. Our addiction drives us all to confess to the ones we really owe. We owe the markers, the ones we secretly keep tabs on at the start, the ones we keep in sight on the climb. People like Ricky Stuart from Helm hill. Sorry Rick, I've only ever spoken to you once but I've followed you up hill for ever, knowing if I can hold you on the climb then I can catch you on the descent. There, I've confessed, no longer in denial, the battle half won.

We all do it, remorselessly. How many times in recent years have I tracked Helen Berry and then sneaked past in the later stages, with cheery encouragement, cowardly covering my devious tracks! But that Berry she's undroppable, you cruise past, turn on the turbo for 3 mins, causally glance back, but she's there: the goose "Berry" on my date with glory. I seek solace in the knowledge that for everyone I stalk, I'm also the victim to an anonymous gloater happily putting one over on me, me ...

So you see, I owe you all, everyone one of you. Just as I was thinking of payback, enter stage left my team mates, the whole club in a small mini bus. I'm very proud to be a Billy, the colloquial name for The Cheshire Hill Racers - all 10 of us. Although we're a very small club, we like to think we punch above our weight, not easy with Bolts in our midst. We have one class runner - Tom McGaff, nine mediocre old bumlbers and the token young Jonny. Often injured, we always get a team out, even occasionally the ever injured Dr Dick. But we medalled in both English and British V50 duffers last year, thanks to King Keeling, who after a year of indifference turned on the autumnal class. In our midst is the huge personality of Vinny. Once described classically by Todmorden vet ladies in Ireland as 'Neanderthal', his primeval talents designed the fellrunner calendar front cover for many years. How many other clubs can boast 20% of their members are on the FRA committee?

And that's how it happened, courtesy of FRA treasurer Andy Watts. Now Andy is pure professional class, Mr Integrity, demanding respect by his efficiency and clear thinking. In that quiet understated almost regal way

of his, he in Isaak Walton fashion, hooked me. The compleat angler turned me into the FRA Welfare officer. To be fair, I did want to make the best use of my skill set in order to repay my debt to the fellrunning community. I would be more suited to the role of committees, policies etc. than a race organiser or a marshal.

Having been an NHS consultant for ever, it's our bread and butter; meetings, more meetings, endless policies, negotiations. We do lots of welfare stuff, deprivation of liberty, vulnerable adults and that's just the staff.

So finally; the crux of the article - I'm supposed to be telling you about the welfare officer and his role.

My main role is support you, the FRA membership to enjoy running on the fells. Hopefully, you should find the welfare officer approachable, friendly and empathetic. I'm here to listen to any issues that you may experience prior, during or after a fellrunning event. I'll gather the information confidentially, relay it to the appropriate authority and feedback to all concerned. Now, us fell runners are a pretty nice bunch, fairly reasonable people, so traditionally there hasn't been an avalanche of indignant and upset members. However, given the nature of competition, the high numbers of races and club events, at some stage there's bound to be some animosity. Indeed, a high profile tragic court case and several other recent incidents have led the FRA committee to seek a higher profile for its Welfare officer. Those that know me will confirm I don't have particularly well developed counselling skills but I'm happy to listen, try to sort things out and signpost you in the right direction. I am also involved in the disciplinary committee, so I'm happy

to liaise between runners and those dishing out the sanctions.

One of my roles has been to help revamp our guidelines. This has proved to be quite tricky due to all the different organisations involved and the grey areas around so many aspects of what should be a simple sport. I guess it's a sign of the times that we're requiring complicated policies to cover ourselves from litigation etc. The recent press controversies, especially over historical sex abuse has again highlighted the importance of making our sport as safe and as enjoyable as possible for everyone. Also, we're not a particularly well-funded organisation, so for instance, drug testing and its inherent costs have to be considered. One area I personally had very little knowledge was around transgender issues. So, I'd like to thank Matilda Simon for invaluable insight, advice and help in this very important area. Matilda has very kindly agreed to help in an ongoing capacity as an ambassador to the FRA. It's not particularly glorious work, and downright tedious at times but the policies are now up on the website for those interested. It's an ever moving area, things change and constant updating will be required. I hope though, whilst broadly adhering to UKA policy, as a committee, we've brought common sense to these areas and stand by what we feel is the true ethos of our wholesome sport.

So, please don't suffer in silence or just grumble to your long suffering team mates. Feel free to email me or come and have a quiet word at races. I'll be delighted to speak with you; let's face it I owe you. After all, it's not every Ramsay round that finishes with strawberry and Kiwi fruit Pavlova.

Ed Gamble (Cheshire Hill Racers)



The Billies only class runner, Tom McGaff, with King Keeling and the Welfare Officer

Fell Coaching in Running Fitness (CiRF) Course

I've been a coach at Penistone Footpath & A.C for eight years now and have taken various courses along the way. The last one being an Athletics Coach course in 2011; which is similar to the Fell CiRF in being two full weekends and an assessment day. I enjoyed the Athletics Coach course days but the amount of work involved for the Assessment in doing a training plan, session plans and the coaching diary was immense. It was made even harder by our lack of athletics facilities which although the coaches running the course were happy with it did mean that to do practical sessions we had to hire sports halls etc. Anyway... it put me off going on anymore courses for years!

Then I heard about the Fell CiRF; first Mike Egner went on the course, then Dave Taylor and after speaking to both of these people and receiving good feedback I signed up myself. It's quite a commitment to find three weekends that are free but 2016 was the year and so race sacrifices were made. Living in Yorkshire helped as the courses are currently being held at Mythomroyd which is only an hour away.

The courses are run by Graeme Woodward and Steve Pearson which is encouraging as they are both active fell runners and coaches. There were eight of us for the first weekend in Mythomroyd and as it was raining hard on the Saturday Graeme and Steve decided to do all classroom

stuff and go out on the hill on Sunday. But this didn't mean we were sat down all day; we had use of the sports hall and so spent a very enjoyable few hours learning by doing. The theory we were taught was about how people learn and the stages of development. That weekend we also recapped about energy systems and got onto the really interesting stuff about uphill and downhill technique. On the Sunday we were outside on a steep hillside for most of the day divided into small groups, assessing each other, giving feedback and suggesting improvements. I went home full of enthusiasm and ready to learn more; as I think we all did.

Roll on a few weeks and we were back for the second weekend. This time we had amalgamated with another group so there were 15 of us. Now it was time to learn about planning; starting with goal setting and measuring. Then we learnt how to create all the segments of a training plan which could be a year, six months, twelve weeks or eight weeks. It all seemed very confusing at first especially trying to add in all the different elements needed such as speed, distance, hills, strength and of course - recovery. But after a while with Steve's and Graeme's help we all understood it. Then we revisited energy systems in depth and learnt how to develop each one individually and in combination. The length of the course and the size of the group meant we all got

to know one another and it became quite good fun.

So that was the second weekend over so the next time we would meet would be the Assessment Day which of course we were all worried about! After many emails between myself, Pin and Kerrie about all aspects of planning we arrived with mesocycle and session plans in hand! We were split into two groups and off we went. It was fun being "guinea pig student" for the other coaches and the day went quickly. I was glad when my turn was over and by the end of the day we had all passed!

I can honestly say I've never enjoyed a course so much yet also come away knowing I've learnt a lot of stuff. Usually after previous courses the books go away and all the usually technical and impractical information I've learnt is slowly forgotten. Since the Fell CiRF course I've bought four more books, implemented strength training into my own training, taught the Juniors uphill and downhill technique and am planning lots of fell sessions for Juniors out onto the fell in summer. I've kept in touch with the other coaches on the course and we've even got our own Facebook group now!

Thank you Graeme and Steve for creating an enjoyable and informative Fell coaching course which I highly recommend to any coach that wishes to coach Juniors or Seniors on or off the fells.



Left to Right: Brian Pennington, Kerrie Anne Bretherton, Richard Wells, Pin Dhillon Downey, Nicky Spinks, Steve Pearson, Stuart Hale and Graeme Woodward

Junior Championships

The 6 race Junior English Championship race got off to a flying start, with the first two races in rapid succession. First was the Cock Howe Classic race, hosted by Esk Valley Runners in the North York Moors at the end of March. Basked in glorious sunshine, more than 200 junior runners faced a steep uphill start with challenging climbing and terrain, with the older runners running as far as the summit of Cock Howe before a thunderous classic downhill descent to the village hall at Chop Gate. This set of races had a combined U11/U13 race and a combined U17/U19/U21 race, offering younger athletes the chance to race older peers. The top 3 under 11 athletes (Jonathan Archer - Ilkley Harriers, Alex Currie - Matlock, Charlie Perkins - CVFR) all finished in the top 10 of their combined race, beating many under 13 age athletes - brilliant! A similar pattern emerged in the older race, with all of the top 3 male and female under 17 athletes finishing in impressive positions relative to their under 19 counterparts.

The second race was a return to a familiar championship venue at West Nab near Meltham in the South Pennines, hosted by Holmfirth Harriers. Again the sun shone

for most of the day, despite a wet forecast. The labyrinthine (and thankfully well-marshalled!) routes through steep sided wooded and heather clad valley, before climbing onto more open fells offered all ages a really interesting mix of terrain and some fast (and slow!) running. Performance of the day has to be Joseph Dugdale from Cumberland Fell Runners (U19) who won the senior race outright!

A minor word about the pre-registration process introduced this year. Many thanks to those athletes/parents/coaches who have completed this simple process which helps the voluntary administrators ensure a fair competition under the rules published in official FRA handbook. This has brought to light some inadequacies in the FRA rules of competition, which the February FRA committee attendees agreed would warrant improvement. The rules for 2018 will be therefore be re-written, but requests by the Junior Co-ordinator to simplify the rules before the 2017 competition by Executive order of the FRA committee were not accepted. Therefore some anomalies exist which mean these athletes may be (officially) ineligible to score points in the championship series. The Chair of the FRA

has been asked to resolve the situation so that these junior athletes can continue to enjoy the wonderful sport at its highest level of competition. For any queries on this matter, please contact Nick Harris.



PHOTOS © GEOFF THOMPSON

English Junior Championships Race 1 – Cock Howe Classic

U9

Athlete	Club	Cat Pos
Felix Howe	Clayton le Moors	1st U9B
Samuel Annison	Calder Valley Fell Runners	2nd U9B
Hugo Bishop	Wharfedale Harriers	3rd U9B
Bethan Buckley	Keighley and Craven AC	1st U9G
Clara McKee	Unattached	2nd U9G
Lola Stead	Ilkley Harriers	3rd U9G

U11/U13

Athlete	Club	Cat Pos
Dexta Thomson	Clayton le Moors	1st U13B
Patrick Casey	Calder Valley Fell Runners	2nd U13B
Jonathan Archer	Ilkley Harriers	1st U11B
Jenson Bentham	Clayton le Moors	3rd U13B
Alex Currie	Matlock AC	2nd U11B
Charlie Perkins	Calder Valley Fell Runners	3rd U11B
Erin Keeler Clarke	Durham City	1st U13G
Hattie Bishop	Ilkley Harriers	2nd U13G
Katie Buckley	Keighley and Craven AC	1st U11G
Scarlett Metcalfe	Keighley and Craven AC	3rd U13G
Sophie Quinn	Esk Valley Fell Club	2nd U11G
Lily Edmondson	Rossendale Harriers	3rd U11G

U15

Athlete	Club	Cat Pos
Fraser Sproul	Kendal AAC	1st U15B
Louis Hudson	Keighley and Craven AC	2nd U15B
Joseph Currie	Matlock AC	3rd U15B
Chloe Rylance	Ambleside AC	1st U15G
Alice Jones	Wharfedale Harriers	2nd U15G
Lilli Carr	Keighley and Craven AC	3rd U15G

U17-U21

Athlete	Club	Cat Pos
Nathan Smith	City of York AC	1st U19B
Euan Brennan	Ilkley Harriers	1st U17B
Matthew Mackay	Rossendale harriers	2nd U17B
Joseph Dugdale	Cumberland FR	2nd U19B
Joe Hudson	Keighley and Craven AC	3rd U17B
Matthew Merrick	Bingley Harriers AC	3rd U19B
Sam Garratt	New Marske Harriers AC	1st U21M
Rosie Woodhams	Dallam	1st U17G
Eve Crownshaw	Dark Peak Fell Runners	2nd U17G
Briony Holt	Clayton Le Moors Harriers	3rd U17G
Helen Thornhill	Buxton AC	1st U19G
Emma Clapton	Scarborough AC	2nd U19G
Sarah Pickering	Ilkley Harriers	3rd U19G

English Junior Championships Race 2 – West Nab

U9

Athlete	Club	Cat Position
Tom Ashworth	Wharfedale	1st U9B
Alex Sadler-Townsend	KCAC	2nd U9B
Sam Annison	CVFR	3rd U9B
Isabella Wright	Wharfedale	1st U9G
Bethan Buckley	KCAC	2nd U9G
Alice Midgley	KCAC	3rd U9G

U15

Athlete	Club	Cat Position
Fraser Sproul	Kendal AAC	1st U15B
Louis Hudson	Keighley and Craven AC	2nd U15B
Alexander Thompson	Wharfedale	3rd U15B
Chloe Rylance	Ambleside AC	1st U15G
Alice Jones	Wharfedale Harriers	2nd U15G
Lilli Carr	Keighley and Craven AC	3rd U15G

U11

Athlete	Club	Cat Position
Dexta Thomson	Clayton le Moors	1st U11B
Patrick Casey	Calder Valley Fell Runners	2nd U11B
Jenson Bentham	Clayton le Moors	3rd U11B
Luke Carrington	East Cheshire	1st U11B
Rowan Ashworth	Ambleside	2nd U11B
Jonathan Archer	Ilkley	3rd U11B

U17

Athlete (U17)	Club	Cat Position
Euan Brennan	Ilkley Harriers	1st U17B
Joe Hudson	Keighley and Craven AC	3rd U17B
Matthew Mackay	Rosendale harriers	2nd U17B
Rosie Woodhams	Dallam	1st U17G
Eve Crownshaw	Dark Peak Fell Runners	2nd U17G
Briony Holt	Clayton Le Moors Harriers	3rd U17G

U13

Athlete	Club	Cat Position
James Bowen	Ambleside	1st U13B
Harry Bowen	Ambleside	2nd U13B
William Hall	CVFR	3rd U13B
Eve Whitaker	Harrogate	1st U13G
Lauren Wilshaw	Buxton	2nd U13G
Sophie Rylance	Ambleside	3rd U13G

U19

Athlete	Club	Cat Position
Joseph Dugdale	CFR	1st MU19
Jack Crownshaw	Dark Peak Fell Runners	2nd MU19
Matthew Merrick	Bingley	3rd MU19
Helen Thornhill	Buxton AC	1st FU19
Imogen Burrow	Helm Hill	2nd FU19
Lily Higgins		3rd FU19



The role of Junior Co-ordinator

PHOTOS © RACHEL DOWLE



*Cock Howe
older juniors*

The role of Junior Co-ordinator for the Fell Runners Association will be vacant from June 2017. In fact all posts on the FRA committee are open for election - send nomination forms by 5th May to the General Secretary, so that voting can take place at the AGM, Saturday 17th June 2017 at 16.00 at Tebay Sports, Social and Railway Club, Tebay, CA10 3SP.

JUNIOR FELLRUNNING NEEDS YOU!

It has been an immense pleasure to serve the growing community of exceptional junior fell running athletes, and to have worked with some fantastic people who share my passion for helping young people appreciate and excel in our wonderful and unique sport. However, due to escalating workload elsewhere, I sadly have to relinquish this role. I made this decision in February 2017, but did not want to jeopardise the 2017 Junior English Championships. So I've agreed to stay on until the championship series is complete, and will also organise the "Junior Do" celebration day again this year. It would be brilliant if a willing individual could get in touch and work with me to take the reins at the Junior Do, to be held at Marl Pitts, Rossendale on 15th July 2017.

The superb junior athletes we so readily celebrate, really need someone to step forward and take over, so that they can continue to enjoy fell running at a nationally competitive level.

In the meantime, I'm collating race dates for the 2018 championships - race organisers please get in touch with me if you'd like to host a 2018 English Junior Championship race - it can be incredibly rewarding. I also need a few more volunteers from the coaching community to help with the fun and friendly sessions on the Junior Do - please get in touch via the FRA Juniors Facebook Group.

West Nab



PHOTO © GEOFF THOMPSON

Tebay Fell Race 2017

Tebay 2017 is a British and English Championship counter. To be held on Saturday 17th June 2017, Tebay is a 13km / 8.1 mile course with a 914m / 2999 ft climb. The race is pre-entry only (£10) with a maximum of 900 runners accepted. Race entry details can be found at

www.tebayfellrace.org.uk or

www.sientries.co.uk. Closing date for entries is Thursday 15th June.

2016 winner was Carl Bell of Keswick AC in a time of 01:14:42 and first female back was Nina Walkinshaw of Howgill Harriers in 01:39:00. Race records, both set in 2009, are held by Simon Bailey (01:09:44) and Phillipa Jackson (01:23:01).

For further information contact Paul Brittleton on 07583 077128 or paulbrittleton@yahoo.co.uk

RESULTS 2016

Pos	No	Name	Club	Cat	Time
1	20	Carl Bell	Keswick AC	MOpen	01:14:42
2	58	Rob Jebb	Bingley Harriers & AC	MV40	01:15:02
3	70	Mark Addison	Helm Hill	MOpen	01:15:16
4	55	Chris Arthur	Bowland Fell Runners	MOpen	01:16:23
5	1	Garry Greenhow	Ambleside AC	MOpen	01:18:13
37	3	Bronwen Jenkinson	Eryri Harriers	FOpen	01:34:25
49	27	Nina Walkinshaw	Howgill Harriers	FOpen	01:39:00
56	67	Steph Jones	Ambleside AC	FOpen	01:41:40

HOWGILLS SERIES 2017

Tebay is one of the Howgills Series of 5 races, best 4 of 5 races count with £200 prize for both 1st male and 1st female. Prizes sponsored by Jim Mattinson of Ash Hining Farm.

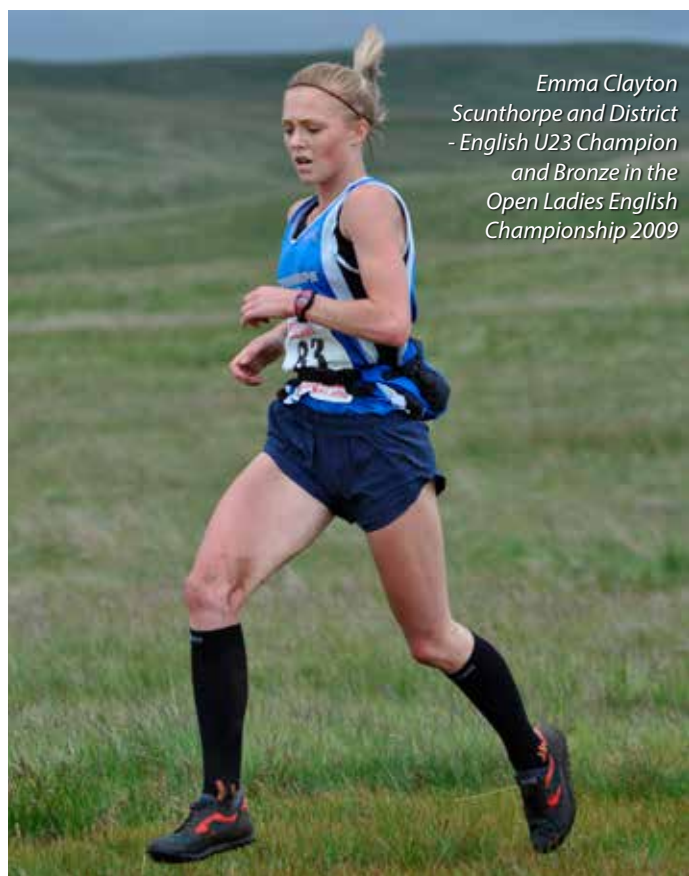
- Cautley Horseshoe (Wed, 10th May)
- Tebay (Saturday, 17th June)
- Sedbergh Sports (Fri, 14th July)
- Weasdale (Sat, 19th Aug)
- Sedbergh Hills (Sun, 20th Aug)



Bronwen Jenkinson, Nina Walkinshaw & Steph Jones. First 3 females, Tebay 2016



Relaxing post-race



Emma Clayton
Scunthorpe and District
- English U23 Champion
and Bronze in the
Open Ladies English
Championship 2009

BY NEIL SHUTTLEWORTH

Tributes

The other day I was told that **Ken Heaton** had died "a few years ago." Even though it is over 2½ years since he was cremated, I should like to record his passing here, as he was truly a pioneer in our sport. Ken was a founder member of the Bob Graham 24 Hour Club having become Member no. 3 and set a new Lake District 24-hour record of 51 peaks in 1961. The former Clayton-le-Moors Harrier wrote a eulogy in these pages to his club mate, also a legend, George Brass. He is survived by his younger brother Alan who is BG Member No. 1.

John North is another fellow Harrier whose passing was not recorded in these August columns. Again a pioneer: having served an apprenticeship in fell running and been the FRA Chairman in 1977 for two years, he focussed on cycling and in 1978 was the first to cycle the length of the Pennine Way, then won the 1980 Three Peaks Cyclo-cross race. He became BG Member No. 45 in 1976. John died in October 2013 aged 70. Yes, truly two legends have left us.

Tor Mile



Musbury Tor Mile 1963 - Last Man Home

A run along the top of Musbury Tor, a flat-topped hill near the village of Helmshore in south-east Lancashire, is fraught with the mildest of hazards: a fairly steep drop off the side, the remains of quarry workings, and, if you are keen-eyed, remnants of the Great House Experimental Farm.

For one summer evening a year, walkers can add to that list a steady stream of fell runners on an insanely fast charge up and down the Tor. Participants in the Tor Mile Fell Race, they are acutely aware that only their speed on the fells is standing between them and a pint in the Robin Hood below.

The Tor Mile is a short race – and these days it is actually more like two miles than one – but one which local aficionados are sure to mark in their diary.

Originally run in 1911, and then from 1919 as part of the Peace Celebrations, the original Tor Mile was a straight and challenging mile covering the 338 meters to the top of the Tor and back down again. It is one of the oldest fell races in the country.

Revived in 1958, and watched by crowds of up to 1000, the race enjoyed heady years. The first winner in the revived race, John Robinson, finished in an impressive 9:10. The junior race, which continues to this day, was won by Stanley Rabin, aged 14, in 9:34.

A challenge already, the race was expanded in the 1980s and rerouted to its current mile-plus incarnation. An AS race, starting from Musbury Road, it heads straight uphill and straight back down. The

terrain and climb is classic fell – a grinding ascent and freewheeling decent through stony paths and open moorland.

Further bumper years have followed, including in 1986 when a field of 150, many of them juniors, braved the course in the midst of one of the most ferocious downpours the locals have ever seen – “monsoon-like” according to the local paper – in an area noted for wet weather!

Chris Paxton ran the race for the first time in 2016. “The Tor Mile is certainly a shock to the system – there’s no time to get

going before the climb starts, and then the descent is mad!” He was hooked. “This race really helped to give me the fell running bug and I think it will do the same to anyone else who tries it. It demands that you go all out and you certainly know that you have run it!”

Despite its history and pedigree, the race has fallen on somewhat hard times. Recent fields have been down – just 64 in 2016. It is still of course great, gut-busting fun to run, and over before you know it.

Chris has been working with John Cooper, the race organiser for many years, to bring the race back to prominence in the fell running calendar. While Rossendale Harriers have long helped to keep the race going, with John’s retirement from organising the Club was unable to commit to running another race in addition to the many others they offer. Bringing in colleagues from Radcliffe Athletic Club, where he is Chair, Chris’s aim is to use tools of the modern age such as social media to raise visibility of the race and to tempt in trail runners who might not yet have tried a fell race.

More importantly, he hopes to tempt fell runners from all over the North West and further to visit Helmshore and to enjoy the short, sharp shock of this classic fell race.

“This race can only be described as a classic,” he says. “What better way to spend a summer’s evening than experiencing a part of fell running history?”

The Tor Mile will be held on 21st June 2017, with the juniors’ race at 6:30 and seniors at 7:30. Find it on Fellrunner.org.



Grand Trail Des Lacs et Chateaux

Les Fous Furieux

There are hills in Belgium...

(103.5km and 2808m)

My French is rather limited to asking for a beer (never understood why this was a good idea for an 11 year old to be taught) and asking directions to the post office but Les Grand Trail des lacs et Chateaux' was fairly easy to translate and sounded beautiful. We have lakes in the UK but a distinct lack of chateaux. After checking that in the campervan we really could make the registration between my daughter's term ending, ferry crossings and navigating and sitting in traffic around Brussels I paid the very reasonable fee and signed my name. I was quite surprised to find some hills in Belgium! The race was in the south east of Belgium in the Ardennes which is described as 'one of nature's unspoilt areas, rich in flora and fauna, with vast forests of broadleaf and fast flowing rivers.' Having now spent a very special day in the area the statement on the tourist information website does not do the Ardennes justice.

All went smoothly with the journey and I registered in the Surister village hall as the rain bounced off the roof. The forecast predicted that the weather would improve and at this stage nearly anything would have been an improvement. I carefully packed my bag for the race whilst eating extra cake for supper and tried to have an early night....as the rain hammered on the van roof. I slept very fitfully as I always do if my alarm is set for as ridiculous a time as 2.30am. I was concerned that the time difference would result in all our three phone alarms not waking me at the correct time so two watch alarms were also set. My original idea of a quiet alarm just waking myself and not Rae and Katy didn't quite materialise as 5 alarms all joined the cacophony exploding in the van. Katy seems to always find it exciting if I have an early running start which obviously has nothing to do with the possibility of a biscuit or other goody landing in her direction. Rae just pretends it's not happening until I kiss him goodbye and he grunts 'good luck'.

The rain was now just a fine drizzle as I trotted quietly down the main street towards where I hoped the bus would collect us to drive to the start. It's always

a strange mix of now familiar emotions as one part excited but another secretly relieved if I've either missed the bus or it was all an elaborate joke and I can go back to my snug sleeping bag. The weather was quite mild but through the drizzle other bodies in similar attire were collecting together. No more thoughts of heading back to the van!

Very soon there were around 145 runners climbing onto several buses and coaches. Some runners chattered excitedly, others snoozed as soon as we set off into the night and I stared out into the darkness outside and ate my bagel.

We were deposited at a tiny village square of Butgenbach just before the race was due to start at 4am. After a brief talk by the organiser suddenly we had started. My only brief panic was that I thought the race started in one direction so slinked towards the back of the pack...I then realised that the race started in completely in the other direction and I was dangerously near the front. I was not the only one to make this mistake as the pack rearranged itself like a shoal of fish.

I previously had a look at the route decorating registration and oh my goodness how complicated. All the separate maps looked the same. Only the numbers on the top gave any clue to the order. I had however noticed that the first 6 miles was around a lake then a further 6 miles to the first checkpoint. After that I was completely reliant on flags and markings for the course and apart from just one crucial point, the route was very well marked.

We fell into a very steady pace as the torches bobbed in a snake around the lake. It was beautiful. The drizzle had stopped and in the moonlight wisps of mist hung over the still water. Time felt gentle. You could hear your breathing and the fall of feet around you but the air was still. Then gradually a solitary chirp grew into the most colourful and varied dawn chorus I had ever had the honour of hearing. Daylight grew with the increasing crescendo chorus as we left the lake side. The path was slippery as it weaved through the woodland towards the first checkpoint. I always love the freshness of the morning and the dew hung in your hair and sparkled on your clothes. I arrived at

the first checkpoint and decided that the Belgium waffles had to be on my second breakfast menu so stuffed a couple in my pocket thanked the support marshals and headed into the day. The waffles weren't the best option as they were unbelievably sweet but being in Belgium I thought it only appropriate to finish what I could then share the rest with the local wildlife.

The day was dawning warm and sunny and as the dew lifted it drifted above the woodland floor. I had expected trees like rows of soldiers with little light reaching the floor. I hadn't appreciated that the area was a conservation area. Of native woodland and light fell through the spread canopy so the floor was home to many flowers and all types of fungi. The race followed the general pattern of every 10-12 miles coming across a very friendly bunch of people at a check point. It wasn't hard to resist the waffles after my first experience of them so I enjoyed the more usual cheese, crackers, bread, oranges, and crisps. I smiled to myself at the fourth checkpoint where you could send ahead a bag of cheeriness for yourself. Some changed tops and socks but several had sent ahead the most amazing looking lunch boxes packed with everything from egg fried rice to what I actually think was sushi. I must admit that however appetizing they would normally look I was very happy to stick to my usual fuel. The day was passing quickly with climbs through the woodland to the never ending bird calls onto high plateaus where you ran across wooden planks to avoid the water beds below. It was absolutely stunning and I was often joined by dragonflies darting to and fro across my path. As I climbed and the trees fell away I stopped several times just to look down the lush valleys and think how lucky I was. I have been fortunate enough to run on some beautiful trails but this was magic. Several hours were spent following rivers on often slippery paths that meandered kissing the water then heading back into the woodland before dropping again to the water. When I felt tired I just focused on the increasing birdsong and thanked them for the accompaniment. I've never heard such a variety and was amazed to find the occasional runner listening to music with

ear phones in. The ground underfoot was tricky at times and needed concentration but mostly it was lush, soft, vivid and green. As it was a relatively small field of runners for long sections I was on my own and able to settle my thoughts and appreciate the moment. I felt very settled and relaxed to just be in the moment.

The route passed through a couple of towns and I distinctly remember a runner I had chatted with earlier sat on the side of a beautiful and ornately carved stone bridge looking roughly how I felt. He was dragged along as we started the steep climb away from civilisation back into the world of woodland creatures.

Towards the late afternoon the heat was building and the first spots of precipitation started. I had just finished the climb onto the highest plateau of the race and I was finding the going underfoot was slow as big boulders and overgrown prickles slowed me down just as the heavens opened, as my granny would say. Daylight quivered and hid. The heat of the day was a distant memory and the driving hail was accompanied with flashes and rumbles. I love storms but would rather be watching them and not experiencing them in such a way. All you can do though is squelch on and hope that the route soon dropped into the relative cover of the woodland. I don't think it was really any safer in the woodland as the trees groaned and creaked like old men but psychologically I felt reassured to have some shelter as the hail was surely slowed down by the leaves. The storm continued its fury in the distance as I reached the penultimate check point.

I was struggling to eat at this point and feeling pretty rubbish. Running was now exclusively for downhill and flat but my heart was singing happy in my own little bubble. I was in plenty of time for the last five miles and third lady. I fully expected the fourth lady to pass me as I knew I had slowed down but quite frankly didn't have the energy to bother a jot. Soon I was on the outskirts of the village, my finish and most importantly my chance to sit down but we were taken a most tortuous route around the outskirts before the most nasty little road climb to the finish. I did manage to run across the finish but only because I had seen a spare seat in the finish tent. The rain was still heavy as I ran for shelter and finished in 15 hours 55. A rather jolly inebriated marshal kissed my cheek and hugged me as I crossed the finish line. I think he must have been completely pickled to even contemplate touching me after such a long day out. The music blared and the flow of alcohol was equivalent to fresher's week and instead of being handed a cup of water I was handed a beer. A rather mumsy lady stepped in with a cup of water and ...oh no...a waffle that I gratefully accepted as I needed a fellow



*The end of the line...
Surister, Belgium*

female in this gathering of testosterone. I would have moved quicker away from the party except my legs ignored my brain and slumped I stayed for several minutes until I was ushered into the village hall for prize giving. I was really quite surprised and chuffed to be third lady and left after the photographs with arms full of prizes.

I thought the best were the two jars of local jam but later on inspection the buff, Gillette, travel towel, fleece, bag and wait for it....Belgium waffle certainly were appreciated. I fell asleep that night very tired but happy.

An amazing day that still makes me smile as I write this article.

First timer's SIPR

Liz Barker on Reeve (2016)

Tuesday May 10th - Ten days before the race starts

I see an online message that someone is looking for a runner for SIPR. I don't know the guy really. We once shared a moment on the Glencoe Skyline race up on the Aonach Eagach ridge watching a huge black crow ride the updraught. I check the dates of the race... Well, I am free that weekend.... I briefly debate what running with Bjorn would be like and make my decision purely on the basis that someone who seems at home on the Aonach Eagach ridge is probably ok to run with for SIPR. I send Bjorn my running CV.

Wednesday May 11th morning:

Bjorn asks if I have any sailing experience... I am honest and say I have only read Swallows and Amazons books as a child. I wonder if rereading them as an adult counts for more experience. I hope that I get some points for enthusiasm and tell them that aged eight I persuaded my parents to row down the entire length of Coniston so we could explore Peel Island. Wait nervously as I really want to race now.

Evening of May 11th:

Bjorn comes back and says they'd love to have me. I am really happy and incredibly excited. We are doing the Jura fell race the weekend after the race so I send a cryptic message to Jim just saying "Do you want anything stashed on the Paps?" to which he immediately replies "Are you doing SIPR?!"

Phone my Mum (former sailor) to tell her, whose first response is "What type of yacht is it?" I realise I have no idea, but ask Bjorn and wonder if I should have asked that earlier.

I set about being as ready as I can in a short space of time.

I message Helene (Whitaker, nee Diamantides) asking if she has any tips. "Take small pots of rice pudding ashore to eat on landing if you've been seasick" is her first tip. I buy some Stugeron.

I read some of the past race logs on the SIPR website. They all seem to mention violent seasickness and vomit. I buy more Stugeron and some wet wipes.

I ask a friend who sails for tips on how to be seaman like. "Keep low in the boat. And do exactly as you're told."

I ask another friend who sails for tips. "Keep low in the boat. And do exactly as you're told."

Friday May 13th:

I realise that although I've agreed to race,

I haven't actually asked for time off from work yet. I prepare a carefully worded, optimistic email to my boss assuring him that 'wind dependent' I should be back working by Monday afternoon. He agrees - and tells me to stay low in the boat.

Sunday May 15th:

My training leading up to the race isn't what you'd call 'ideal'. Although I've been fell running over the winter and doing some races in the Spring, this last couple of weeks I have been cycling and I am committed to a 75 mile cycle sportive today, followed by running the 3000m on the track at an Athletics meet the next day. I get round the sportive, avoid pushing too hard and just try to stay in one piece. The next day I do the absolute minimum to win the 3000m (which slightly cruelly means pipping the race leader in the home straight). Then I try my best to taper and rest...

The Race Sailing to Mull

Everyone tells me the Oban run is "just a jog" and "doesn't count", but that turns out to be a big understatement. Still, we get the run-that-turned-out-to-be-a-sprint done, and get down to the shore. As a former rower, I (over)confidently thought rowing us out to Reeve would suit me well. It doesn't suit me. Used to rowing in responsive narrow sculls with big carbon fibre blades rather than inflatable bathtubs with tiny wooden oars we get blown all over the place by the cross wind and it goes pretty badly. Thankfully, Bjorn takes over and quickly masters the art of rowing the bathtub and we get out to the waiting Reeve in the end.

Sailing out to Salen with the fleet I discover that doing 8 knots heeled over in a 36 ft yacht off the West coast of Scotland is absolutely brilliant and I overwrite my few memories of dull dinghy sailing, drifting across muddy reservoirs and harbours in the rain and next to no wind.

A text comes through. It is an auto text from the hairdressers I go to 'reminding me' that I am due a haircut soon... My hair is currently unwashed, scraped into a ponytail, windswept, tangled and sweaty from the sprint round Oban.

Ben More

I start to have some doubts about Bjorn as a running partner when he tells me he brought 5 different pairs of running shoes. I wonder if he has brought shoe horns for them as well and have worrying visions of waiting around soaked and cold at Loch Ba while he changes

shoes, inserts shoe horns and fusses over shoes bags and pink tissue paper.

When skipper Gordon and helm Nigel hear Bjorn has brought a complete shoe shop with him he immediately gets nicknamed 'Imelda' (Marcos) for the rest of the trip.

Nigel - perhaps with his Scottish Athletics / UK Athletics hat on - tries to get Bjorn and I to 'Do a Bolt' before we set off for Ben More. Largely ignorant of the subtleties of different victory poses by track sprinters we do a poor job (see photo) and Nigel is openly dismayed by our ineptness, muttering under his breath something about 'bloody hill runners' and demonstrating what it should have looked like (sorry we didn't get a photo). But he looks more pleased when we arrive back in under 5 hours despite wet, claggy conditions, having navigated and run well, overtaking several teams, and we get underway quickly.

Jura

The Paps are absolutely stunning and I have moments of pure joy climbing up and running down the steep scree of the Paps in the sunshine surrounded by views out to Colonsay, Islay and shining blue waters. When we get back to Reeve I message Jim to say he may have been usurped as I have fallen in love with Jura.

He says he looks forward to meeting Jura next weekend.

Sailing to Arran

Incredibly, we leave Craighouse in 11th place after a good run on Jura, but know this position will quickly dissolve as all the boats around us head to a standstill at the next tide gate. Our strategy to keep west under the pretext of catching the forecast west wind to later blow us round the Mull of Kintyre is admirable, but really designed by Nigel so he can find the treasure at the end of the rainbow and contend for the new SIPR 'poster boy' photo competition (see image).

As we approach the Mull I fall asleep, and six hours later wake up at dawn to find us in the exact same position with a full moon shining over the still water. We get the oars out. Rowing round the Mull of Kintyre I recall my rowing knowledge and teach the crew how to get what's known in rowing circles as 'backsplash' to make for the most efficient rowing. They are amused, but interested and start to compete with each other on who can get the oar into the water best...

There is a brief, unexpected tsunami off the tip of the Mull, but we ride the huge wave train perfectly, bows into the waves. Yet the excitement quickly subsides afterwards as we still have next to no wind and need to make the tide gate.

With so little wind, we decide to get the mps up with the help of Mikel - our foredeck and kitesurfing expert. It brings up our speed noticeably, and he is in his element flying his 'kite' which is lovely to see. But to keep it up and full, we have to head SE rather than NE toward Pladda...

My Dad - who you could describe as 'focused' - has already been texting updates with detailed positions of the other boats in front and behind us. We are surprised to hear we are a close second in our class to Marisca who is a lighter boat and better in light wind. Now he starts sending concerned messages enquiring why we are heading in totally the wrong direction close to Ailsa Craig... Complex discussions about how to best get the mps onto the other side of the boat continue on the foredeck and Bjorn and I watch anxiously as we lose 4 places to the boats behind us taking a direct line to Pladda.

Bjorn (not an experienced sailor) announces confidently he is going to jibe. A split second later, Nigel appears on deck from his sleep looking like he has just had a heart attack, still in his underwear and bed socks and kindly but firmly offers to take over..... At last we jibe and start heading back toward Pladda.

Sailing to Troon

We are now on a mission for the Goat Fell run. With Bjorn pushing the pace even more as we climb, we overtake most of the crews who passed us on our scenic detour to Ailsa Crag. We almost linger on the summit staring north and west across the Arran fells but I remind Bjorn that we are racing not rambling and we set off down again.

As soon as we are onboard again at Lamlash, I get the oars out and ready again as there is no wind to get us out of the harbour. But as we make it out into the Clyde the wind rapidly picks up to the extent that we need to take the mps down and get the genoa up. It is now dark, we have 20 knots of wind, a fair bit of swell and we need all hands on deck... I think it's the most exciting Sunday night I've had in a while.

We approach Troon harbour in pitch black night with yachts racing in all around us. One in front and two behind; one so close we can see their white hull in the darkness. As the black harbour wall looms in the night, Gordon drops our mainsail just before we reach it and we slip pretty slickly into the outer harbour. Bjorn and I get ready to row ashore as fast as we can, but the pressure eases when the yacht right behind

us suddenly crash tacks, to loop round again for a second try.

As we haul the dinghy out of the water and run along the maze of pontoons in wellies in the dark at 1am in the morning, scrabbling for the button to open the marina gate, it feels like a sort of surreal Treasure Hunt or Crystal Maze challenge. All we need are neon jumpsuits and we could be the next Anneka Rice.

At race HQ we discover we are 15th overall and 2nd in our class to Marisca and run back to tell the good news to Gordon, Nigel and Mikel as they come into berth. Red wine appears from somewhere and we rustle up crumbs of not-yet-eaten chocolate. As it's 2am we go to sleep pretty soon, but with a cupboard full of unused Stugerons and wet wipes I am already thinking about next year....



PHOTOS © LIZ BARKER

Jack Bloor Fell Races & Memorial Fund

This year the Jack Bloor Race celebrates its 32nd birthday. Held annually in May, the course traverses some of the most iconic sites on Ilkley Moor in West Yorkshire. It was established in 1985 to *celebrate* the life of Jack Bloor, a fell runner, orienteer, caver, rock climber, mountaineer and cyclist. Through the Jack Bloor Memorial Fund, the race income helps young people improve their physical and technical skills in the outdoors.

As far as we know Jack did not race cyclocross, however, some of his family do now. He was a keen cyclist and a long distance runner but would have been in tears watching the 2016/17 World Cyclocross Championships. Ben Turner, a Jack Bloor-funded cyclocross rider raced in the junior category and produced a superb bronze medal ride on a very technical and

icy course. This was a historic race for GB with Yorkshire's Tom Pidcock taking gold and Dan Tullet taking silver. Ben received support from the Jack Bloor Fund in 2015 and 2016 and has now been signed for the Junior Team at JLT Condor.

Jack was a well-known climber and would have been delighted with the support we were able to give Sarah Roscoe and Matt Harmon.

Sarah attended a 'Conville' course in Chamonix. The Jonathan Conville Memorial Trust organises three-day courses to give young people the opportunity to develop skills needed to climb safely in the Alps. After the course, Sarah stayed in the Chamonix area for another two weeks to put her newfound skills into practice. She climbed routes such as the Arête des Cosmiques – a



PHOTO © WENDY CARLYLE

Joe Woodley at the World Junior Orienteering Championships in Switzerland

classic of the area, Contamine-Mazeaud – her first ice route and even went over to the Italian side for a few days to camp on a glacier and complete the Aiguilles Marbres Traverse. Without funding from the Jack Bloor Trust she would not have been able to attend the course and so have the confidence to attempt these routes safely.

The Fund helped Matt Harmon complete his Summer Mountain Leader Award by contributing towards the cost of both the training and assessments. The Mountain Leader Award is designed for people who lead groups in the mountains, moorland and hills in the UK and Ireland. By completing this award Matt is able to share his enthusiasm of the outdoors with others and allow them to enjoy mountainous areas safely.

This year the Fund was able to support Jennie Lockwood and Ben Witz, who were both selected to represent GB at the 2016 World Lifesaving Championships in Holland. Jack had been a member of Leeds Cave Rescue team so would have been pleased to see the fund provide this support.

Lifesaving is a sport that tests fitness in speed events and teaches potentially life-saving skills to help people on land and in water. The World Championships is an event that sees the best athletes from around the world test their speed and skills across a range of lifesaving events in the pool and the sea.

As well as racing, Ben is an active volunteer in the Royal Life Saving Society UK, the drowning prevention charity. He believes the skills and tips he picked up by attending these events should be passed on to other lifesavers.

Lifesaving is a self-funded sport. Whilst it is something they love it is often challenging to find finance to attend events that are spread across the UK and beyond. Without support from the Fund, Ben and Jennie would not have been able to pursue this experience that not only teaches invaluable skills but also tests them on an international stage.

The Fund was as ever pleased to support orienteers, particularly in international competition. Such support has been a central part of the Fund, primarily because Jack and his family were and continue to be, active orienteers.

Alice Rigby and Joe Woodley were both selected to represent GB at the 2016 Junior World Orienteering Championships (JWOC) in Switzerland.

After months of training and three sets of selection races, Alice was chosen to compete in the middle and long distance forest races as well as anchor leg for GB's second women's relay team. This was

Alice's debut World Championships from which she has learnt so much. She is now motivated for another year's training and racing as she enters her last season as a junior. Her focus is already on the 2017 JWOC in Finland where she intends to put all of the knowledge she gained in 2016 to good use.

JWOC has always represented a major goal in Joe Woodley's orienteering career. 2016 was his final year in the junior ranks and whilst he has raced for GB at several European Youth Championships and twice at the Junior European Cup, he was determined to go out on a high representing GB at the 2016 JWOC in Switzerland. This fuelled his hunger and desire to make it to the top. Joe took away many positives from his JWOC races, particularly the middle distance race in which he kept pace with the very best juniors in the world. Transitioning to the senior ranks next year will be a huge challenge but one he approaches with a lot of great memories and valuable experience gained at the junior level.

The next Jack Bloor Race will be held on Ilkley Moor, Tuesday 9th May 2017, Juniors races start from 6pm and the Senior Race at 7.15pm.



An historic British 123 at the Junior World Cyclocross Championships, L-R Dan Tullet, Tom Pidcock and Ben Turner

All profits from the annual fell race go to the Jack Bloor Memorial Fund which awards grants to Yorkshire-based young people (under 26) who wish to improve a physical and/or technical skill in any recognised outdoor sport (i.e. a sport with a National Sports Governing Body).

Over the years we have helped young people from many different sports:

Fell running, Orienteering, Mountaineering, Cycling, Rock Climbing, Lifesaving, Sailing, Canoeing, Athletics and Triathlon.

Applications to the Jack Bloor Memorial Fund are accepted throughout the year. Online applications can be made via the FUND page of the website.

More information www.jackbloor.co.uk

PHOTO © SARAH ROSCOE



Sarah Roscoe attended a Conville Mountaineering Course in Chamonix (descending the ridge from lift station onto Valee Blanche)

Running Hard

The Story of a Rivalry

Steve Chilton's third offering *Running Hard* focuses on the intense yet affable rivalry between two legendary fell champions, John Wild and Kenny Stuart, during their epic stand-off in the 1983 British Fell Championships.

I was very privileged to attend the Keswick book launch in February. A group of us had just completed a Bob Graham Leg 2 recce in unremitting clag and gale force winds, so the warm and welcoming room back at the Skiddaw Hotel felt like a wonderful respite from the elements.

A small congregation had gathered for Steve's presentation, introducing the book and summarising some of the events therein without giving too much away. Among the audience were members of the fell running elite both past and present including Dave Hall, Carl Bell and Ben Mounsey, barely recognisable in their civvies seeming like mere mortals.

You see Steve had brought along some special guests, none other than the two main protagonists of *Running Hard*, Kenny Stuart and John Wild themselves! And after Steve's synopsis they both addressed the audience: John self-assured, genial and full of mischievous merriment; Kenny quiet, gracious and humble. Seeing both men in the flesh certainly breathed even more life into the thrilling accounts, stories and achievements relayed the book.

Although

fell running has never been a mainstream pursuit, in recent years there has been a resurgence in literature covering our favourite pastime. Unusually this book discusses in unprecedented detail the background, formative years and scintillating success of two men at the pinnacle of their sport, often likened to an off-road version of Coe and Ovett. It's an entertaining and refreshing insight into what many consider the golden age of fell racing.

Running Hard uncovers the upbringings of Kenny and John, which couldn't have been more different. John grew up in the Midlands and gravitated towards cross country, track and road racing through the RAF. Kenny was born and bred in Cumbria regularly attending village shows, naturally leading to him running on the fells and tackling the classic Guides races. But they also had similarities, both being slight and wiry chaps who trained hard day in, day out all year round.

But this isn't just a take on events from two angles, plenty of other famous names from the era add meat to the bones including the likes of Billy Bland, Jack Maitland, Hugh Symonds, Jos Naylor, Malcolm Patterson, Jon Broxap, Mike Short and many more. All these accounts are wonderfully intertwined with countless memories from Kenny and John to create a flowing narrative littered with amazing anecdotes.

For me one of the really incredible elements to emerge was just how competitive the top fell runners were in the 1980s, and the "running hard" appellation could be applied to them all. Their racing schedule was simply relentless. Almost every weekend of the season saw them in competitive action two or three times, pushing each other to the limit and beyond. And their scope of success was phenomenal with back-to-back wins and course records set over short and long races a regular occurrence. These were men of almost super-human ability amongst the mountains and hills.

John Wild stepped up the fells in 1981 winning the British Fell Championship on his first attempt, demonstrating his dominance across all four running disciplines. Kenny entered the amateur arena part way through the 1982 season showing some sparkling form. This teed things up nicely for the 1983



Championships when they would go head-to-head for a full season for the one and only time.

It was a rollercoaster ride across 15 races up and down the length of the country. John had a poor start being out injured for the first few races allowing Kenny to sit firmly in the driving seat. The weather proved pivotal in the Kentmere race and other results throughout the season didn't always stick for the form book. It all came down to an epic showdown in the final championship race at Thievely Pike. But who would emerge victorious?

Although their rivalry forms the backbone of the book, it only seems like a small part of the bigger picture. There are dozens of fascinating accounts of races from before and after that spectacular season that should be appreciated by all who run the fells. Many are stories of success and blisteringly quick records that still stand, others tell of terrible conditions and wayward wanderings. And there's more than a smattering of humour throughout as even fell runners of the highest calibre enjoy post-race ale and revelry!

Other than an occasional mire of race statistics in the earlier chapters, this is a thoroughly engaging read. It opens your eyes to just how good Kenny, John and many other runners of the day were, but also reveals their human qualities. You often feel as though you're right there on their shoulders as they run up impossible inclines or fly fearlessly down treacherous descents.

In *Running Hard* Steve Chilton has penned another masterpiece expounding a unique period of fell running history. It was a time of unprecedented record making and breaking, a period of transition after many years of professional and amateur conflict, through which two rising stars clearly outshone a constellation of other stellar individuals. And through it all John and Kenny became and remain great friends, highlighting the camaraderie our sport has above all else.



BOOK PREVIEW

It Kept Me off the Streets

The Sleepless Nights of an Ultra Runner

What's it like to run all night? To fall asleep while running? To hallucinate and see frogs, snakes and mice? To run for eleven hours in the worst pain you've ever felt? To be so tired that your vision blurs and solid objects are shrinking? To run while feeling sick for twenty hours? Ask an ultra runner.

There's an old adage that, 'Everyone has at least one good book in them,' and this is my book. It's simply the story of my antics running ultras and other challenges, building progressively towards running the mighty UTMB. I'm just an average guy who enjoys setting targets and achieving them, much like the majority of you probably.

I'm not fast but I'm drawn to big: I've run 100 miles on ten occasions, my average race distance is 43 miles and I've never run a race less than a marathon or a category A fell race. On a bike, I've cycled Lands End to John O'Groats. In the mountains, I've climbed 2.2 million vertical feet up 570 different mountains.

I'm not a specialist in one arena but rather a jack-of-all-trades and arguably a master-of-none. I've never come close to the front of a race but after 25 years of outdoor pursuits, I decided it was time to share my experiences gained from ultras, mountain marathons, fell races, road marathons, long-distance cycling and peak bagging. I think that anyone who runs in the hills will be able to relate to most of what I write about.

There's the satisfaction of putting yourself into difficult situations and getting through them...

This is my most lasting memory of this dreadful event. It was pitch black and I could see only a short distance in my torchlight. I was clinging to a near vertical slope, relying on my gloved hands and the strength of the heather. I couldn't hear myself think due to the noise of the raging torrent just below us. Brandon and two others were following me upwards. I didn't know for sure if I was heading for the control or not.

After every race, there's a tale to tell, especially after a hard one...

We walked over to the organiser to receive our t-shirts. There was a runner lying prone on the floor with a few others caring for him. We literally stepped over him as the organiser greeted us. He was out cold and muttering deliriously but seemed to be in good hands. It's not the first and certainly won't be the last time I've seen someone in this state after a fell race.

Endurance challenges always involve a certain amount of suffering and require mental strength to deal with that...

At this point things changed quite drastically. I'd sum it up by saying that I enjoyed the first 28 hours and 82 miles. The next 23 miles took eleven hours. They were the hardest and most painful eleven hours of my life. Over the years, I've been through a lot of tough and painful times in the outdoors, but I hope never to repeat what happened this night.

Linked to this, is the question that's most-often asked: 'Why do you do it?' I'm sure most of you have been constantly asked this too. It's so common that I've dedicated chapter 29 to it. Whether I answer the question or not is another thing and I won't reveal it, but does anyone really know why we do it? Perhaps it's for the elation at the finish...

The feeling at the finish? Relief. I had no highs, no excitement and no sense of achievement. Just absolute relief that the ordeal was over and that I could finally get warm and go home. The out-and-back

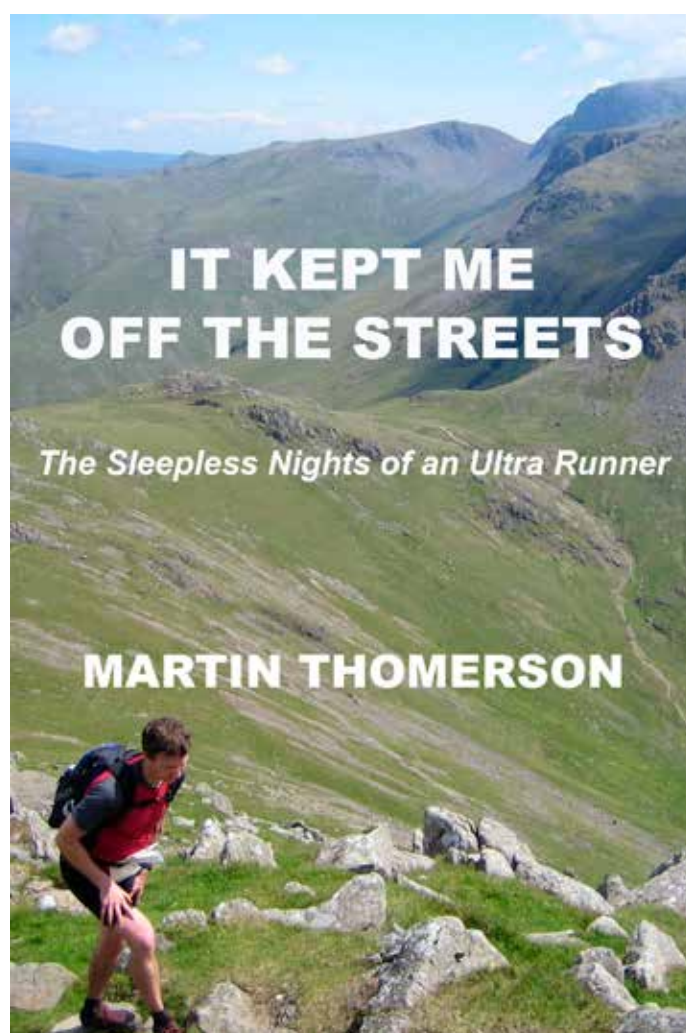
course, lack of hills, headtorch problems, foot problem and weather made this event a pure grind from start to finish. It was very testing, very cold, very slippery and very, very hard. A lot of pain and a huge mental battle to get through.

Finally, there's the love-hate relationship that all fell runners have with road running...

His reply congratulated me on a great time but then he summed up road running with an expression that I now repeat often, 'Chasing fast times on a road is just nonsense.'

I'm just an average guy with a family, a job and a love of the hills. I've never won a race or come anywhere close, and never will. Most of you can probably relate to this. However, there's an old ultra saying that, 'To finish is to win.' If you challenge yourself in the mountains, running hard or long in any of the fantastic and varied events that the FRA endorses, then this old saying rings true and you're definitely a winner in my eyes. We're all winners.

'It Kept Me off the Streets' is available on Kindle and paperback from Amazon.



A Native Breed

Bt Andrea Meanwell – Hayoft Publishing Ltd

First, an acknowledgement that as a former Borrowdale Fell Runner, I know the author of this book, but only indirectly via her husband and long-time team mate Antony. I think I have only met her the once - at the West Nab fell race in 2016 when she was supporting her son Oscar in a national championship U20 race. I also know more than a few legendary fell running former team-mates who are Lakeland hill farmers. I think it is probably fair to say that most are acquaintances rather than close friends. As such, I do not think I am bringing any degree of bias to this review, and I have consciously sought to avoid that. The simple fact is that the topic, Lakeland hill farming, is one that interests me, so I bought the book – as I did previously James Rebanks' heavily publicised *"The Shepherds Life"* (a former Radio 4 Book of the Week).

I grew up and spent the vast majority of my adult life in the Lake District. As a fell runner and one time climber I have spent many, many hours in the fells, and so in the sheep's habitat. I have rescued a good few off the crags in my time, and reunited several lambs with careless ewes – long before Ricky Lightfoot and Twitter were born! I recall helping the Seathwaite Edmondsons' stack hay in their barn to pass my lunch hour at a time when I was the driver of a bus between Keswick, Seathwaite and Buttermere. I remember telling my local farmer that his prize texel tup was lying in a field in a distinctly un-workmanlike state (pneumonia was diagnosed). In short, I have always seen sheep, and shepherds, as part and parcel of Lakeland life. I love the short grass, the rock, the heather, the ancient woodlands hidden in the high clefts, the open views and, down in the valleys, the vivid green fields, the drystone walls – all of which have been created and preserved by centuries (if not millennia) of sheep farmers.

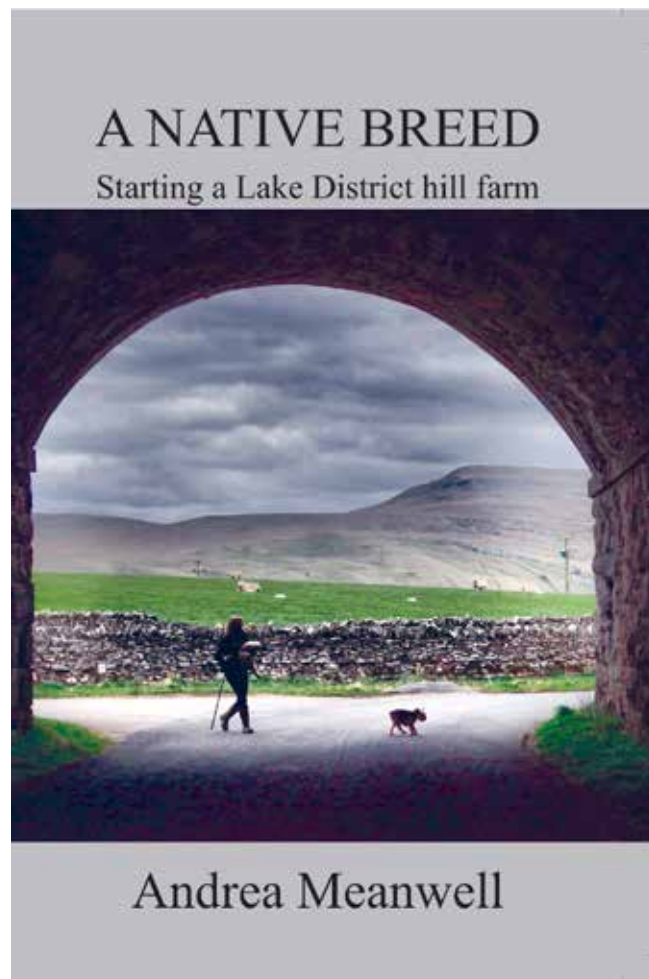
As such, and whilst I understand a need for careful upland management, I'm not one of those who favours the "rewilding" of the Lakeland fells, and the abolition of sheep in favour of the regeneration of the natural flora – whatever that might now be. Neither is Andrea Meanwell, a hill farmer and the author of *"A Native Breed"* – her personal observations of rewilding in a valley near to her own being of the proliferation of bracken and bramble, impenetrable to the "eco tourist", the walker and the fell runner alike.

"A Native Breed" has its genesis in an article Andrea wrote in response to a polemic authored by *"The Guardian's"* George Monbiot in 2015. At a time when the Lake District was seeking World Heritage status, he described the National Park as:

"one of the most depressing landscapes in Europe. It competes with the chemical deserts of East Anglia for the title of Britain's worst-kept countryside. The celebrated fells have been thoroughly sheepwrecked: the forests that once covered them have been reduced by the white plague to bare rock and bowling green. By eating the young trees that would otherwise have replaced their parents, the sheep wiped the hills clean. They keep them naked, mowing down every edible plant that raises its head, depriving animals of their habitats. You'll see more wildlife in Birmingham. Their sharp hooves compact the soil, ensuring that rain flashes off, causing floods downstream."

It is a view. But in *"A Native Breed"* Andrea counters with the observation that the Lake District landscape is one that most of its occupants and visitors recognise and want, and that:

"It is the farmer who has made and steadily maintains the landscape that we love with its green fields, stone walls and laid hedges, with animals peacefully grazing. If the land was re-wilded, and the farmer cannot farm, who would maintain the walls and hedges? I cannot see that an overgrown Lake District with fallen down walls



and overgrown fields would be an attractive place to visit.The landscape as we see it and the farmers who created and maintain it cannot be detached from each other."

Interestingly, Andrea is not herself the daughter of farming stock – albeit she recalls the time she spent on her uncle's farm as amongst the most joyous of her early years. She also recalls an early education in the fact of stock rearing. What was once a cute, cuddly near-toy lamb which she had immeasurable pleasure in hand feeding with warmed milk, was destined as fodder for humans. She also recalls an urge, from a very early stage, to live on, and from, the land – specifically a hill farm. Despite the two generations before her not being sheep farmers, she is of a long line of shepherds. *"A Native Breed"* is far, far more than an extended response to George Monbiot. It is a soul baring exposition of the want to farm, the emotions wrought from her efforts to first find and buy a farm building, then the land, then a few sheep, and then a flock which will live on, over the generations of her family that she hopes will share her passion for the land, and animals, of the Lake District.

Amongst other topics, she describes the struggle to understand that a flock must be native to its particular plot of land ("hefted") if it is not just to stay put and not wander off (to Patterdale, via a ferry, in her case!) but also to live with (or otherwise apparently inexplicably die from) the "diseases and perils" peculiar to any given piece of

Lakeland land – no two ever being quite the same. She explains how, in order to raise sheep, the whole eco-system requires balanced management in terms of grazing, animal type (sheep, cattle, ponies) and careful grass management if quality hay (and not modern silage) is the desired winter feed. She, and I, and so will you, marvel at how a sheep farm, with its often ancient flock, lives in harmony with the land on which it is founded.

I started reading this book with one groan – poems! I had to endure Coleridge’s “Kubla Khan”, Wordsworth’s “Lines composed a few miles above Tintern Abbey” and Philip Larkin’s “Tuberous Cock and Balls” (or whatever it was called) as a school boy and it put me off the genre for life. Each chapter of Andrea’s book starts with a poem. Do not make the mistake that I did of skipping them. I did succumb and read one and as a result went back and read them all. They are, indeed (as they were described to her) “delicious treats between courses at a restaurant” – not least because they confirm the intensely personal nature of this book, which is far more than just a factual resume of a hill farmer’s life. Masterchef contestants’ overuse of it has almost destroyed the word, but Andrea Meanwell reminds you of the true meaning of ‘passion’. She has produced a beautiful, emotive, and thought provoking book yet without once hiding away the practicalities and perils of small scale hill farming. I hope George Monbiot reads it, and I hope you do too.

Mike Fanning – Holmfirth Harriers (formerly Borrowdale Fell Runners)

Andrea Meanwell’s *A Native Breed* is published by Hayloft Publishing and priced at £12 - www.hayloft.eu



Andrea showing a Shetland Sheep at Hawkshead Show



Bob and Moss



Andrea at her uncle's farm below Mallerstang

PHOTOS © SUZANNE MCNALLY



Birkett Common

In Profile: Malcolm Patterson

Travelling up the night before in a friend's car, it broke down. Whilst his friend decided to take the car back home, he spent the night in a service station and then hitched up to Langdale at dawn. 'So, I was a little the worse for wear and remember catching another hour's sleep outside the Dungeon Ghyll. I guess this took the weight of expectation off me, so I wasn't so nervous and maybe did better as a result. I was very pleased with my result, though was far enough off the pace not to see anything of the real Wild versus Stuart battle.'

These memories of the final race of the 1982 fell running championships are from

Malcolm Patterson. He finished fourth in the race, the Blisco Dash, which clinched John Wild's second title win. Perhaps more importantly in the overall history of fell running, this was the fourth race ever between John Wild and Kenny Stuart, with John winning just one to Kenny's three, having just been re-instated as an amateur runner to be eligible to run these events.

Wild and Stuart went on to have an epic season of racing in the fifteen 1983 championship races, and Malcolm Patterson went on to be one of their great rivals, achieving some impressive victories himself.

Malcolm Patterson was born in 1958 in Manchester, commenting 'someone has to be, and it explains my lack of interest in cricket, even though I moved to Yorkshire when I was three!' His parents took him fell walking, and invariably up to summits, right from birth. 'So I always loved to climb, but wasn't so keen on descending! We used to spend every other weekend in the Lake District. I used to see folk running on the fells and sometimes went to Ambleside Sports.'

Malcolm Patterson started orienteering, and running as training, seriously in 1976. He made international standard as



Buttermere Sailbeck 1998

PHOTOS © PETE HARTLEY

an orienteer, which was very much the sport he concentrated on. Explaining his background to me, he notes that, 'I competed for GB at orienteering, but my major aim was to get selected for the World championship team, which I never achieved.'

Later he did the occasional local fell race, such as Guisborough Moors, as training. He recalls that, 'one of my first fell races, done with fellow orienteers Chris Hirst (who won) and Robert Bloor (son of Three Peaks Winner, Jack), was the Marsden to Edale Trog in January 1980. Then it was Angela Carson (now Brand-Barker) who persuaded me to do one of her local fell races - Snowdon - in July 1981.'

Commenting on the Snowdon race, in which he finished tenth behind John Wild, Patterson remarked that, 'this inspired me to switch from orienteering to fell running for the 1982 season - when I had my first serious go at the British championship - and thereafter, apart from a couple of years where I tried to combine both sports, I was hooked. This was also my first encounter with the mighty Wild. He gave an impressive speech at the prize giving, which he was wont to do. Then showed his arse shortly afterwards, as he was also wont to do without prompting! It was my first big fell race and I enjoyed the whole experience immensely.'

Before he took fell running seriously, Patterson was already aware of, and inspired by, recent fell champions, particularly Harry Walker, Mike Short and Billy Bland. 'But from the moment I met him, John Wild became an idol and great inspiration. Later I added Kenny Stuart to that list and then the Italian Fausto Bonzi.' Within his club (Dark Peak Fell Runners) he had several mentors who he acknowledges gave him much valuable support. 'The club as a whole gave me a great bunch of friends and training/racing partners, but in particular it was Andy Harmer whose performances inspired me, and the late Tony Trowbridge who gave me many wise words on how to train and race smarter.'

Malcolm's first clubs were Eborienteers (the York orienteering club), and Dark Peak (for hillrunning), whom he joined in 1981. When he left Dark Peak eleven and a half years later, he wrote a long retrospective piece for their club magazine, which included:

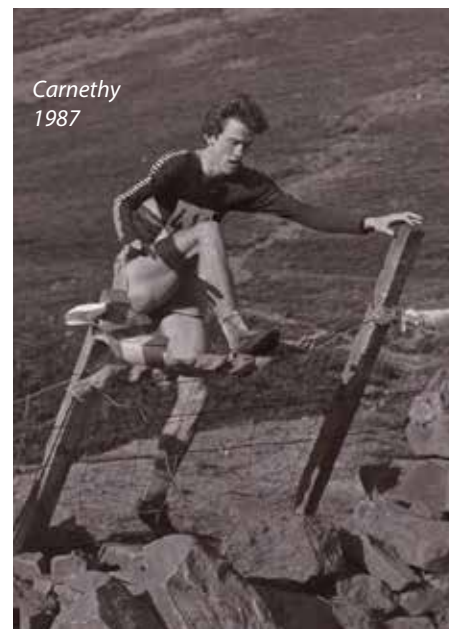
*My first encounter with Dark Peak Fell Runners went something like this: Here I was running in the dark with a bunch of sweaty men (and a few unsweaty ladies) when one unseen club member engaged me in conversation: "You look quite useful" he said, to which I responded by launching into a list of my achievements to date. "Never mind all that stuff. Did you say your name was Patterson? Are you the b*****d who ran off with my wife?"*

It was clearly a unique club that I was about to join. If this encounter didn't put me off, then doing the 1981 Club Champs almost did. I grimly pursued Rob Pearson and Tony Farnell on the directissimo route back from Kinder Downfall but by the time I got back to Edale, clattered in mud but alive, I was hooked

Patterson remembers his first ever race victory to have been the York Round the Walls road race, whilst on the fells it was Pendle in 1982. Patterson won in 29-51, a minute ahead of Jack Maitland, who he already knew well through orienteering. Reliving it vividly, he says, 'I still have the pressure cooker that was first prize! I remember it as just a blast, I think I was in the lead most of the way, and I loved the Big End. I took my mum, who was always my most loyal supporter, to the race, and I remember we got lost on the way and arrived so late that I just rushed into the registration area, grabbed a number and ran off. Some minutes later my mum wandered into the registration area, now empty of runners. She went up to the lone official at the desk and said "I need to pay for my son's entry". "Too late, I'm sorry" the official replied. Mum pointed up the hill and said proudly, "that's my son in the green shorts at the front, but he hasn't paid yet".'

Malcolm Patterson's first British championship race of the 1982 season was at Edale, which was also an iconic race for Dark Peak club members. Patterson had, 'prepared as best I could, by running round the route (in sections) beforehand and consulting the wise old men of Dark Peak - like Mike Hayes and Chris Worsell - as to the best route. I was at the front, proudly, nay arrogantly, pushing the pace, much to the consternation (or was it bemusement) of the wise old hands like Andy Darby and Bob Whitfield. I had a big reality check somewhere between Mam Tor and Brown Knoll when the two Johns (Wild and Reade), Andy and Bob pulled away. I hung on grimly for fifth. At least I had the consolation of being first Dark Peaker, ahead of Ray Aucott and John Blair-Fish (who have both sadly passed on).'

That year's Ben Lomond race was a big adventure for Patterson, as he explains. 'I had never been there before, had only rarely been to Scotland (I was living in Sheffield at the time). I was also full of confidence, having won races in recent weeks and was thinking that if I could finish fifth to Wild in a long race like Edale, I could do even better in a 'Medium', straight up and down race like Ben Lomond, which played to my strengths. It was a calm sunny day, though there was snow on the summit ridge. I started confidently, with scant regard for the fact that Wild was the best fell runner in Britain, not to mention the course record holder from the



Carnethy
1987

PHOTOS © DOUGLAS ALLEN

previous year! I was indeed first to the top, and able to judge how far I was in front of Wild by passing him on the return journey along that summit ridge. I thought the descent was going well, with no sign of my pursuers, until suddenly, about three quarters of the way down, Wild and Colin Donnelly passed me in quick succession. I couldn't close the gap and had settled for third when, coming along the road and up the slight rise to the finish I was amazed to see Donnelly almost at a standstill. I was able to get past him and grab second spot, albeit half a minute behind Wild, who lowered his own course record to 1.02.17.'

In July that year the Skiddaw race was in the championships. In driving rain, a low mist and a cool wind John Wild followed closely behind Malcolm Patterson to the summit, which he reached in 42 minutes. Wild closed the gap and shot down in 21 minutes 38 minutes. The only time there had been a faster descent had been in 1969, when Jeff Norman had done it in a stunning 20 minutes 55 seconds. Wild recalls that, 'the descent was so wet and greasy I fell down more in that one race than I did in the whole of three years of fell racing!'

Malcolm Patterson very nearly didn't get to the race at all. He was driving a hire car with three friends as passengers, when the throttle jammed (can you see a pattern emerging here?) and he was forced to stop. He wasn't known for his car maintenance skills but, desperate to make the start, he managed to locate the problem and to fix it. Of the race itself he remembers the wind being really strong on the summit ridge. 'Being in the lead and completely alone in the mist, I took the decision to drop off the ridge on the return journey and so I never saw who was behind me or by how much. With the difficult conditions, I just focused on keeping upright on the fast descent, until I was startled, somewhere on Jenkin Hill, by the commotion caused by the "Wild locomotive" as he steamed past me not

to be seen again until the finish, where he was waiting calmly with a cheeky grin and outstretched hand.'

That year Patterson also ran the Borrowdale race, remembering vividly the first steep and loose climb at this race, on the direct route to the first checkpoint on Bessyboot (since discontinued because it was getting so eroded and dangerous). 'I think Billy Bland and John Wild managed to get a lead here, and I never saw them again. Meantime myself and a whole bunch of other runners emerged onto the misty plateau and, bearing in mind that Bessyboot is merely the highest of 1001 similar looking knolls, spent what seemed like a lifetime running like headless chickens from knoll to knoll looking for the checkpoint marshals. Eventually we gave up and ran off! *[It later turned out that the marshals hadn't been able to find Bessyboot either]*. The racing line around Glaramara wasn't so well established in those days, and being an orienteer, I decided to use map and compass to guide me. This had the immediate effect of gathering a bunch

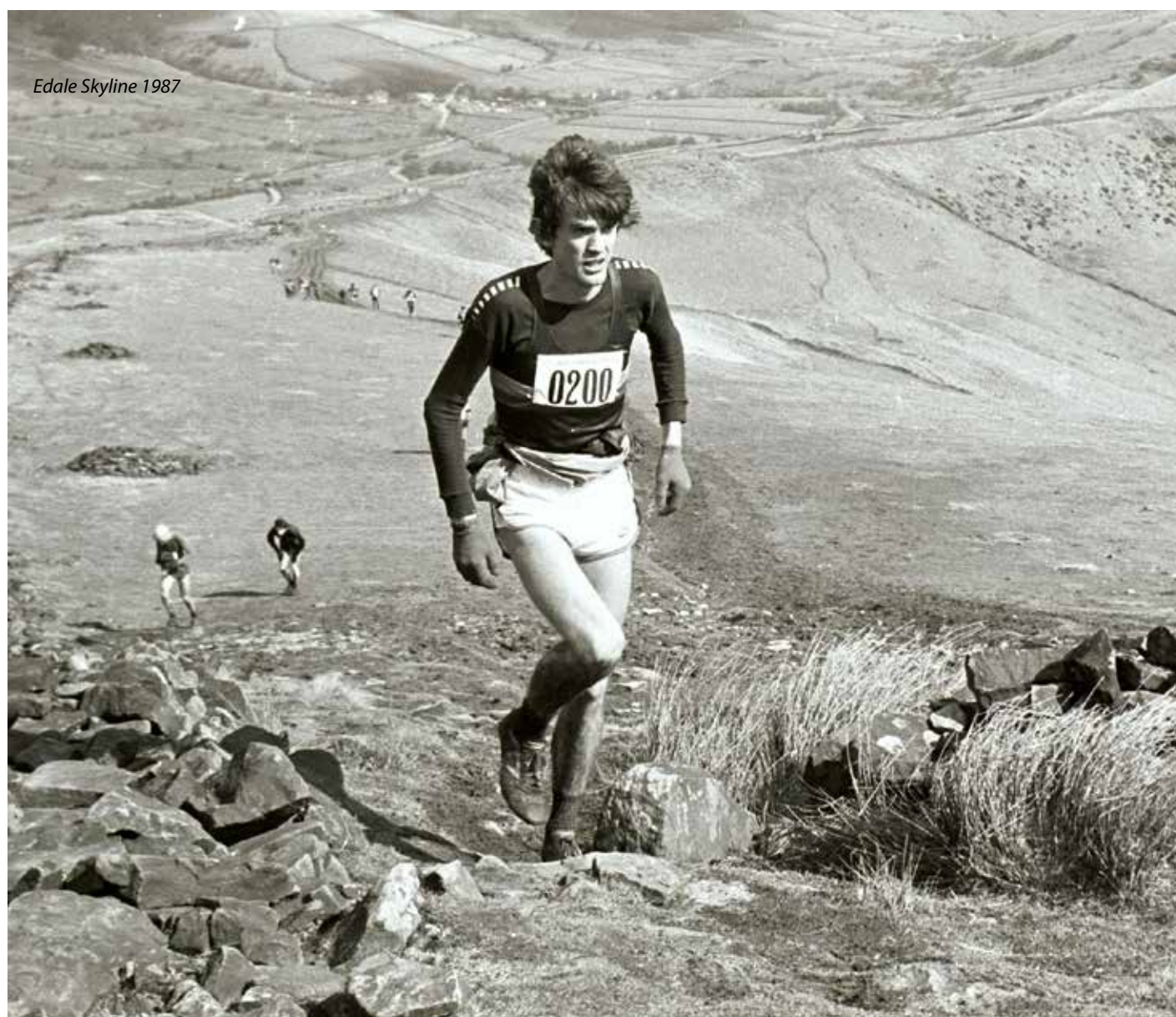
of about 20 runners behind me. About 10 minutes later I had the bizarre experience of running down a narrow valley and being confronted by Pete Haines, another orienteer, running towards me, map and compass in hand, with a similar group of devoted followers. Both confident of our route finding, we simply carried on straight past each other, though some of our followers did switch allegiance at this point!'

I think Malcolm is being a bit coy here. I asked John Wild for an overall impression of Malcolm and he replied, 'I consider that he was probably the best map reader amongst us, or at any rate could navigate well at race pace. I remember him in several races taking a different line to others and in particular the Edale Skyline where he read the map well and was able to miss out one climb by contouring round the side of the hill.'

Malcolm Patterson then ran in the Burnsall Classic, on 21 August 1982, which was the very first time John Wild and Kenny Stuart raced each other. Patterson came

fourth, beating Billy Bland by 3 seconds. 'I enjoyed Burnsall. It is one of my favourite races, especially because of all the tradition and history behind it, and the atmosphere and tension on that start line. It's the nearest most fell runners will get to feeling what it is like to line up in the Olympic 100m final! I was very pleased with my race, though annoyed to be overtaken on the easy lower half of the descent by Bob Whitfield. But it also sticks in my mind because it was Kenny's first race as an amateur and the first time I met him. I was delighted and excited - and my first impression was of a friendly and modest man that I immediately warmed to - but not everyone felt the same, sadly.' Patterson explained that last remark by adding there that he felt there was some animosity towards Kenny as a pro turned amateur, not as him as a person. Wild won the race from Stuart, being the only one of the four races between them that he won that year.

Malcolm Patterson also ran the Ben Nevis race that year, but says he felt quite detached from the mighty battle up front,



PHOTOS © PETE HARTLEY

as he finished in 12th place. 'You've got to remember this was my first time up the Ben – I'd stood at the bottom of the mountain on at least two occasions as a child, crying because my mother wouldn't let me go up because of bad weather, so I still held it in awe. I think the build up to the race had used up all my nervous energy and the race itself rather overwhelmed me. After my strong climbs at Ben Lomond and Skiddaw I was shocked and appalled when I began to struggle half way up the climb. I just hadn't factored in that extra 20 minutes of climbing time. After that, the descent was a nightmare! It was a humbling experience.'

Then at Thieveley Pike, Patterson was four seconds ahead of John Wild, but claims he doesn't remember much about this race, despite it being the only occasion he beat Wild. 'I knew he was coming back from his ankle operation, so beating him didn't really mean much. I was quite pleased with my race, but somewhat overawed to be so well beaten by Kenny Stuart (I was over a minute behind), not to mention Hugh Symonds and the Andys (Darby & Taylor). As an aside, I do remember us runners getting frustrated on the start line at having to wait until the last poor sheepdog penned his sheep – the shepherd was none too pleased with us for whistling our encouragement.'

Malcolm Patterson did the iconic Butter Craggs race this year, the only time he did. To him, 'it is a lot like Burnsall, and I should have enjoyed it for the same reasons, but I had a bad climb and by half way to the top my race was effectively over. I was in awe of Kenny that day, and spent the next few months trying to work out what he had that I hadn't. I remember over simplifying the gap by concluding that it was because he could descend so much better than me, whereas in fact there were many other reasons why he was so much better.'

The fifteenth and final race in the 1982 championships was the aforementioned Blisco Dash, way down in mid-November. Stuart just outran Wild by 15 seconds, with Whitfield just 6 seconds behind Wild, and Malcolm Patterson next home, another 45 seconds done, securing fifth place in the championships as a result.

The next year (1983) Malcolm Patterson was deeply affected by this participation in the first championship event of the season. He recalls that he, 'was massively discouraged by the experience of the Kentmere race – wanting to test myself against Kenny Stuart – but I fell victim to the bitterly cold conditions and retired, along with Kenny and a good percentage of the field. It left a mental scar! I still thought I could be an orienteer at the highest level, so I concentrated on that for much of the 1983 season.'

He did come back though for the deciding race of the champs, at Thieveley



The race organiser,
Aonoch Mor 2010

PHOTOS © PETE HARTLEY

Pike. He came seventh and says even now that it was a bit surreal for him to do this race. 'I had missed all of the epic 1983 champs Wild-Stuart battles until this last one – the decider. Those guys were in a different class to me that day and even though I raced, I felt I was just a bystander, coming in 7th. It felt a bit like turning the TV on late, and only watching Coe and Ovett battling down the home straight. In retrospect, I bitterly regret missing so much of the 1983 season.'

Malcolm Patterson had a bit of lean period for a couple of years despite racing widely, including on the continent. He never won the British (or later the English) Fell Championship title, with his best result being in 1987 when he was 5th in the British and 2nd in the English championships. His career summary in the DPFR article was:

I was fortunate to achieve a good deal on the fells during the 11 years. Victories at races such as Kentmere, Ben Lomond,

Pendle, Marsden to Edale, Kinder Downfall. Incidentally I think it was after getting lost on the way to Pendle, and sending my poor late mum to get my race number for me after I'd started the race, that the club bestowed on me the nickname "Bodger" – a person who makes something badly or clumsily!

Anyway, back to the races. There was the glory of breaking a Kenny Stuart record at the Blisco Dash, although I ended up 2nd to fellrunner of the year Jack Maitland (but all credit to Jack, he just wasn't going to let me win!). Another 2nd place at the mighty Snowdon International. A 2nd place in the English Championship in 1987. Successive international vests in the World Trophies in 1986-9, plus a last hurrah in 1991. I say with some feeling that Dark Peak took me from wallowing in the mud of Kinder Scout to 8th in the World

Then there was the annual pilgrimage to the Lake District in midsummer for the Bob Graham round attempt, where all the vast

experience of the club stalwarts would be brought to bear on getting as many folk as possible into that illustrious sub-24 society – just one of the activities that defined what Dark Peak was all about.

Malcolm has strong memories of one of the international races. There had been plans afoot for a World Cup of mountain racing in 1984, but they fell through. When this happened the Italians, who were one of the nations who were keenest on the World Cup idea, held an invitational international mountain race at Zogno. The organisers played to the strengths of their runners in setting up the course, which was just 9.5km long and only just met the requirement to have 250 feet of climb per mile. The course was also on tracks all the way, and rocky and firm mostly. England, Scotland and Wales sent teams, to run against the hosts, plus Austria, Switzerland and San Marino.

The England team was chosen by the FRA committee on the basis of performances in the season's shorter championship races. The race favourite was reckoned by many to be the Italian Fausto Bonzi, who at the time held the course record for the Snowdon race. He lived locally, at over 3000 feet, and was expected to do well. Malcolm Patterson took the field out early on, until Kenny Stuart put his foot down and gained a slight lead, leading at the turn by 10 seconds. He returned down to the finish in complete command, and beat Bonzi by 34 seconds. The Italians showed their dominance though by finishing 10 runners in the first 12 places, with just Scotland's Colin Donnelly splitting them in eighth place. Malcolm Patterson finished 13th, with Hugh Symonds 15th.

Seeing himself reported as taking the field out early on, Patterson chuckles and expands. 'Yes indeed, nervous energy made me start too fast! I remember struggling on the second half of the climb as a result. I then had a reasonably good descent, helped by cutting quite a few of the zig-zags much to the consternation of the marshals, though I think most of the Brits did the same. I did get really bad and deep blisters which took weeks to heal and had me walking like a ballerina. I was (secretly) very annoyed that Colin beat me that day by having a faster descent, a pattern that was to repeat itself in several key races over the years.'

Malcolm Patterson recalls that, 'Hugh Symonds was on the trip, and I remember him performing on the dance floor in the evening watched by a crowd of young Italian men. The fact that the club was called *The Question Mark* should have warned us heteros it was a gay club! The place was also prosecuted for running a prostitution ring in 2009. Kenny I recall sang hunting songs throughout the trip.'

There was a kind of fade-out from elite performances from Malcolm Patterson, as

he explained. 'After a great year in 1989 (apart from a very bad race at the Worlds which I shouldn't have run five weeks after having my appendix out), I did very little fellrunning in 1990 and then when I did come back in 1991 I had another bad race at the Worlds in Zermatt and this really dented my confidence. Basically I decided I wasn't going to get any better, so I gave up international running and went back to orienteering for a few years. I did return to serious fell running in the mid-1990s, but at a lower level, and I was British Vet champion in 1998.'

On a separate occasion, I asked Patterson what his greatest feat/race on the fells was. He came back with a list and an interesting perspective. 'One of my childhood idols was the late Billy Bremner, captain of Leeds United FC who was 'ard as nails. His motto was "You get nowt for coming second". So it is ironic that whilst I was pleased with my race wins – such as Ben Lomond in 1987, or Dollar (in Scotland) in 1989, where I set a new course record – my best races were when I didn't win. So, second to John Wild at both Ben Lomond and Skiddaw in 1982, second at Snowdon in 1989 to John Lenihan (he was later World champion in 1991), second at Blisco in 1987 when Jack Maitland and I both beat the record, 13th in that Zogno (Italy) International in 1984, eighth in the World Trophy in both 1987 and 1988.'

The DPFR club magazine listed his favourite races, in a piece published when he left the club, which is reproduced in part here:

Favourite short race: I'd like to say Carnethy (which I won 3 times), but it has to be the "classic short shorts" for the tradition and the atmosphere, particularly Burnsall and Alva.

Medium: Fairfield Horseshoe - I just think that horseshoe-shaped courses have such a natural feel to them and I enjoy the multiple climbs.

Long: Jura - Just getting there is an adventure! The Paps make for an outstanding course, and then there's "tea, cakes and a ceilidh" (plus beer and midges).

Abroad: Sierre-Zinal, a point to point race surrounded by marvellous scenery, great atmosphere, tough competition and it even has a descent - pretty unusual for Switzerland!

Toughest race: the above-mentioned Jura for its physical toughness and Burnsall for the mental pressure!

Most embarrassing defeat: 1987 Y Garn Race - I was leading with a few hundred yards to go when I tripped and fell on the path, allowing Colin Donnelly to pass me. And there was Dollar, a British Championship in 1989 when I missed the start because I'd misread the start time - I was out on a warm-up run when I heard

the gun go off.

Most admired rival: Kenny Stuart, probably the best all round hill racer ever, and modest with it.

Malcolm Patterson has lived in Glasgow since 1982, now being a member of Shettleston Harriers. He is married to Christine (nee Whalley, an ex-international hillrunner and orienteer), and has two children, Robert and Laura. He is a librarian by training and worked in libraries of one sort or another until 2001. Since then he has been a self-employed researcher and editor.

In addition to this he has worked part-time for Scottish Athletics since March 2014, as a Coach Mentor for Hill and Mountain Running. He explains, 'I am based in Glasgow, and am part of the performance development team, working to improve athlete performance across all athletic disciplines. As well as working with the top senior and junior hill runners in Scotland, I work with coaches and their clubs by supporting them in developing their athletes.'

Malcolm claims his current fitness is poor. 'I am running on average 2-4 days a week, 2 of these days are the ones on which I take rep sessions, so I have to show the young ones how it is done! Without this discipline my running would be more irregular and be even less. I get out on the proper hills for a run/walk once every 2 weeks on average. I'm a stone over my racing weight so it is hard work hauling my body up any decent gradient!'

I noticed when reading the manuscript of Steve Birkinshaw's book on the Wainwrights record that Malcolm was a pacer for a section, so not that unfit then. But Malcolm explains that, 'with Scoffer also pacing on my leg I was left far behind after a few miles so I really wasn't any use at all! I did the Honister to Kirkstile Inn section over Haystacks etc. It would have been pleasant running if I hadn't had a job to do which I failed to carry out! Good enough to be invited to travel down and help with the challenge, though.

He adds, 'Steve was going very strongly at this point, but bear in mind it was only his first day on the round. I think he found the next section, into the night, considerably more challenging. But all in all, his was a great achievement.' Malcolm recalls that he has known Steve Birkinshaw since he was about 15 and in the North West junior orienteering squad, recalling that, 'he was a great lad then and he's a great man now!'

Malcolm Patterson was a great fell runner, and it is telling that he has chosen to put that experience to helping a new generation of runners to be the best they possibly can.

Steve Chilton

<https://itsahill.wordpress.com/>

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Pete Brittleton in profile

Kirkby Stephen mountaineer Pete Brittleton might not have conquered K2 yet, but watch this space! In his 20 years of climbing, Pete has been to the summits of Himalayan mountains CHO OYU (8,188m), MANASLU (8,156m) and EVEREST (8,848m), and made a first attempt at K2 (8,611m) last year. Despite the strongest protests, the 2016 attempt had to be abandoned after an avalanche wiped out Camp 3 taking every team's tents and equipment with it, but Pete hopes to give it another go.

2016 wasn't without triumphs though – Pete married his long-term girlfriend and mother of his 3 children, Adele, at the end of August on his return from K2.

Pete has been a runner for over 30 years, starting out on the roads then moving onto the fells. He openly admits he was never any good but also says he hasn't peaked yet! His favourite race is Ben Nevis, which he ran for the 20th time in 2016. For many years there was strong rivalry between Pete and his

brother, Paul, with both of them finishing regularly in the top spots. The Brittleton brothers also successfully competed in team and pairs races.

Pete also cycles, enjoying the annual Fred Whitton challenge; a gruelling 112 miles involving gradients of 30%.

Pete was born in Shropshire in July 1968, but has lived in Kirkby Stephen since he was 9 years old and is currently a self-employed builder.

When he's not working, being a dad, cycling, running or visiting far off lands climbing up mountains, Pete is now also a race organiser. In 2017 he will take over Kentmere Horseshoe (previous organiser; Pete Bland) and Sedbergh Hills (previous organiser; John Broxap). Paul has been a race organiser for some years now, starting early in the calendar with Nine Standards on New Year's Day, with Cautley Horseshoe in May. See below for entry details.



Pete on the Ben

PHOTOS © MARK PROCTOR



On top of Everest

PHOTOS © STUART PEACOCK



Everest ladder climb

PHOTOS © PETE BRITTLETON



K2 Base Camp

CAUTLEY HORSESHOE	KENTMERE HORSESHOE	SEDBERGH HILLS
Wed 10th May 2017 (7pm) entry on day: £6.00 pre-entry: NO	Sun 21st July 2017 (1pm) PRE-ENTRY ONLY: £10.00 www.kentmerehorseshoe.org.uk https://www.sientries.co.uk	Sun 20th Aug 2017 (11am) entry on day: £8.00 pre-entry: £6.50 www.sedberghillsfellrace.org £100 prize for record breakers

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Reedy's Story

As a fell runner for Ambleside AC, I have no idea what has drawn me to marathons, but somehow I have become slightly hooked. Last year, I was relentlessly training for a 3 hours 15 London marathon, this year I am training to complete it. In March 2016 I was diagnosed with a rare and aggressive form of oesophageal cancer. Pounding the roads again, is giving me the chance to reflect on 2016 and the journey that I am still on. It is as though everything has come full circle.

Things had started to go array in February. I knew that from my race and training performances that there was something wrong, as runners we know our bodies, and should never ignore these things. I continued to run, work as a teacher, race (I did Black Coombe), be a mum and generally continue life on a liquid diet as I was unable to consume anything else. Eventually, I was diagnosed with advanced oesophageal cancer. The red lights were on and I was fast tracked through everything.

My first chemo cycle was the worst, I was very ill and hospitalised twice for being sick. However, as the medical profession worked their magical powers, my symptoms became more manageable and life continued. Through all of this, I managed to keep getting out- walking, running and chasing after my daughter on the bike she had just learnt to ride.

A team of us completed the Starwalk, a 5km walk in aid of Cancercare, whilst I had my second cycle of chemo. Despite it being a slightly drug induced haze, it was a special night and the well wishes and sponsorship of so many fellow fell runners spurred me on with a smile. The messages and donations I received from so many fellrunners were overwhelming and made me appreciate just what a community we are all part of.

After seeking advice from a leading team at the Manchester Royal Infirmary, we decided to tackle 'the beast' with the most aggressive action possible: trimodality. This involved (on top of the two cycles of chemo), chemoradiotherapy and then surgery. So the pilgrimage to Preston for radiotherapy began. I was so lucky in that so many amazing people gave up their time to chauffeur me; runners, colleagues, school friends, old friends, new friends, my husband. There was a huge range of conversations over that stretch of the M6 and I travelled in an eclectic mix of vehicles.

Most days, I still managed to keep walking, running or biking. Moving and being outside is what defines so many of us. It is not just about racing, and more than ever, I needed the space. I also strongly believe it made the chemo 'work' so well and eased some of the side effects.

During the late summer, I had some time



to recover and prepare for surgery. Every run, family day out and adventure in the Lakes felt so precious. I started to regain some fitness and feel like 'me' again. During this time, I even managed to compete in some races. Lining up at Langdale Gala, alongside Selwyn and Jack Wright, Sharon Taylor and fellow Ambleside runners just made me forget everything for a short while and 'be back there'. I took part in Lakeside Gummars Howe with two fantastic school

Jane at the Starwalk
in aid of Cancercare



friends, for one it was her inaugural fell race. It was a truly special evening with Matt, my husband watching from a boat with a band of small girls, friends and his parents from New Zealand.

On the 16th September I had my oesophagectomy at the MRI. There was no cancer in the oesophagus (the previous treatment had worked its wonders). As soon as I was on a ward again and free of some of the fifteen tubes that were going in and out of me, I tried to get moving as much as possible; drawing the curtains and doing a few squats to music. As fellrunners we are a tough breed! After 10 days I was able to shuffle the surrounding hospital streets in my pyjamas, compression socks and slippers, much to my daughter's amusement.

After two weeks in hospital, I returned home, slightly sore, butchered and in a morphine haze. It is a major operation and the recovery is relentless, with lifetime and lifestyle adjustments.

Within 5 weeks I was back on my road bike, doing gentle yoga and strengthening exercises. Slowly, through use of a gym, progressive strengthening and lots of walking, I began shuffling again three months later, starting with just jogging for



*Precious family days
out in the Lakes*

a minute or two within a walk and slowly building it up to try and prevent any injuries. After about six weeks of this progression, I distinctly remember my first run when I felt a spring in my step, a landmark to the slow return to my former self. Every run now feels so fantastic.

My daughter has given me the reason to keep getting out of bed when I feel like crap,

to keep eating (despite the repercussions, which are now finally starting to ease as I learn my 'new body') but running through all of this has given me invaluable head space, time to reflect, remain positive and feel like 'me'. Being part of a strong team of women (Ambleside ladies) has been so important. Following Lou's successes of 2016 has kept many of us inspired, and the bond that we have established through many years of racing and training together has kept us united and we continue to support each other on our different journeys and challenges.

I have been inspired by runners that have fought similar battles with serious illnesses or injuries; watching Nicky Spinks' film has certainly made me feel empowered (I am not doing a double BG though!). They have made me realise that you can keep running through so much and how intrinsic it is to our lives. Lots of people have to manage and adapt to challenging circumstances. What we have to do is enjoy every run, every race and go for it when we are on our best form and just get out there and enjoy it when we aren't in our peak.

Hopefully, this spring and summer I will be honoured enough to be back racing again, maybe at a different pace but partaking in our sport in every sense. Having a second chance at life has certainly given me a different perspective on life and I want to hold on to all that I have learnt. There has been a lot 'forgettorry' already about some parts of 2016, but equally there was some very special times and I really learnt to appreciate what pleasure you can find in doing simple things with friends and family.

Thank you so much to all of you who have, and still are, supporting my family and me through this time in so many ways. It has made me realise that our sport runs so much deeper than just race results. It is a privilege to be part of the fell running community (even if I do go to the dark side of the roads sometimes!).



The MRI catwalk

Bailey the Bellwether

*"Better to hunt in fields, for health unbought,
Than fee a doctor for a nauseous draught.
The wise, for cure, on exercise depend;
God never made his work for man to mend."
John Dryden (1700)*

Simon Bailey, who won the British title in 2004, has now amassed eight English titles since then. How does he do it? Here Neil Shuttleworth tries to find the answer.

The lore of sheep preoccupied Simon Bailey last autumn soon after the Langdale race where he'd secured an unprecedented eighth English title. The quiet unassuming shepherd had been collecting them voraciously over a dozen years. He may appear as quiet as a lamb, but when he toes the start line of a Championship race he evinces the roar of a lion that sends fear into his opponents' before they have even taken a step.

As the sport's profile has risen so too has the number competing in these Championship races. "Fifteen years ago fell running was quite basic. Now we have many races, a variety of fell shoes, and social media," recalls Simon. Consequently winning an English title, the one that matters, is a very competitive affair. A measure of Simon's superiority is seen by the fact that in some Championship seasons he has not lost a race and so won the title with maximum points. Last season he was also the British Open Fell Runners Association (BOFRA) Champion after winning all eleven of the nominated championships races he entered.

He started running cross-country at school. "My parents were athletic, but they did not pursue it beyond school." In 1994, aged 14, he came second in his first-ever fell race, the nearby Shutlingsloe Fell Race. Greatness beckoned. Soon he was competing as a Junior at International level. His early successes encouraged his younger sister Kate who also became a Junior International.

In the third (and last) of his Junior World Mountain Running Trophy (WMRT) races he was 5th at Mount Kinabalu in 1999. A good result, I suggest. Simon is critical as he was in with a good chance of winning: "I would have loved to win that one." At senior level the 2003 WMRT race in snowy-Alaska (11th, England 2nd team) was "a great experience."

He is a sheep farmer like his father with whom he shares the work on their hill farm. It nestles around the 300-metre contour on the Cheshire/Staffordshire border near the Peak District. Being a shepherd is labour and energy-intensive. This explains his absence

Flower Scar 2017



PHOTO © WWW.WOODENTOPS.ORG.UK



Cloud Nine Winner

from early season racing: "Lambing time is April. Many of the ewes need assistance at birth. With 4 to 5 hours of sleep a night for 3 to 4 weeks I do no running at all in this time. Very rarely am I able to do the first British Championship race due to lambing, so that limits my chances. With my father we do all our own shearing. Yes, my work keeps me fit."

The Kilnsey Crag race requires just eight minutes of concerted effort: "It is one of my favourite races. It has a great atmosphere and Roger Ingham, MBE commentates." Roger's reports tell us that the race began in 1898 as a professional race, one which Bill Teasdale, MBE and Fred Reeves won

many times. Nowadays local lad Ted Mason (Wharfedale), Rob Hope and Simon Bailey are the crowd pullers.

On the front cover of the Autumn 2013 *The Fellrunner* there's a great photo by Eileen Woodhead of the Kilnsey Crag race which shows Simon leading Ted in an 'eye-balls' out situation. "It really was as hard as it looks. Ted Mason was racing after me with his home crowd cheering him on. After a titanic battle with him I had just four seconds to spare at the end. Rob Hope was third." Today Ted Mason is the organiser and still good enough to be a top three finisher. Simon graciously points out that one of his rare

defeats last year was at the hands of Ted. At this juncture Simon sends "A big thank you to all race organisers."

He targets Championships races, and before them is nervous yet thrives on them. "Racing in Championship races is great fun. I enjoy most of the races." For English Championship races he keeps coming up trumps. I ask "How do you do it?" "Not sure. Determination?" David Hemery, the 1968 Olympic 400m hurdles winner, may have the answer in the central chapter, *The Mind is Key* in his book "Sporting Excellence – What makes a Champion?" (1991) that is an in-depth study of 53 high achievers across a wide spectrum of sports. Simon has committed himself to the English and other goals each year. Clearly he has specialised, set targets and achieved them, the mark of a professional approach.

His training is refreshingly simple. He does not have a treadmill unlike Jo Pavey, an Olympian and mother of two, who has one in a cupboard under the stairs. "Most of my running is done just before tea-time, which involves running around the fields checking the sheep (45 minutes.) As I run round I sometimes do a few hill sprints. I don't tend to do much running in the winter." With several hundred acres housing many sheep he has many fields to quarter.

Like the Paveys' he has two growing children, Oliver, 9, and Bleu, 3, and his wife Kirstin, a very classy runner too, continues to play a big part in his continued success. "She



English Championship
Podium 2016 Ben
Mounsey 3rd, Simon
Bailey 1st and Sam
Tosh 2nd

supports me at races, is a great team-player and brilliant mother. Oliver is a keen runner who loves to compete in races and training with his Dad."

He has great respect for 'golden oldies' such as Rob Jebb, Ian Holmes and Rob Hope, who are still going strong, and has no plans to retire whilst at the top, nor to diversify into other athletic spheres.

About the 'next generation' he says, "A lot of them just appear from nowhere. There are a lot coming through in the mid-twenties. They just don't seem to appear from the junior ranks. Rhys Findlay-Robinson is a point in question."

Come next Easter he will be busy delivering lambs, after ensuring his rams had done their duty in the autumn after the Langdale race; a shepherd's life is a non-stop cycle: tugging, lambing, and clipping which Simon takes all in his stride.

Pendle 3 Peaks 2016



PHOTO © NORMAN BERRY

SIMON BAILEY - FACT FILE

Born: 23 January 1980 at Congleton, Cheshire.
Club: Mercia (Initially with Staffs Moorlands)
Height: 174 cm
Weight: 65 Kg

CHAMPIONSHIP RESULTS

As a Junior 1 British and 4 English titles

As a Senior

British 1st 2004; 2nd 2006 and 2014

English 8 titles – 2004, 5, 7, 9, 12, 13, 15 and 16
 Jointly in 2005 with Rob Hope (Pudsey & Bramley)
 British Fell Relay Champion team member 2012

BOFRA 2016 Champion

INTERNATIONAL VESTS

As a Junior 5 England vests

1997	WMRT	Upice-Male, CZE	13th
1998	WMRT	Reunion, FRA	30th
1999	WMRT	Mount Kinabalu, MAS	5th

As a Senior 2 Great Britain and 5 England vests

2002	Euro MRT, Madeira, POR	27th
2003	WMRT, Alaska, USA	11th
2009	WMRT, Madesimo, ITA	65th

Also in 2015:

Commonwealth Games MR Champs, N Wales	4th o/all, 1st team
World Masters MR Champs, Betws-y-Coed	2nd o/all, M35

Spouse: Kirstin, born 1971

Initially a member of Bingley, Yorkshire Champion 2002.

BOFRA Champion 6 times: 1984, 1985, 1986, 1987, 1988, 1990;
 and 2016 2nd FV40 (and 4th Senior).

Kilnsey Show - Winner 10 times: 1984-1988, 1990, 1993, 2002-2003, 2006.

Grasmere Sport - Winner 5 times: 1984-86, 1988, 1990.

Sibling: Kate, born 1981

English Junior Champion, 1997-1999

1999 – WMRT Mount Kinabalu 3rd U/20

2000 – Junior England vest – Poland

2011 – Cannock Chase Trig Points sets CR



Long Mynd 2017

PHOTO © NORMAN BERRY



Pete Bland Sports

Supporting fellrunning for 35 years

In May 1981 Pete Bland Sports was born, started by Pete & Anne Bland after Pete had been made redundant from the company he worked for.

Operating from their home in Staveley, the front door was the fitting room and the garage was the stock room. In the early day's stock consisted mostly of Norman Walsh Footwear (a pair of Walsh Fell Shoes would cost £16.95) and Ron Hill clothing. Customers would drop in for a cup of tea or coffee and a chat any time of the day or night. In addition to their home business Pete & Anne had a mobile shop which consisted of an estate car and trailer which operated at most major fell races.

In September the same year, Pete had a phone call from a running colleague Mike Walford to say that a small ground floor shop was for sale in Kirkland, Kendal, a former florist shop with a large garden to the rear included in the sale. Mike said he

would buy the garden at the rear if Pete and Anne purchased the ground floor shop, so 34a Kirkland was purchased and Mike got his land. Late September, saw the official opening in a small room at the front, guest of honour was Dave Cannon former Ben Nevis winner and prolific marathon runner, a close friend of the Bland family.

In the early day's stock was limited, so empty shoe boxes were stacked on the shelves to give the impression that the shop was well stocked. For the first 2 years, Pete worked as an agent for Madison Cycles and Ron Hill Sports covering an area as far South as Stoke on Trent to Newcastle in the North East, while acting as the sole distributor in the UK for Norman Walsh Footwear. While Pete was on the road Anne looked after the shop, sometimes helped by Pete's mum. In 1984 the flat above the shop was purchased, which enabled the ground floor to be extended.

In 1985 Pete designed the revolutionary outsole on Walsh PB's, a design that still remains unchanged, 32 years later. The same year the business employed its first full time member of staff Jon Broxap, in 1988 Jon departed for Australia but returned in 1991 and is still with the business today. Also in 1991, an extension was built at the rear of shop, which allowed the sales area to be increased by a third giving the shop its own footwear sales room. A special evening was held to commemorate the opening of the new extension, many well-known runners attended the occasion, once again Dave Cannon attended along with Steve Binns former 5000m junior record holder, Steve also won a silver medal in the 10000m at the 1986 Commonwealth Games and represented Great Britain in the 1988 Seoul Olympics. Also in attendance were fell running greats Billy Bland and Kenny Stuart.

In 1998 Pete's son Matthew joined the



The good old days, always a pleasure trading next to Wilf's café



The first Pete Bland Sports van trading at the Coniston 14 road race



Our shop front in Kendal from the early 80's

business after graduating from Brunel University with a Sport and Business Studies degree, for the next 2-3 years the business grew steadily with Matthews influence. Then in February 2001 disaster struck in the form of foot and mouth, the countryside was closed, all fell running, trail running, orienteering and cross country events were cancelled. Pete Bland Sports lost three quarters of its business virtually overnight. In early January the business had purchased a brand new van which was now suddenly redundant. Pete put out an advert in the local paper, man and van for hire and was taken on by a local firm selling pine furniture, so along with Steve Varney whom we had employed in 1995 started delivering furniture all over Cumbria. At the same time Pete was able to get Jon Broxap a part time job working 3 days a week for a local company in Staveley, Matthew was left to run the business. The mobile shop had to travel into Scotland to find any

events still on, Goat Fell Race on the Isle of Arran and Dufftown Highland Games on Speyside to name a couple we attended. By August things slowly started getting back to normal, it would be Spring 2002 before the business was back on track.

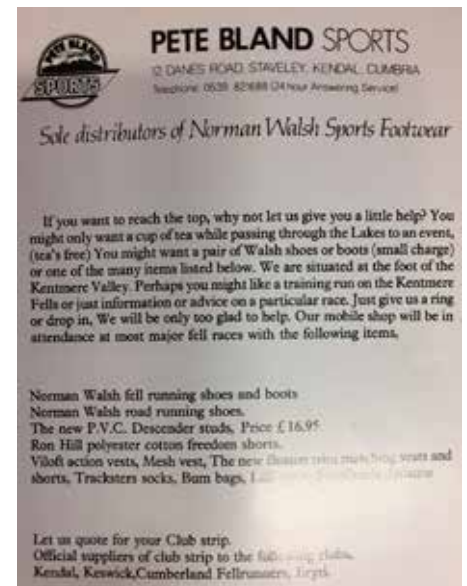
Pete Bland Sports gained one positive from the foot and mouth outbreak and that was a grant to spend on a new web site. As this was a plan Matthew had already been working on, the grant was a huge help in setting up our original web site.

In 2003 Wayne Edy the man behind the Inov-8 brand of off road shoes called into the shop to discuss with Pete and Matt the possibility of launching a shoe for off road and fell running. The first shoe of the production line was the Mudroc 290, a shoe that catered for both fell running and trail running. It was closely followed by the Mudclaw a fell running shoe with a pyramid stud outsole. Pete and Matt were heavily involved in the 2008 creation of the

X-Talon 212 which has gone on to achieve massive global success and become Inov-8's signature off road shoe. From the humble beginnings of the Mudroc 290 the business now stocks 33 Inov-8 models.

In 2008 Pete Bland Sports acquired the shop over the road for much needed storage. In 2010, the restaurant next door became available and by Spring 2011 the conversion was complete doubling the size of the shop and giving us much needed offices, a mail order room and further storage space. Again Dave Cannon was invited to the opening ceremony, 30 years after opening the shop in 1981.

In 2015 Matthews wife Tracey joined the company to bring the total members of staff to 10. On the shop floor we have Terry Conway, current Lakeland 100 record holder. Terry can often be seen on the mobile shop as well. Phil Lee who narrowly



Above: Our advert from the 1981 Fell Runner magazine

Below: One of our first mail order brochures from 2001

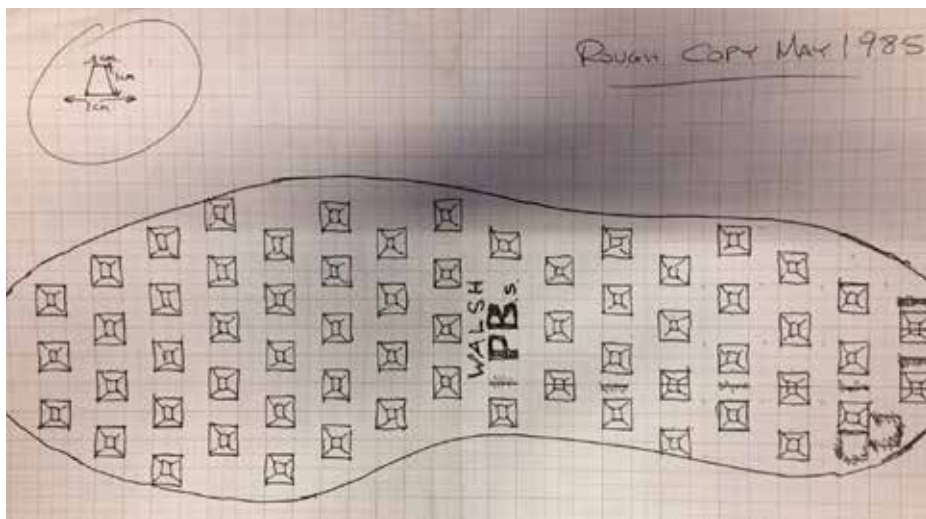


missed out on competing in the 2012 London Para Olympics, Phil's a road runner slowly getting back to peak fitness after injury. Jon Broxap a top class fell runner of the 80's and 90's and current record holder for the most Munros in 24 hours and Raymond Hams make up the remainder of the retail team. The online team consist of James Gray, a member of Bowland and very competitive fell runner, who recently completed the Glencoe Skyline. Also, Dee Mason who runs for Howgill and can often be seen in Sedbergh with her own little running group, Dee is doing the London Marathon in 2017.

As we head into our 36th year of trading, Pete Bland Sports is planning another major step forward by launching a brand new web site. The launch is scheduled for week commencing the 1st May so keep an eye out for that. This is an exciting and major step for the business after slowly evolving and growing our web sales since 2001.

10% OFF

As a special thank you to the FRA members who have supported us over the years we will be offering an extra 10% off all orders placed online between the 15th May and 30th June, enter code **FRA17** during checkout.



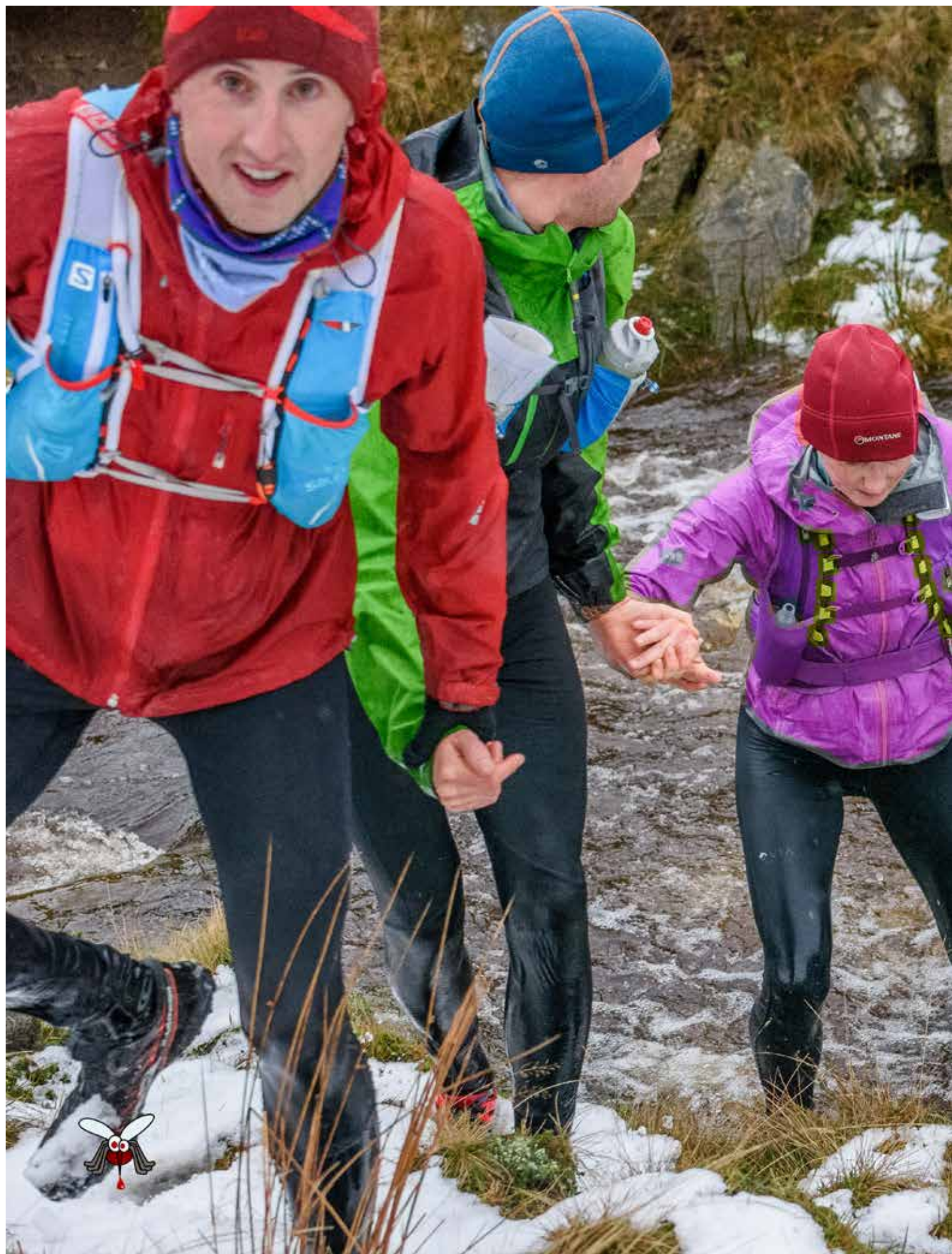
Pete Bland's first drawing of the famous Walsh PB Sole



Steve Binns, Dave Cannon and Pete Bland in 1991



The Bland Family (and friends) with Ingrid Khristianson at the London Marathon





Whoah Trigger!

The 2017 Trigger Race in Pictures



For the last couple of years, I've covered the Trigger from the safety of the valley bottom at Crowden. Bad weather on the tops, having to walk my dog Willow for an hour before I go, getting up at a reasonable time, the journey there... they are all excuses to prevent me from venturing further. The runners aren't too stretched out at this point; waiting in the cold is no fun at all and frozen camera finger can be a problem.

The images I captured were okay, but they just didn't have the feel

of a tough race across the unforgiving moors. I needed to man up and hopefully the weather wouldn't be too extreme this time.

I checked the forecast during the week and it didn't look good. The temperature was fine, but the heavy rain promised would mean the lens becoming wet and droplets appearing on the photos. Was it worth even turning up?

Five possible shoot points:

Black Hill - can't see me being able to get there in time, too early and would need to run across very boggy ground.

Crowden Little Brook - over 2.5k run and hopefully hit the crossing where the runners would be.

The Valley again - safe, easily get there in time, but so boring in terms of shots.

The Edge - park in the usual spot and climb towards Lawrence Edge - it would allow me lots of time but might result in lots of 'head down' frames.

Snake road crossing - the gap between the leader and the last person would be massive and waiting in the rain wouldn't be my idea of fun.

Right, a run out to Crowden Little Brook it is. If the rain was too bad for photos, at least I'd have put in a good 5k fell run, cheered on the runners and had a natter to the sweepers about the first part of the course. The forecast was still crap on Saturday. You're doing it again, excuses...

Be positive. NO way am I going to be a wimp this time, man up!

So, I walked Willow early and we got away with hardly a drop of rain falling from the heavens. Maybe my guardian angel was keeping an eye on me. Toast for breakfast and off to Crowden by 8:30.

I arrived before 9 and everything was ready for a quick exit from the car and a climb up to the quarry. The mountain rescue team were already there. Another race, The Spine, was in progress.

The rescue teams do an amazing job. I felt a bit guilty, due to the fact that I hadn't got a whistle with me. Hold on, there is one built into the rucksack. Nice one ... map, compass, whistle, waterproofs, food ... good lad! I'd never live it down if I hadn't been prepared for the moors and what it can throw at you.

Having just got back into running, the short distance wasn't as easy as I had hoped. The tracks were waterlogged and I was glad that I wasn't attempting the whole course. I think I've done the Tanky's Trog three times and pulled out at the Snake Pass on one of them. Can't see me ever having a go at the Trigger. The near marathon course needs you to be at your best.

I managed to find the grid reference I'd been given by David Lund and took out the camera. The 35mm lens would hopefully give me a wide-angled view and be useful in capturing the runners and surrounding landscape. The 85mm was there as a back-up but was never used. Crowden Little Brook was in full spate and memories of my last attempt



at Tanky's Trog came flooding (sic) back.

I'd teamed up with Mark Pearce and the climb up Black Hill was brutal. The flags were icy and hidden in part by snow. Both of us had slipped and fallen in the same spot, one leg descending into the deep bog while the other stayed on terra firma. On reaching the brook, I had tried to cross without any assistance, fatal mistake. The sheer force of the water carried me downstream and there was no way I could have got out without the help of Mark and another runner. Forgetting my own situation, I began to worry about those who would follow. A lone runner at the back, carried down the brook and swallowed up by the unforgiving Dark Peak.

I love the Dark Peak more than any other place for a run. There is something primeval about it; the lack of features to navigate by, the bleakness, dark skies and black clouds gathering in the distance. A run on Saddleworth many years ago has left a lasting impression on me. I was 'doing' a recce of the Pennine Way and the weather was fine. All the gear packed, but no map or compass, I'd been there many times, didn't need them. The mist descended and I was lost, disorientated, scared. Like a headless chicken I found myself running this way and that. Lifting for a moment, the fog rose briefly and I recognised my position and direction.

Back to the present day:

It wasn't long before the leaders came into view, HIGHER up the valley. WHAT! Quick ascent to the track to try and capture them. They then descended near to where I had just come from and sh*t, I more or less missed them. Front runners are a pain to snap.

"PLEASE don't let people come in all directions and heights."

Thankfully, everyone else obeyed the rules and made their way down to the brook where I'd set up. A steady stream of runners would be good and they would all choose the same point to cross, wouldn't they?

There were various solo attempts to reach the other side, but it soon became clear that teamwork would be the order of the day. I must admit, that at one point, I thought about ditching the camera and just concentrate on helping the runners to reach my side of the brook. Pointing them away from the deepest parts, snapping them as they became submerged in the torrent of water, I then offered an outstretched hand. "What a guy!" a runner shouted. Praise accepted, I repeated this process for everyone else.

The time passed by quickly, a frenzy of 'framing bodies' in the viewfinder and split second decisions as to what the best angle might be. I loved every single moment. "Send me more runners, more image possibilities, more of whatever the Dark Peak can throw at me." The morning's events will live with me for a long time.

Two red-clad figures, Mark and Alan, came into view. Little did they realise that their day in the peak would last for more than nine hours. The

Mountain Rescue Teams are amazing and by the look of the number of retirements in the Trigger results section, they were kept extremely busy. A quick memory of Tanky's shared with Mark and they were helping the back marker on his way to Crowden and retirement.

I thoroughly enjoyed the run back. A quick look through the images captured had released a feeling of euphoria throughout my body. Driving rain tried its best to demoralise me, but the more I ran, the more euphoric I felt. Waterproofs did their job and nothing could stop my spirits from soaring. Tarmac? Why would you? Get out there and subject yourself to the elements. Why had I stopped running the fells as much? I need to combine photography and fell running more often.

Back to the car and a cuppa. Steamed up windows and glasses, images to be proud of. I felt SO alive. A combined sense of achievement and pleasure. Magic. I can't see that any other race will be able to compete with this one. The choice of position was spot on. The river in spate was a godsend, a trickle would have been okay ... but the resulting images wouldn't have been anywhere near as good.

For all those who competed, you are stars. For those that retired, you are still amazing in my eyes. Well done to everyone concerned with the race. Brilliant work race organiser Nicky Spinks!

Steve Frith, Mossienet Photography, Penistone Footpath Runners

Since 2013, Steve has been taking photographs at sports events for MALARIA NO MORE UK raising funds for mosquito nets. He has raised over £10,000.

If you would like to contribute TEXT NETS £1 or £2 £5 or £10 to 70070 or visit www.justgiving.com/fundraising/mossienetphotography and save lives with the gift of a mossie net.



You can view Steve's Trigger album of photographs on Flickr www.flickr.com/photos/mossienetphotography/albums and look for Trigger 2017.

The truth, the whole truth and nothing but the truth!

Pain in the hip or pelvis area can often be difficult to diagnose accurately. There may be 'internal' reasons such as problems with the bowel, intestine, or gynaecological structures, but it can also be due to damage to soft tissues – the muscles, ligaments, tendons and fascia. The soft tissues are often overlooked as a cause of symptoms in this area, so it is important to give every detail to the person assessing your condition to help them make an accurate diagnosis. Scans may not always identify a soft tissue injury, so the history behind your pain is crucial to the person trying to make a diagnosis. The cases below are unusual, but highlight the importance of telling the truth, the whole truth and nothing but the truth!

Mr M

2 years previous Mr M had suffered a right hamstring injury and since then had been aware of stiffness in his low back and tightness in the gluteal muscles in his buttock. This hadn't prevented him from running and it had always eased off with stretching.

Unfortunately, 2 weeks before the Saunders Marathon he experienced a sharp pain at the front of his right groin which was

so severe and worrying that he hadn't dared run since. He was able to walk comfortably, but sitting, driving and standing from a sitting position were all now painful. As Mr M was an Orthopaedic Consultant, he was very aware of the possible causes of the pain – joint damage, a stress fracture, hip osteoarthritis, even a hernia.

He decided it was important to have an MRI scan to exclude some of these conditions. The MRI identified a tear to the labrum (the ring of cartilage outside the rim of the hip socket), a small cyst, and a cam lesion (damage to the top of the thigh bone potentially causing impingement). Luckily it also stated there was no arthritis. It is often assumed runners will have damage to the hip joint, but there is no evidence to support the theory that running causes osteoarthritis – in fact the evidence suggests it delays the onset of arthritis where there are no other underlying causes of joint damage.

Mr M wanted further advice so went to see Dr Cath Spencer-Smith, Sportdoc, London, who is a Consultant in Sports and Exercise Medicine. The MRI report suggested surgery may be necessary, but a clinical examination and assessment were

essential to identify the exact cause of the pain. It is easy to treat the results of a scan report, but it is far more important to treat the whole person and check that what has been identified on the scan is the cause of the problem. Mr M wanted to avoid hip surgery wherever possible as it would have a devastating effect on his lifestyle.

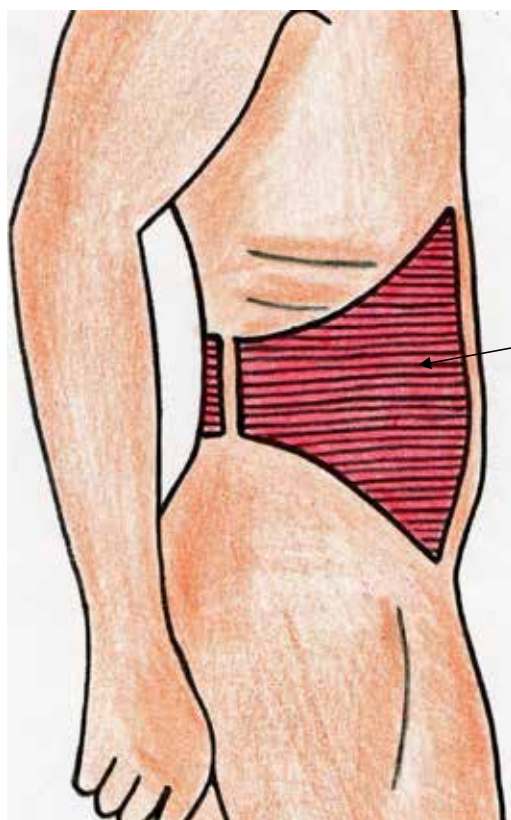
On examination, Dr Spencer-Smith felt the right hamstring was still causing problems, which could potentially be causing other issues around the low back and pelvis. She requested a further MRI of a higher quality, but meanwhile suggested a course of physiotherapy to begin addressing these problems.

When Mr M came to see me, not only was his hamstring very tight and painful but his low back, gluteal muscles, and hip flexors were also causing restriction of movement. His pelvis was tilted due to the tightness in the muscles and he was unable to correct this and stand with his pelvis in a neutral position. I felt this had all contributed to the cause of the sharp pain.

Treatment consisted of releasing the tension in the soft tissues and very specific stretches to regain movement allowing the pelvis to correct to a neutral position again. After his first session he was advised to begin walking 5 minutes and jogging for 3 minutes and report back. By his 4th session he was jogging 20 minutes with minimal discomfort and was complaining that his left leg was now more uncomfortable than the right, the one which had originally experienced all the symptoms. He had a total course of 6 sessions and did not require any surgical intervention.

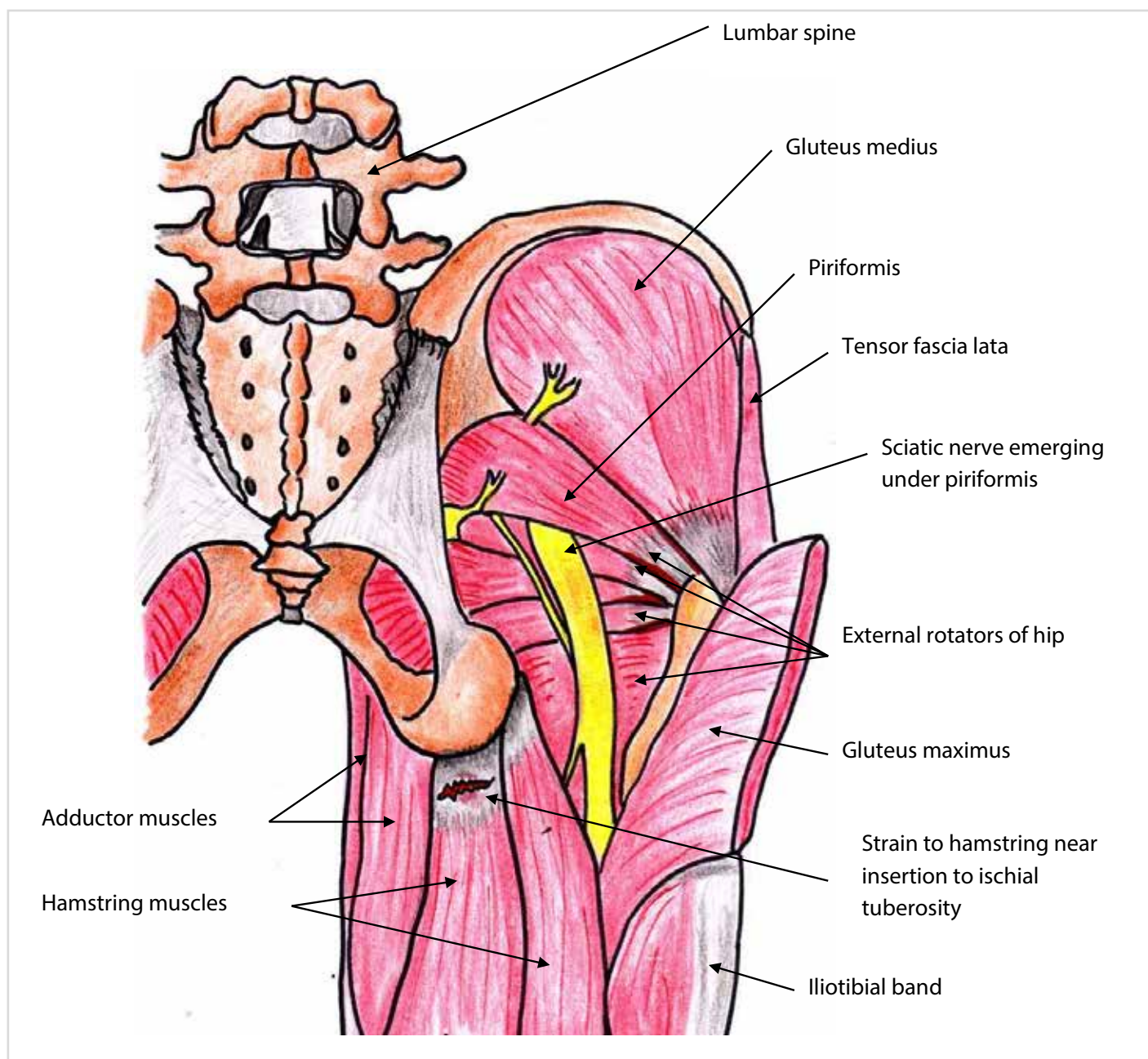
Mr M sent me the following email recently - "You managed to improve the range of movement better than it ever has been, absolutely awesome. My hip was in an absolute state of shock at the relief of your treatment. It is a bit tighter now, but is still looser than the other side. I can feel the occasional hams niggle when starting, and when I upgrade training too quickly the front gets tight. Now I know what it is, I just ease back and stretch more and can continue. I think after every step forward in distance or pace, I have a recovery day and then two steady days before I can assess. So whereas I could have done the OMM at 6 week's notice twenty years ago, now it will take 6 months."

As Dr Spencer-Smith is a Sports and Exercise Consultant, she didn't rush into recommending surgery as the only treatment option, but instead looked at



Transversus Abdominis

The deepest core stability muscle which wraps around the front of the abdomen and pelvis acting like a corset



Possible causes of pain at the posterior aspect of the back, hip and pelvis

other possible causes of the pain - the pelvis and spinal muscles, joints, tendons and ligaments. Whilst the scan suggested hip surgery was going to be necessary, a few sessions of appropriate musculoskeletal physiotherapy enabled Mr M to resume running within a very short time.

Mrs J

Mrs J came to see me with a calf injury. A keen cyclist and runner, she had felt something 'go' in her calf four weeks previous. Whilst taking her history, I asked if there was anything else medically I needed to know.

She advised me that she was about to go in hospital for a laparoscopy – an operation to investigate the possible causes of abdominal pain. A scan had already eliminated some possibilities, but the next step was to 'take a look inside' to check the bowel, which she really wasn't

looking forward to. As well as discussing her calf pain, I asked further about this abdominal pain. She reported that she first became aware of it following a boot-camp 18 months ago. During the camp she had carried out a number of exercises which she hadn't done previously, including pushing heavy weights along a gym floor. She didn't do anything about the pain at the time as it seemed to subside after the boot camp, but it hadn't resolved completely. Last year she moved house and after moving the heavy boxes and then redecorating her new house the pain became worse again, so she went to see her GP resulting in a referral to the hospital.

I decided to investigate the abdominal pain further as I had a hunch that the cause of the pain could be soft-tissue rather than bowel related. On further examination, she could perform abdominal crunches, plus crunches with trunk rotation, but a

static contraction of the deep, core stability muscles increased her abdominal pain. Whilst palpating the area of the pain, there was an area of thickened, fibrous tissue which reproduced her symptoms, suggesting a soft tissue injury to the transversus abdominis muscle.

Three physio treatments later she was running 7 miles with no pain in the calf... or the abdomen. She has now cancelled the scheduled laparoscopy and arranged a further appointment with the surgeon to explain the full story.

Mr B

Mr B ran regularly both on and off-road. He had no recollection of an injury, but had been experiencing aching in his 'left groin' for some time which was slowly becoming worse. He saw his GP who diagnosed a groin strain and recommended he came to see me for physio treatment.

As well as the aching, he told me he felt a 'heavy sensation' in his groin area, but wasn't really experiencing any increase in pain when moving his leg into various positions. When asked to describe exactly where he was feeling the pain, he said it was 'kind of in the middle', not at the front of his thigh as might be expected with some groin strains. I carried out various tests to assess the muscles and soft tissues in the area, but nothing reproduced his specific discomfort.

Alarm bells were now ringing and I asked if there was anything else he needed to tell me. He said he had a very swollen testicle but had been too embarrassed to mention it. He hadn't mentioned this to the GP either. I suggested he went immediately to the GP's clinic to get an urgent appointment, and I telephoned through to report my concerns.

Several months later, Mr B called to see me. He had been diagnosed with testicular cancer and had had surgery a few days after seeing me. He said without it, he might not have been a cancer survivor.

Testicular cancer commonly occurs between the ages of 20-35 years. The symptoms are usually a dull ache or heaviness in the testicle, which may be associated with some swelling. There might also be a lump, but lumps are often normal so shouldn't cause alarm. If there is also a cough, back pain or pain in the breast area it should be investigated more urgently.

It is recommended that you should examine yourself on a monthly basis, the best time being after a warm bath or shower when everything is relaxed. If this is done regularly you should get to know what is normal for you, so will detect any changes. If you have any concerns, go and see your GP and tell them the full story – it is important. If caught early, the treatment is very successful.

Mr S

Mr S was on course for a 10k PB. Unfortunately, he was also desperate to pass urine but wasn't going to let it prevent him from getting his PB. He tensed everything to try and last until he got his time. He got his PB, but then experienced intense pain at the right side of his lower abdomen/groin area. The pain was so severe that it resulted in a trip to the local A & E department, where he

was admitted to hospital for the next 3 days. The history suggested that the problem was linked to his waterworks and a scan suggested there was a problem relating to his left kidney. He was discharged from hospital with a follow-up appointment to see a Consultant specialising in kidney disorders.

Mr S contacted me, unsure how a left kidney problem could cause such pain at the front of his right groin. He had also noticed that it was painful to tense his pelvic floor muscles or carry out any core stability exercises such as the plank or side plank.

I suggested he discussed this with his Urology Consultant who agreed to a further scan of the soft tissues. The scan confirmed a strain of the deep, core stability muscles

which he had strained whilst trying to hang on until the end of his run. After 3 sessions of physiotherapy he was running 7 miles with no symptoms and didn't need any further appointments with his Urology Consultant.

Summary

These case studies highlight the importance of you telling the full story. Fell running may not be the cause of a problem, but if hip or pelvis pain affects your ability to run it should be checked out by someone who is appropriately qualified and where possible, someone who understands the nature of the sport. If you aren't comfortable with a diagnosis for whatever reason, seek out a second opinion.



Heavy mud can often cause damage to the muscles around the hip and pelvis.

PHOTOS © PETE HARTLEY

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

DENISE PARK
CHARTERED PHYSIOTHERAPIST

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

Tel: 01200 423181
www.deniseparkphysio.co.uk

29 Peel St, Clitheroe, Lancs, BB7 1NH



Putting the 'Fell' in Fell Running

After reading Fellephant's article "Hindsight" in the Winter 2016 issue, I thought I'd get on the bandwagon and share my experiences of being a broken fell runner, and the journey back to being fixed enough to get out there again ...

Malham Kirkby. 14th May 2016. DNF. Those three little letters that cover a multitude of disaster and disappointment. And an ongoing challenge to get back and try again.

Firstly let me say that none of you will ever have seen my name in lights or have had much of a battle to catch me in a race. In fact, Stockport Harriers isn't usually that well represented on the fell scene outside Cheshire, perhaps something to do with the lack of hills for training on - most of the guys we run with on club nights are first and foremost road animals, and only a hardy few even brave the mud of the local x-c champs, let alone the bogs and tussocks of a good fell race. Likewise, you won't find me navigating my way off some extreme Lakes course in the clag either, as I like my races to be marked and marshalled, no chance of getting lost or getting hypothermia, and preferably with a cup of tea and a bun at the end. I'm not quite fair-weather, but I'm never going to be elite. I only got into fell running because my husband and kids were

doing a race, and it was a good excuse for a new pair of shoes (Wolf's Pit 2014). Over the last three seasons I've discovered that you can have a great time and occasionally sneak up on the prizes if you are lucky and if you pick your races (especially if there is a championships race on elsewhere that day!) I know too that there are plenty like me out there; we might never make the top 10 but we love putting on the club vest, being part of it all, getting out, slogging our guts out round a tough course. It's the joy of running in the hills that makes it. Finishing is good enough for us, and so much better if we can shave a second or two off from last year!

I've only done a few races in the grand scheme of things. Family life tends to get in the way. But I have done some great ones - personal favourite is Coiners - and made improvements over time, and really enjoyed the camaraderie of the fell racing crowd at every event we've been to. And it's a great way of seeing some of our unspoilt countryside and keeping the kids active at the weekend (whatever the weather).

Which brings me back to May 14th 2016 and the Malham Kirkby race, so well organised by KCAC (more of that later). A weekend in Yorkshire? (Husband's spiritual home) Check. A good weather forecast? Check (unusual but a bonus) Races for

everyone and a nice place to spectate? (Me, him and 2 kids that run, 1 kid that doesn't and associated family members who like to get in on the action)? Check. Part of the Junior Champs so we've gotta go? Check. Tea and cakes available? Check. We'll be there.

A longish drive, but a beautiful day that got better as we got closer to race HQ. I'd even donned shorts, determined to get some sun. A chance to catch up with friends and acquaintances, and the kids both did well in their races. I felt ok on the start line, and we were off. It was hard work on the way up (family supporters reckoned I was 11th lady at the top) but by the top of the descent I'd made it to 2nd lady behind Jo Buckley (what did I say about sneaking up on the prizes?) Then, one moment of distraction - was it a hole, a tussock, a muscle imbalance or was I looking at the view instead of concentrating? Whatever it was I was on the floor with a bang and a bit of rolling for good measure.

Getting up to carry on (as you do) I checked myself over. My head was ringing a bit as I had been in close and sudden contact with the grass, but no blood on hands or knees. I shook my head, brushed myself down and I was good to go. Or not. Five or six steps told me that this was no ordinary fall. And even more annoying, all those people I'd passed were now passing me by with a cheery "Are you ok?".

Fortunately, my family supporters were nearby. My daughter came over the hill shouting "Grandad, Grandad, Mum's hurt herself!" I did my best to reassure them that I'd be ok to hobble down the hill with the help of Grandad and his twin brother, but even hobbling wasn't happening as I soon realised I'd got a problem with my left shoulder (which prevented me leaning on it), and my right knee (which prevented me using it at all.) There I was, stuck, in sight of the finish field about a mile straight down the valley.

Other supporters gathered round and I was soon being comforted by a lovely lady from KCAC who gave me her own coat and swathed me in a mountain of other people's coats too (sorry I've forgotten your name). One of the race organisers who was also a Doctor arrived and checked me over. Mountain rescue were summoned and fetched up the hill on a quad bike. Emergency first aid was administered and a helicopter was requested. My husband

All's well - The week before at Hawkswick



PHOTO © DAVID WOODHEAD WWW.WOODENTOPS.ORG.UK



The rescue helicopter

struggled back up the hill after finishing in 6th place with at least one kid in tow. It definitely looked like I wasn't going to be going down under my own steam. If you know the race, the start/finish is about a mile from the car park up a very rocky track. This was quite exciting and dramatic! I wasn't really in much pain as long as I didn't move my arm or leg, and once I'd been splinted up and zipped into a rather fetching and warm orange polar survival bag I was free to enjoy the experience. And the morphine they gave me began to take effect. I was helicoptered down to a waiting ambulance, then to Keighley Hospital where I was x-rayed and checked over again. Once they knew that what I'd done wasn't life threatening, I was sent home with some ibuprofen and advised to go to my local A & E the next day (Sunday) when it would be quiet.

Diagnosis: Comminuted fracture of the right clavicle (ie collar bone pretty smashed up into at least three pieces), and an avulsion fracture of the head of the fibula as a result of a ruptured lateral collateral ligament and anterior cruciate ligament and damage to the posterolateral corner (ie my knee could bend in all sorts of funny directions but it hurt like hell if I tried!)

At this point I was admitted to Stepping Hill Hospital in Stockport, awaiting an MRI scan, and then 4 hours of surgery to mend leg and shoulder. This took place on the 20th

May, nearly a full week after my accident. Once this was done I would have to wait until it settled down a bit for my ACL to be repaired. But in the meantime, no weight bearing through arm or leg for six weeks (I got good at hopping and going up and downstairs on my bum) and I had to wear a fancy leg brace to help with the healing / bending / straightening process. I was going to miss the family holiday to Menorca and I wasn't going to be going back to work for the remainder of the summer term either (every cloud has a silver lining ...) And for a good while I had to use a wheelchair to get about, which was an interesting challenge. Let's just say that the accident and the immediate aftermath opened my eyes to what so many people face day in day out as part of normal life.

As the summer progressed I saw the orthopaedic specialists a few times. I began to use crutches to get about and eventually I was given the go ahead to walk (which I'd almost forgotten how to do) and then eventually drive. By the end of August my knee was pretty well settled and I had a good range of movement. I'd had Physio and Hydrotherapy (nice – try it if you ever get the chance) and my ACL op was scheduled for September 5th, meaning I'd not be going back to school for the first half term at least. What a shame. ☹ Another overnight in hospital and then the rehab started. Not usually being very dedicated with physio prescribed exercises, I had to work hard to make myself do them every day. Something clicked though (not my knee) and I got on and did them properly. Gradually I could bend my knee again, walk a bit without crutches, go up the stairs like a toddler, go down stairs on my feet (see above), walk fairly normally, skip with a rope and do various other things that the sadists (sorry, physios) made me do in the rehab classes. By New Year's Eve 2016 I was delighted to find that I could once again hop on my injured leg. But would I ever be able to run again?

That had been my first question to the specialist on admission to hospital. I figured who cares about walking – if I will be able to fell race, then walking will be a given! Consultants tend to be pretty conservative but I was told yes, though perhaps not to the same standard, due to my leg, my mind and my advancing age (I'm only a V40 in case you wondered). Physiotherapists tend to be more encouraging – yes, as long as you do your exercises and listen to what your body tells you, whilst being positive in your outlook, and not expecting too much too soon.

So because I know everyone likes a story with a happy ending, on Christmas Eve 2016 I managed the Lyme Park Parkrun (it's pretty hardcore for a parkrun) at a sedate uphill and cautious downhill pace, and a finishing time of 32 minutes. Not too shabby and a foundation to build on. I have done a bit of gentle off road running and a couple of

track and road training sessions with the club too. People have told me that it must have been awful, or traumatic, or terrible and that I've been through a lot. Whilst it has been hard, and I'm not going to deny that there have been days when I've wondered whether I even want to learn to run again, let alone fell race, it has been an interesting, challenging experience. I've worked hard and persevered with the rehab. I've cried and moaned and felt sorry for myself. But I will be a better runner for it, and more likely to appreciate what I've really got as I slog my way around a beautiful part of the country on a Saturday afternoon. I'm just going to take it steady and eventually I'll be there, nervously on the start line of some little fell race somewhere. You'll know it's me by the yellow and black Stockport Harriers vest near the back of the pack, the big scar on my leg and the huge smile on my face as I finally cross the finish line.

The moral of the story? Don't spend too long looking at the view! If, like me, you do get injured, I'd encourage you to do your physio exercises (they do know best) and with perseverance you'll get back. For me it will all be worth it. After all, don't they say that whatever doesn't kill you makes you stronger!

I couldn't finish without a huge thank you to all the people involved in my rescue – KCAC club members (the flowers were lovely, thank you), mountain rescue, Yorkshire Ambulance service; my operations and rehab (Rob and Andy at Stepping Hill you are the best, Mr J thanks for stitching me up, and all the nursing staff of course); friends and family for constant encouragement; and all those people who have put up with my leg and my moods for the last 9 months – you know who you are! I couldn't have done it without you.



Stitched up!



Back home after 10 days in hospital

The 50th and final “Running Bear” Race You To The Summit

PHOTOS © ALLAN GREENWOOD

Chris Jay, landlord of The Summit Inn



PHOTOS © ALLAN GREENWOOD

First of all I would like to thank the race sponsor Tony Hulme of Running Bear Sports for his generous help with this event. Without his always kind and cheerful assistance in consistently providing top class prizes for the winners over a number of years, I would not have been able to raise the substantial amount that I have, for my chosen good causes. Cheers Tony.

I have organised this race for over 20 years, each time with an effort to raise money for various charities. With a conservative estimate, we reckon that, along with all my other fell races over the past 24 years, over £20,000 has been raised for - among others - Bradford War on Cancer, Marie Curie Cancer Care and Macmillan as well as many other good causes.

The race began to settle a bet, as I will describe a little later, and was run from the former Gale Inn, Gale village in Littleborough.

A great array of top stars have graced us with their presence, notably Rob Jackson of Horwich RMI Harriers who won the race on three occasions (1990, '91 and '96 and was never outside the top five places throughout that whole decade. In 2001 Tim Davies of Mercia led a blisteringly paced race, beating Altrincham's Nick Leigh and

first under twenty runner Alex McVey of Horwich with only half a minute between them (and with Rob Jackson placing fourth) Not to be outdone, Nick Leigh returned two years later to smash the course record, beating Karl Gray (Calder Valley) by over a minute and a half with Chris Seddon of Horwich third.

Nick won a pair of Mountain Bear fell shoes donated by Running Bear Sports. That year, Jamie and Pauline Dore of Rochdale Harriers offered to flag the route for me, while Jim Smith marshalled the top and gathered them back in.

Other notable winners include Gray himself (2006), Craig Roberts of Kendal who won in 1993 (with well know race promoter Dave Woodhead in second), Sean Willis (Ambleside) 1994, the late John Taylor (then of Holmfirth and later Bingley) 1988, Kenny Stirratt (Halifax Harriers) 1997, Horwich RMI's Steve Culshaw 1998, Wajib Ali (Fell dancers) 2002, and Salford Harrier John Brown 1999, and of course, the three times winner, Chris Smale. The women's race was won by Rochdale local Glynda Cook in 1990 after having won the race under her maiden name, Darnell four years earlier, Janet Kenyon of Horwich (1994) Ireland international Tricia Sloan 1995, Lisa Lacon (Holmfirth) in 1996, Lucy Whittaker (Saddleworth) 1999, Anne Johnson (2002) and Carol Greenwood who won three times 1991-1993, the latter placing tenth and hacking almost two minutes from the record, having been in third position at the top.

In later years the race was won by Sally Newman, later a World Masters champion, Sally Gilliver and a new talent running unattached, (later Calder V) Jo Waites who in 2006 lopped over two and a half minutes from the record!

Jackie and myself had always planned that the 50th running of this race would be something of a special and memorable occasion. However, even we didn't bank on the extra special events that landlord Chris had lined up at The Summit Inn.

The morning dawned bright and sunny, with a cool breeze, as Jackie dropped me near the highest part of the race route, The White House on Blackstone Edge. From here, I had the easy task of jogging downhill, dropping a few flags and arrows into the soft moor passing the sparkling waters of the Chelburn reservoirs as I made my way to the start venue. When I arrived, things were already getting underway at the pub, with a Shire-horse drawn brewery dray

An ovation for the final race



PHOTOS © ALLAN GREENWOOD

and the Lord Mayor standing by to officially re-open the pub after complete refurbishment. The local press took photos and a stage was being erected in readiness for the live musical entertainment later in the day.

Jackie had set up registration together with my long-time partner in fell race organising, Pete Jebb. They had erected a display of past results and photographs documenting the race's colourful history, as well as a couple of "Happy 50th Birthday" banners in the pub windows.

Ninety nine runners travelled over for which I am grateful. A handful took the trouble to dress up in Halloween fancy dress, more of which later on. Tony Hulme had provided a hundred "Running Bear" race numbers, so that worked out well!

After making a pre-race speech, in my 24th annual - and final year of organising fell races - the runners were sent on their way to the White House and back.

The legend of the race is that a friendly argument once took place in the former Gale Inn in Littleborough. One guy recalled that a local mill worker by the name of Halliwell Clough once ran to The White House and back in under half an hour. The then landlord Tommy Smythe, who ran with Rochdale Harriers, said he thought it could be done quicker; and offered to organise a race to prove it, and raise money for christmas toys at a local childrens home. Rochdale local Colin Robinson won the race, well inside 30 minutes, and the annual race was born. Colin went on to win the event seven times, while his wife Brenda took the women's title on eight occasions.

The third event, in 1969, saw a group of Birmingham Uni students (some also members of Tipton Harriers) turn up on their way from a cross country event. One of their clan, the late Andy Holden, won the race in a new record time which would stand for 25 years - and become the longest standing record in fell racing. That is until Ian Holmes of Bingley came to run the race! Holden beat an in-form Colin Robinson, with Harry Walker (Blackburn Harr) third.

This year, the fastest runner on the day; fittingly smashing the course record by just shy of two minutes on his first outing in this race - was Tom Adams of Ilkley Harriers. Tom was surprised and chuffed to bits to win a voucher for Running Bear Ground Control fell running shoes. Calder Valley student Max Wharton ran his socks off to place second, also dipping inside the previous mark - set in 2011 by Borrowdale's Mike Fanning - by a single second. James Hall of Wharfedale Harriers came in third five seconds behind.

Mike Fanning, resident in Holmfirth these days, finished in fourth, first veteran over 40, in what has become one of his favourite little events. Dewsbury Road Runners' John Mason placed one behind to take the over 50's, while Todmorden Harrier Dave Collins took the over 60's prize. Not only did we have a recipient of the over 70's veteran's prize, namely Richard Blakeley of Todmorden Harriers, but we also had to provide a new category this year. George Arnold of Preston Harriers conquered the course to win the over 80's award -



*Race winner
Tom Adams*

and, of course, the prolific fell racer was not last!

First among the women was Lindsey Oldfield of Calder Valley, daughter of former World masters silver medallist Steve Oldfield. Lindsey was also delighted to take home a pair of Ground Control fell shoes from Running Bear. Second place went to veteran Emma Fielder from Todmorden, just one place and seven seconds in front of her former clubmate, Helm Hill's Alison Richards. Jane Leonard (Todmorden) won the over 50's prize. Calder Valley won the men's team prize of Running Bear socks, while Todmorden were the women's winners.

The fun part of the race was in the fact that some runners dressed up, and ran the route dressed up in their spooky finery.

Wharfedale's Jean Powell and Michael Toman of Rossendale were voted the best and were delighted to receive their vouchers for Running Bear Ground Control shoes for their trouble, as were the recipients of our final two vouchers....

We decided it would be fitting to give a special prize to the person who filled 50th position. This was Judy Howells of Wharfedale Harriers. And a popular choice of prizewinner, the person who came home in last place, a stalwart of this race, and a great friend of the late Bill Smith - a man who gave so much of his time and effort to helping us with this event in the past - John Francis of Clayton le Moors Harriers.

A final touching moment came when Jackie managed to acquire a picture frame and I was presented with race number 100 as a memento of all those events.

Finally, I have to say a huge thanks to everyone who has ever helped me with the organisation of this event. Whether flagging the route, gathering them back in, standing on the start and finish line in all weathers, or simply giving us a lift into the pub with the signs and prizes.

Special mention to Jim Smith of Todmorden Harriers who has manned the highest point and noted runners numbers for almost two decades. And a great thankyou to Colin Driver for his great enthusiasm, kindness, humour and generosity. A true friend. I'll say no more Colin.

Finally thanks to the many landlords and landladies at the pub and to all the runners for coming and taking part.

Now, I can put my feet up and drink to your good health.



*The end of
a journey*

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World Masters Mountain Running Championships 2016

Susa, Italy - August 27-28, 2017

This year the World Masters Mountain Running Championships took place on the 27th and 28th August and were held in Susa, Italy. The overall men's winner was Bernard Dematteis from Italy. The overall ladies winner was Lou Roberts, from England who due to her success at Merrick Hill, has also won the ladies British Fell Championships as well!

The Ladies race was a mass start at 10.00 am. The heat and humidity was already building up with temperatures already 27c and climbing.

The race started from the 12Century, Augustus Arch. After a slight downhill descent through the town of Susa, the first two kilometres of the course were flat and led out of town via the cemetery to the village of Urbiano. The course then left the road and followed a stony track, (imagine a G.R.*) climbing 800 metres continuously over the remaining 4.5k. One problem with setting all ladies age categories off at the same time is that none of the runners really knows their respective position. (unless you're leading!).

Selected results from the 16th World Master Mountain Running Championships

M35	8th	Ben Mounsey	74:17
M45	9th	Karl Gray	81:27
M50	9th	Alec Woods	83:17
M60	6th	Mike Egner	51:25
M65	4th	Bernard Grant	50:57
M70	4th	Martin Ford	59:49
	5th	Douglas Milligan	60:08
F40	1st	Lou Roberts	47:16
	2nd	Julie Briscoe	48:19
	3rd	Kirsty Hall	49:08
	10th	Catherine Farrow	61:45
F50	8th	Sally Malir	57:21
	9th	Carol Evans	58:12
F55	3rd	Ali Keates	55:43
F60	1st	Ann-Marie Jones	54:31
F70	6th	Judith Skedge	93:08

The M35–M50 ages ran the 11K course (1,415m ascent); the rest - M55 and above plus all the Females ran 6.55Km (780m ascent). For the full results please consult: www.stellinarace.it/risultati/

There was an Open race too and Tynedale Harriers had a large presence in Susa.

On the course there were sponges (around 5K) but no water. Many runners were feeling the effects of the heat and humidity, which when combined with the strenuous climb began to take its toll on the runners. The following quote from A-M. "I knew the course was runnable, I had run a recce of the course the week before.

On the day of the race, many of the runners were walking most of the last 1.5 k of the course, which was brutal!"

Overall winner of the ladies race was Lou Roberts, (47.16) who managed to pass the early leader and eventual second place finisher, Julie Briscoe, about one k from the finish. Britain's Kirsty Hall finishing third, with approximately one minute separating each runner at the finish.

Ann-Marie finished twenty fourth overall 54.31 (+7.15) and first in her class (-2.12) (LV60).

The Men's 55+ race was also mass start, started thirty minutes after the Ladies race and proved to be equally tough and hot.

Notable British result was Ben Grant 4th, M65: Steve Herington, 22nd, M65: Martin Ford was 4th, M70:

The following day, Sunday, saw the hosting of the Open race and the Men's 35+ race which were both run over a longer version of the previous course. (11k and 1400m of climb).

Notable British results were, Martin Cox, (10th overall, 2nd, M45), Ben Mounsey, (12th Overall, 8th M35)

Getting There

The race organisers offered an accommodation package which meant staying about 30K away in Bardonecchia. A journey of one hour by coach or a train journey with a change of train and long wait. We thought this was not ideal.

We decided to stay locally in Susa. Our accommodation was a completely unexpected find as quite by accident,



we discovered the local Franciscan Convent offered holiday accommodation. It was right by the race registration, the tented reception/social area and we were convenient for town. I could write a book about our experiences, about the nuns and Mother Superior, but that is another story.

A lovely holiday!

More Race Information

Course Profile's here: www.stellinarace.it/en/percorso/

Full Results here: www.mysdam.net/events/event/results-v6_32823.do

More Photo's here: <http://rmfotosusa.jimdo.com/photo-gallery/>

Our accommodation

www.francescanerosaz.org/files/Rosaz_casa_accoglienza.pdf

Comments

* G.R.= Grand Randonee, (a European walking route originally travelled by pilgrims)

Ben Mounsey's blog

<https://benmounsey.net/2016/09/21/italian-adventures-part-3/>



L-r: Lou Roberts on way to overall victory in the Ladies race, Julie Briscoe who eventually finished second after leading most of the way and third placed Kirsty Hall. Ann-Marie Jones.

Golden Girls

Last autumn in the Italian Alpine town of Susa at the 16th World Masters two Britons come out top. Here these two World Champions tell their own story.

Three splendidly sunny days greeted the athletes who descended on Susa, an Alpine valley steeped in history where many battles have been fought. The Romans left Augusto's Arch which was where all the races started. The shorter (6.4Km) races, all ascent only, finished high on the mountain-side where battle of Grange Sevine was

fought in August 1944 by the Partisans against the fascists. This is also the 28th race to commemorate this fight.

The hosts, Italy won most medals, 15 team and 10 individual titles and Britain, ranked second, came home with two individual Winners in Women categories (and the W40 team title): W35: Flavia Boglione (ITA) **W40: Lou Roberts (GBR)** W45: Simonetta Menestrina (ITA) W50: Maria Castro Solino (ESP) W55: Marie-Luise Heiligh Duventaster (GER) **W60: Ann-Marie Jones (GBR)**

W65: Annamaria Vaghi (ITA) W70: Barbara Prymakowska (POL) W75: Eva Carlsen (NOR).

This season Lou Roberts is both the Over 40s World and English Champion.

Altrincham's Ann-Marie Jones is the English 2014 Over 60s Ladies Champ, a title she stills holds. At World level her incredible record includes winning the Over 55s title in 2013 (at age 59); and achieving a hat-trick of wins in the Over 60s age group.

Here these two amazing Brits tell their own story:

LOU ROBERTS – AMBLESIDE AC

Lou Roberts first ran on the fells as Louise Osborn in 1993. Originally from the very flat county of Cheshire, she moved to Ambleside to study Outdoor and Environmental Studies at Charlotte Mason College in 1990. After moving to Keswick following her graduation, she began running a little more often and took parting her first race in Borrowdale in 1995, running Dale Head fell race in a pair of trainers. After that race, Keswick AC asked her to join them and compete in the Ian Hodgson Relay. She ran the short leg with Carolyn Charlton and was hooked. "I absolutely loved it and it is still my favourite event! I've been running ever since and have loved every moment."

Best races

She finds it difficult to choose one race as her best. This is unsurprising, as she has been three times the British Ladies Champion (2002, 2003 and 2016), twice English Champion (2003 and 2004, and runner-up in 2016) and British and English V40 Champion in 2016. She also ran for England twice in 2016 – "Something I never dreamed would happen again!"

Lou is married to Mark Roberts, who she describes as – "quite a good runner." He was British and English Champion in 1997 and holds 15 individual English/British titles. Oh, and he is still the course record holder of Fairfield and Pen-y-Ghent.

Looking back on 2016

In 2016 Lou had an extremely successful year and won many fell races. "I've done a lot of races this year for the Championships. My first Championship race was Black Combe in March where I ended up fifth, but it gave me a lot of confidence as I climbed really well and I got round in the mist. Winning the two Championship long races (Pedol Cwm Pennant and Borrowdale) were huge achievements for me as navigation, route choice and fitness all played their part. I



*Racing the
World Masters
Mountain running
Championships in
Susa, Italy 2016*

PHOTOS © MARK ROBERTS

don't like long races but unfortunately seem to do better in them." She was also part of the successful Cumbrian team who won the

Inter-Counties event with first, second and third in Llanberis at the Moel Elio race. She came second overall and says this was one

of her highlights of the year.

World Masters – Italy, August

In August, Lou and Mark travelled to the Alps to spend a few weeks training and preparing for the World Masters in Susa, Italy. "This was one of my aims from the beginning of the year, as I am naturally an uphill runner and I wanted to try my hardest to get a medal." The course was steep, rough and unrelenting. "I knew after we had recce'd it, that I had a good chance, but it had a one and a half mile flat road section which I am not good at so I knew I would be playing catch-up throughout the race. In the race, England International Julie Briscoe went off like a rocket and tore through the town leading the race. By the time we hit the hill, I couldn't see

Julie and was in about 15th position.

From then on, I just put my head down and got on with the climbing as fast as I could. I was overtaking people, but had no idea of my own position. High up on the course, I ran past Karl Gray (Calder Valley) who was out supporting and asked him what position I was in, he replied, "Second". I was gob-smacked! I knew then that I could win as Julie had never beaten me uphill before, but if the race had been a mile shorter I wouldn't have won.

Near the race finish I passed Mark and our dog Mayzi. It really was emotional to run past him, waving his Great Britain tea towel, in the lead, he went mental. To cap off an amazing race, after myself and Julie, Kristy Hall had a brilliant run to come third and complete

the British 1, 2, 3. I was so happy, I couldn't stop smiling. As all of the women had run together, we had beaten all of the vets, even the V35s."

Hopes for the future?

"I never expected to achieve what I have this year so I would love to have a repeat of 2016 next year, but it all comes down to not getting injured, having the time to get the training in and having a supportive partner. I was lucky this year. I just hope everything goes well and I get on the fells and enjoy each race and experience. Many of my club-mates have been unable to run this year due to injury or illness so I plan to just enjoy whatever races I can as you never know what is around the corner."

ANN-MARIE JONES

I was inspired by watching the London Marathon in 1981. Before that I only ran as a means of trying to keep fit. As a youth I tried track sprinting and cross country skiing, but I was never competitive. I played squash for a few years, again mainly to try and keep fit. Over the years I have done some cycling and have enjoyed a number of cycle/MTB touring holidays, here in the UK, France and Spain.

First Race ever?

I started entering cross country races when I joined Altrincham, sometime around 1983/4. I remember racing in the English Champs at Arrow Park, when Zola Budd was interrupted by protestors. My first Fell race was Shining Tor in -84, followed by Blackstone Edge the next weekend, despite the peat bogs, I was hooked, always very friendly people.

As a Senior, one of my best fell races was probably Snowdon Fell race in 1995. I was really pleased with my position and time at the top and tried hard to fend off the attacks on the descent. One of the girls, took a terrible tumble and needed several stitches in her forehead. After the race I was so dehydrated I had to go and lie down. Through friends I also met John Disley, made my day!

Prior to turning sixty I did not consider competing in the championships. The rules require you to enter at least one long race, a level of preparation and a commitment I could not sustain. I run for the pleasure of being out on the hills. Back then, I only ran when the race was something I wanted to do. I did enjoy running in a number of Fell Relays.

My Masters Running...

I was drawn to master running by a club mate, who suggested the format might suit my style of running. I remember with pride my first World Masters, held at Janske Lazne in 2013, in the Czech Republic, I had just turned 60.

In the race I started gently and gradually



Ann-Marie at
Sedbergh Sports

PHOTOS © NORMAN BERRY

fought my way to the front. About halfway up the course I was overtaken, but decided rather than chase, I would hold on to my rhythm. Eventually, as the course got harder and steeper, I caught and passed

the leading lady. The final 400 metres was a fast gentle uphill run in to the finish, I knew I had to give it everything. I won by two and a half minutes, I was both relieved and exhilarated at the same time.

Is that the Peak of my career?

I have enjoyed all the World Masters races, each year is different which bring their own challenges. I also entered the English Fell Championships when I turned sixty as the rules for LV60 (best of three races to count) meant I could avoid the longer races.

The World Masters in 2014 held at Telfes, Austria was a very social occasion. I had just won the LV60 English championships for the first time having won my class at Pendle, Coniston and finally at Kentmere, (where I had a really good run). I felt I was in form. We drove out and enjoyed a holiday and the world masters race. I met up with Ann Buckley. Anne was most helpful and I find her very approachable. Being able to talk things over with her was very beneficial.

I knew I would have serious competition in the form of Paula Blanka, (an ex Olympic Bronze medallist at X country skiing). She had run in the 55 year age category the previous year and covered the same course over two minutes quicker than me. In the race she raced passed me early on and I decided I could not match her pace. As the race got harder and steeper I eventually caught and passed her to win by over a minute.

Most of the Masters races are uphill only which suit me. I am not so strong on the downhill sections and I felt I needed a gap to keep the better downhillers behind if possible. My win in 2015 at Betws-y-Coed was different as the course was both up and down hill with a long fast descent to the finish. I knew there were a number of good runners who would try and track me down. I was pleased with my run that day. In the end the English girls finished an impressive one, two, three.

What still drives me on?

I really enjoy running on the Fells, through the club we have got involved with a regular crowd who run on the Fells midweek. Very enjoyable, good company and a good day out.

A couple of years ago I started running 5k races to aid my speed work and Parkruns just for a bit of fun. Somehow I seem to have got caught up in Power of Ten and percentages. I suppose my nature drives me to improve my stats.

Susa Race

My husband wrote an article about our experiences for the club magazine, which can be found at :-

<https://altrincham-athletics.co.uk/2016/10/pawprints-october-16/>

Personally I like to recce courses and gauge the profile of the course in advance.

The first two k was flat, which meant the rest of the course would be relatively steeper than most courses. The danger would be to go out too fast and then pay the price as the course got steeper. As a test, I ran the course the week before. On the day I think the weather conditions may have played a part, it was much hotter than

I expected and I ran a slower time than I wanted. I think the combination of a flat start together with the heat/humidity had a major impact on how runners coped. The Ladies mass start made it hard to know where you were in the field.

What sort of Training do you do now?

It is not always easy to follow a plan as injuries seem to keep reoccurring. As I get older I have to make every run and mile count, so although I might run 30+ miles one week, I do not keep that mileage up for too long. I have never been able to run big miles and stay injury free. I run a lot of fartleks and also lots of hill reps. We live not too far from Macclesfield Forest, so that's one of my regular training areas.

Since turning 60 I have been able to focus on the English Ladies Championships and do the necessary reccies and training. The World Masters started out as a fun thing, and dare I say an excuse for a holiday. I have enjoyed them so much they taken over my focus. I still try and cycle regularly, although various friends have differing views on the benefits to running, one gains by cycling.

I have had a number of breaks from running, some through reoccurring injuries, some through the desire to try other things. When my husband first retired we spent three summers away sailing in Scandinavia. One year we motorcycled across Northern Spain and along the Pyrenees.

Somehow driven by the need to regain fitness and remove the excesses, I seem to return to running. When I first thought of entering the World Masters, I asked various runners I know for advice. I have known Tony Hulme, (Running Bear) for a number of years. Tony suggested using Snowdon (amongst others) as a training run. I have since adopted Snowdon as part of my

training regime. Its now over twenty years since I ran in the Snowdon Fell race and back then, was daunted by the fast decent and the spectacular crashes. So last year I ran the Twilight race, (Uphill Only), for the first time and I really enjoyed the race and met a few old friends in the process. I am not ruling out another Snowdon Fell race, but I must admit I am now even more risk averse. It's not just that falling over can hurt, it's the fact that at my age, recovery takes so much longer.

Having Jeff Norman for a club mate is a bonus, he is very supportive. We seem to run together at various events. I can now, on occasions, hold on to him on the uphills but he still powers away on the descents. If I have to recce a new race, I always ask Jeff for information, we have done the odd recce together. Rick Wilde is also part of our regular Fell group. He brings a wealth of knowledge and a very different perspective as he has run at the highest level internationally and like Jeff, retains a sense of proportion. Lovely people.

Horizons

I am considering the Worlds Masters Champs this September in Slovakia to defend my title. We will also add some time to ensure its a holiday as well. I am now in the older age group of my class, and the FRA have adopted a new format for the English LV60 class this year as a trial. I will have to run more races if I wish to compete. I need to look at the schedule and decide what is doable. Previously I was able to run in the English series and then take off for the Worlds Masters with plenty of time to train and recce. The last thing I want to do is end up rushing from one race to another. I am an old lady and want to take things at a comfortable pace.



Ann-Marie at
Lingmell 2015

PHOTOS © NORMAN BERRY



CVFR's Ben Mounsey and Keswick's Mark Lamb approaching the finish line at Long Mynd Valleys race

The British Inter-Counties Senior Fell Running Championships

Broughton Heights Hill Race – Saturday 13th May 2017

The Broughton Heights Hill Race is a new event which is hosting the 2017 UK Inter-Counties Senior Fell/Hill Running Championship (note the race is open for all to enter, not just those taking part in the Inter Counties).

The Inter-Counties Championships were last held in Scotland on the Broughton Heights in 2011. The new course, whilst similar to the 2011 course, has been updated to maximize the fine hill running to be found in the Broughton Heights hills and to also be more spectator friendly.

To be entered for your county or region you should be selected by your County/Region AA – many will hold selection events to choose their teams.

This year the Inter Counties is again one race of the 3-race British Mountain Running Challenge series. The others are:-

- the BA Mountain Running Championship, an uphill-only race on Skiddaw on 4th June, (which will also be the trial race for the British team in the European MR Championship)

- the Senior Home Countries International at Sedbergh on 18th June (which is also the trial race for the World MR championships).

All three of these races are open to all, and entry details can be found on the UKA Mountain Running webpage.

Course Details

The event will take place on an up-and-down course of 9.6km with 600m of ascent and descent in the Broughton Heights range of hills which are located in the Scottish Borders, 30 miles south of Edinburgh. The races take place on hill paths which are generally good underfoot, though can be muddy in places in wet conditions.

Entry

To be entered for your county or region you should be selected by your County/Region AA – many will hold selection events to choose their teams. If you have been selected, or if you just want to enter as an 'open' runner, the entry is on-line via

SiEntries. More details are given on the Fellrunner 'Championships' web-page, or contact Andy Watts, FRA Treasurer.

The Inter-Counties awards prizes for individual runners and teams of 4 with first 3 to count, except that if the team includes runners who are under 23 on the day the team can comprise 5 runners. All runners must be 19 or over (born in 1998 or before).



PHOTOS © MARK JOHNSTON



The hills above Broughton



The British Inter-Counties Junior Fell Running Championships

Rossendale Harriers 50th Anniversary Junior Fell Race – Saturday 10th June 2017

Rossy are hosting the Junior Inter-Counties Championship as part of their 50th Anniversary Junior bash, which is also the last counter in the FRA Junior Championships. It will be held at Cowpe.

Entry for the Inter-Counties

The I-C event categories are under 17 and under 19 (born in 2001/2 or 1999/2000). The host event includes all categories down to Under 9s.

Inter-Counties has prizes for individuals and also teams of 3, with first 2 to count. Inter-County runners must be selected by their County or Region.

Entry is in advance only, via the SiEntries system, and more information is given on the Fellrunner 'Juniors' web-page or the Rossendale Harriers 'Juniors' web-page, or contact Andy Watts, FRA Treasurer.



*The 2013 Junior Championship
race at Cowpe*

PHOTO © DAVID WOODHEAD WWW.WOODENTOPS.ORG.UK

*The 2013 Junior Championship
race at Cowpe*



PHOTO © DAVID WOODHEAD WWW.WOODENTOPS.ORG.UK

International Mountain Running Opportunities 2017

2016 was another great year for British Mountain Running with Annie Conway winning the World Long Distance Championships and Emmie Collinge the European Championships.

Other highlights from 2016:

- Bronwen Jenkinson winning bronze at the World Championships
- Heidi Davies winning bronze at the European Championships
- Three team medals at the European Championships (Junior Women gold, Senior Women silver and Senior Men bronze)
- Both the Senior Men and the Senior Women won medals at the World Long Distance Championships (silver and bronze respectively)

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

SENIORS

Event: European Mountain Running Championships, Kamnik, Slovenia

Teams: Great Britain and Northern Ireland
Date: 8 July
Trial: Keswick, 4 June

Event: Snowdon International, Llanberis, Wales

Teams: Home Countries
Date: 15 July
England Trial: Tebay/Sedbergh, 17/18 June

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

Teams: Home Countries
Date: 18 June
England Trial: Broughton (Inter-Counties fell race), 13 May

Event: World Mountain Running Championships, Premana, Italy

Teams: Great Britain and Northern Ireland
Date: 30 July
Trial: Sedbergh, 18 June

Event: 13th WMRA Long Distance Mountain Running Championships, Premana, Italy

Teams: Great Britain and Northern Ireland
Date: 6 August
Trial: 3 Peaks Race, 29 April



PHOTOS COURTESY OF 'LAURA STARK'S DAD'

Silver medal winning GB Women's team at European Championships: Left to right Heidi Dent, Rebecca Hilland, Sarah Tunstall, Emmie Collinge

U23 ON 31.12.17 (BORN IN 1995, 1996 AND 1997)

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 18 June are reserved for U23 athletes.

ENGLAND OPPORTUNITIES:

Events: Smarna Gora Mountain Race, Slovenia, 7 October (up and down)

Hochfelln Mountain Race, Germany, 24 September (uphill only)

England Trial: British Athletics Trials for European and World Mountain Running Championships, 4 and 18 June

U20 ON 31.12.17 (BORN IN 1998, 1999 AND 2000)

Event: European Mountain Running Championships, Kamnik, Slovenia

Teams: Great Britain and Northern Ireland
Date: 8 July
Trial: Keswick, 4 June

Event: World Mountain Running Championships, Premana, Italy

Teams: Great Britain and Northern Ireland
Date: 30 July
Trial: Sedbergh, 18 June

Event: British & Irish Junior Mountain Running Championships Incorporating the Junior Home International, Peebles, Scotland

Teams: Home Countries
Date: 16 September
England Trial: TBC, 26/27 August



Bronze medal winning GB Men's team at European Championship. Left to right: Andrew Douglas, Chris Smith, Tom Adams, Ben Mounsey

PHOTOS COURTESY OF 'LAURA STARK'S DAD'



Scarlet Dale on her way to 5th place in the Junior Women's race at the European Championships

U18 ON 31.12.17 (BORN IN 2000 AND 2001)

Event: International Youth Cup, Gagliano del Capo, Italy
Teams: Home Countries
Date: 24 June
England Trial: TBC, 27 May

U17 ON 31.12.17 (BORN IN 2001 AND 2002)

Note: Athletes born in 2001 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, Peebles, Scotland
Teams: Home Countries
Date: 16 September
England Trial: TBC, 26/27 August

GREAT BRITAIN AND NORTHERN IRELAND SELECTION

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

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: 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 annerunning@hotmail.co.uk

TRAINING CAMPS:

England, Scotland, Wales

Age Group: 16-22 years
Date: April and September
Contact: Neil Wilkinson on neil@w1run.co.uk

Masters

World Masters Mountain Running Championships
 2 September, Dubnica nad Vahom, Slovakia
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Gold medal winning GB Junior Women's team at European Championships: Left to right Heidi Davies, Scarlet Dale, Laura Stark, Bella Williams

Wasdale Wombling

Litter Picking in the Lakes

I moved up to Cumbria twenty three years ago from rural Oxfordshire. Meeting Jim at a road race in Paris saw me moving to his native county and I never looked back!

Wasdale is a wild, beautiful valley with The Scafells, Wastwater, tiny St Olafs church and the iconic Wasdale Head Inn serving up a multitude of delights. A thin ribbon of Tarmac runs out at the head of the valley, Kirk Fell and Great Gable tower above. Lots of FRA members will have relished and cursed the classic cat A races based in the valley which include, Wasdale, Scafell Pike, Lingmell dash, Middle fell, Screes and surely the best, Kirkfell from the shepherds meet.

Beautiful, isolated but in the summer extremely popular, the three peaks challenge brings thousands to Scafell Pike, likewise the appeal of England's highest mountain. I'm sure most visitors try and leave this amazing landscape as they find it but a huge problem is the amount of litter some of them leave behind on the pike and

the roadsides. This looks terrible and it's not right for others to climb to the summit to find it strewn with rubbish. It is so simple to carry a bag and collect what I find, a habit which follows me everywhere! Family visits to rural west Wales, or friends in Oxfordshire offer more wombling opportunities.

The National Trust do a great job managing the Three peaks impact and plenty of locals and farmers also make a big contribution. My rucksack is often filled on the fifty plus trips a year, more planned for 2017. Winter weather means local lanes and roads are targeted. I'm lucky to be retired so have plenty of time and my fell running fits in well.

Friends and family agree it's an obsession but follow suit, we can all make a difference and hope that in the future everyone realises how unacceptable it is to leave anything except footprints.

Lindsay Buck (Cumberland Fell Runners)
& Jim Davis @ Denton Hill



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Runfurther Ultra Championships

The winter Fellrunner went to press before the last race in our 2016 series but the top results are here and the full results can be found at www.runfurther.com

Our first race this year was the Haworth Hobble and what a race it was. For the first time I can remember it was full and so there was no entry on the day. This was partly due to the race being used as the British Trial for IAU World Trail Championships. There were many new faces at registration and later names in the results that some of us did not recognise. The race is 32 miles with over 1600m of climb on a varied route of wide trail paths, some short sections of quiet road and some very muddy moorland paths. For those at the front of the field it is very runnable.

The field was superb this year. I think 6 men broke the record and 8 finished in under 4 hours. Tom Payne won in 3:54.18, then Gareth Hughes, Math Roberts and Kyle Greig all in 3:55. First woman was Julie Briscoe in 4:31 and then Sally Fawcett 4:38 and Katie Kaars Sijpesteijn 4:39. I suspect the ladies record was also broken.

Many of us were left trailing in the wake of these much faster and generally younger runners. Even those who have been winners



PHOTO © NICK HAM

in previous years were in awe of the times. First Runfurther runners were Ken Sutor 4:12, Kevin Hoults 4:16 and Ian Symington 4:21 and for the women Helen Price in 5:34. Calder Valley has made a good start towards reclaiming the Team prize.

The Runfurther leader board can be found at www.runfurther.com and new members of all ages and abilities are always welcome. April will be busy with 3 Runfurther races: Calderdale Hike, Lakes 42 and The Fellsman.



PHOTO © WWW.WOODENTOPS.ORG.UK



Above: Haworth Hobble winners Tom Payne and Julie Briscoe.
Front Pairs Haworth Hobble.

PHOTO © WWW.WOODENTOPS.ORG.UK

	MEN	WOMEN
1st	Kevin Hoults	Karen Nash
2nd	Andy Davies	Debbie Cooper
3rd	Adam Worrallo	Michelle Brooks
U25	Huw Davies	
1stV50	Martin Terry	Karen Nash
1st V60	Chris Davies	Janet Hill
1st Team	Mercia Fell Runners	

Haworth Hobble.

PHOTO © MICK FRYER



Big 3 in 1 Winter

Ramsay Round 22nd Jan 2017 (anticlockwise)

It's around 3am and Jon Ascroft is leading me across Devils Ridge in the Mamores in near perfect conditions. Graham Nash has stopped at the end of the ridge so he has time to fill our water bottles from the lochan outflow to save time. There is a little snow collected in gullies but not much on the path and although the sub zero temperatures have left a thick layer of frost on all the rocks its not verglas or particularly slippery. We're doing a Ramsay Round and are already well ahead of schedule but this is the Highlands in the middle of winter and sure enough it'll get more interesting before we are done. Over the next couple of hours it starts to snow, the nav gets difficult, ice axes come out, we have to use crampons for the first time to descend a steep frozen snow bank and all in all it's got a whole lot more interesting. It's not full on classic Scottish winter conditions, but we certainly know it's winter. By the end of the leg we have slipped from being 20 minutes up on our 22hr schedule to being 26 minutes down but it's daylight now and the frozen ground means we should be able to move fast on leg 2.

Towards the end of the leg 1 I start to play back just how on earth I ended up here. It wasn't planned that is for sure. So how exactly do you end up doing a winter Ramsay by mistake!? Flashback to Thursday, just over 48 hours ago and I was looking for something to do at the weekend. The weather in Wales looked good so I was considering a Paddy Buckley Round. I dropped Konrad Rawlik and Jasmin Paris an email to see if they fancied a day out. The reply was basically, 'We'd love to but we have a race in Scotland on Saturday so Wales is a bit too far but if I wanted to get out in the hills in Scotland on Sunday they would come along'. I'd never considered a winter Ramsay but looked up the Fort William weather forecast out of daftness and there was a band of high pressure there too. An idea was forming. A few emails later and things were out of control, several top runners were up for it and there was no going back. I was going to attempt a winter Ramsay on the eve of my 40th birthday. Trepidation rapidly changed to excitement and before I knew it we were off.

The first we saw of Konrad and Jasmin, my leg 2 support, was a head torch pointed up the hill through the twilight at us so we knew where to aim for which was a huge help. Leg 2 takes in the three hills to the east of Loch Treig. We were fortunate that the boggy ground was generally frozen and



Ramsay finish with Shane

PHOTO © JON GAY

just had a light coating of snow over it so we could move fast. I drank the coffee and ate the pasta they had brought in for me on the move and we set to trying to recover the time deficit. It was great fun and the time seemed to pass really quickly. The wind was still and we were mostly below the clouds. We gained 1 hour and 10 minutes against the schedule in this section and as a result were 40 minutes ahead of the 22hr schedule by the end of the leg and I was still eating well and feeling good.

As we came down into Fersit Konrad went ahead to hand gear on to the leg 3 support but as Jasmin and I got closer we realised that there was no one there. Maybe they were out of sight? No, they had been caught out by the pace we were moving and were late (or rather we were early). There was no fuss, Jasmin set off to find them and Konrad and I set off on leg 3. Sure enough within a few minutes Shane Ohly, Alex McVey and John Ryan were chasing us up the hill to be greeted by a friendly shout of "worst support ever!" from Konrad and a suitable response from Shane. Kit was exchanged and for the next couple of hours we continued to get further ahead of the schedule and at one point were an hour and 10 minutes up. However, we still had the big hills ahead of us and from the mornings experience in the Mamores I suspected that it might not be easy there. Jon Gay was waiting for us before the Aonachs where he had cut some steps to help us ascend the frozen snow in Charlie's Gully. I was starting to tire a little by this point and had layered up a bit more to stay warm but we were still climbing really well. It was just the delicate

foot placement on the exposed ridges that was becoming more challenging as my muscles tired. Not surprisingly the Aonachs and CMD proved to be the most difficult part of the round with us back in darkness, lots of consolidated snow, sections of ice and a fresh albeit thin layer of snow hiding the condition of the ground beneath.

We lost a lot of time against the schedule over this final section using up the entire buffer and some on our way back to the youth hostel but finished in a time of 22 hours and 23 minutes. I was delighted to be only the third person to complete a sub 24hr winter Ramsay Round and am very pleased that its a new fastest winter time. That said there is still no doubt that the benchmark and best winter round remains Jon Gay's phenomenal 23 hour 18 minute solo round in classic winter conditions.

It was my best ever birthday party and I can honestly say I can't think of a way I would have preferred to see out my 30's than in big hills with great friends. It was a very special day.

Paddy Buckley Round 11th February 2017 (Clockwise – Starting from Capel Curig)

The temptation of trying to hold all of the Big 3 fastest winter times at once (I set the BG fastest time of 18 hours 18minutes in December 2013) was just too much and as I started to recover from the Ramsay I began watching the Snowdonia forecast.

I'd first seen the weather window on the 14 day forecast. Flat calm and no precipitation forecast for a 72 hour gap.

It was perfect and the fact that it was still there with 7 days to go indicated some stability to the forecast so even if the window narrowed a little I should still get the 24 hours I wanted. Happy days.

Another amazing set of support was all lined up and a bunkhouse arranged to base from so we were good to go.

We started at midnight and by the time we got to the end of leg 3 we were an hour up on the 19.45 schedule and getting back to Capel in time for the salsa band at the Siabod cafe at 8pm was looking like a distinct possibility.

It hadn't been easy by any means. The promised weather window had not just narrowed but had firmly slammed shut and was forecast to deteriorate further with even higher winds and snow but the sooner we got done the more of it we would avoid. The first leg with Andy Berry had been uneventful, in a good way, as the wind was mainly behind us despite it snowing lightly from early on. As we turned briefly into the wind in the Moelwyns and got the full force of the weather into our faces for the first time it was clear that unless something changed for the better it was going to be a long, tough day.

Leg 2 was more interesting as a combination of factors (our early arrival being the main one) resulted in only Nic Barber being on the leg and my food and kit remaining behind. I was suffering a real low as we fought our way directly against the wind into the first of many blizzards on to the top of Moel Hebog. No food, little water, no extra layers, deteriorating weather, no spare headtorch and my headtorch flashing to say it would shut down soon conspired to make me feel pretty miserable. Eventually I voiced my concerns to Nic. It turned out that he had food for two legs, enough spare kit to last out the winter up there and was confident that we could manage with one headtorch between two if needs be and pointed out that regardless "it would get light soon". So we were good. I cheered up and we pressed on sharing his cream cheese and salsa sandwiches (yes I know, but honestly they are so much better than they sound!) We got round without any real excitement, collected some pasta, a cup of coffee and Jasmin Paris from Pont Caer Gors and headed off to find Snowdon.

Ant Bethell was waiting for us on the approach to Snowdon and we cracked on well for the leg. Snow was still falling and the wind was picking up more but we were in the lee of the hills for parts of the leg so it never felt too bad.

Very soon we were in Llanberis where Nic and Ant left having done a cracking job and Konrad Rawlik and Jo Zakrzewski joined Jasmin and I for leg 4. This is the leg that concerned me most before setting out and it turned out not without good reason – it was really brutal. We battled through dreadful weather for the entire leg holding roughly to schedule until the Glyders and then losing a full hour of time over the final



*Approaching Tryfan summit
with Konrad and Jo*

PHOTO © JASMIN PARIS



*Crossing the Glyders in a
blizzard with Jo and Konrad*

PHOTO © JASMIN PARIS



Tagging Tryfan summit

PHOTO © JASMIN PARIS

three summits in thick clag, high winds and a combination of new and drifting snow.

I was battered by the end of it but decided to stick with the plan of running straight through the road crossings to complete the relatively short leg 5 now with quite a posse composed of Konrad, continuing on, Andy, back for more, Carol Morgan, clearly recovering well from her record breaking Spine run, Dave Harrison and Liz Barker. I like the Carneddau leg as it's nice, fast, easy running so you can relax and enjoy it or at least that's how I used to feel about it. It was really dreadful weather for this section. Darkness closed in around us just before the top of Pen y Ole Wen and with the wind now making forward movement hard, whipping snow into our faces and at times making it hard to stay upright I'd be hard pushed to say I was enjoying myself. I just fell in line and followed trying to make the most of the post holes that whoever I was following at any given time was creating. It's pretty impressive that despite the conditions we only made a couple of small nav wobbles before heading down toward Capel. We had lost a lot of time but we were going to get round and a new fastest winter time was still on the cards although we were going to be late for salsa dancing which had become somewhat less appealing in the last 20 hours.

We eventually returned to Capel in 21 hour and 37 minutes which I am delighted with in the conditions. It was another fantastic day out, a lot of fun (some of it type 2) and again it was a fastest time to give me the fastest times for all the Big 3 in winter but already ambition creep was setting in...



Bob Graham round, 20th / 21st February 2017 (Clockwise)

Having completed my 'accidental' Ramsay round and then a Paddy both in the same winter it seemed natural to try and complete the big 3 in one winter which has never been done before but it wasn't straight forward. The Paddy was complete on the 12th of February leaving me with just 16 days before the end of winter to fit in a BG. However I was already committed to a fast High Peak Marathon team for the 3rd of March and would need as much recovery time as possible for that so I had to go as soon after the Paddy as I dared if I wasn't to let the HPM team down. After a week my legs were returning to a reasonable state and I started watching the weather. I needed a gap that would leave me a minimum of 6 clear days before the HPM if I was going to do it.

There was really no weather window at all with sustained upland gales forecast except for what looked like an 8 – 12 hour lull (where the wind would drop to 15-30mph winds) in the early hours of the morning of

Tuesday the 21st. I would need that 'calm' ideally on the Scafell ridge which meant I would have to run through high winds for other parts of the round. It was a long shot but as I figured this would be the only chance I would ever have to run the 3 in one winter so I took it.

A crack team was rapidly scrambled the weekend before and without time to dwell on what I was about to do we were off on a 6pm start. 6 pm is a dreadful time to start in winter. Instead of making the best use of the daylight you are maximising the night time and where I normally try and split the daylight to make it easier mentally it would be one long block and furthermore we would have to do the Scafell ridge in the dark. As long as the clag didn't come in and the rocks didn't verglas that should be possible.

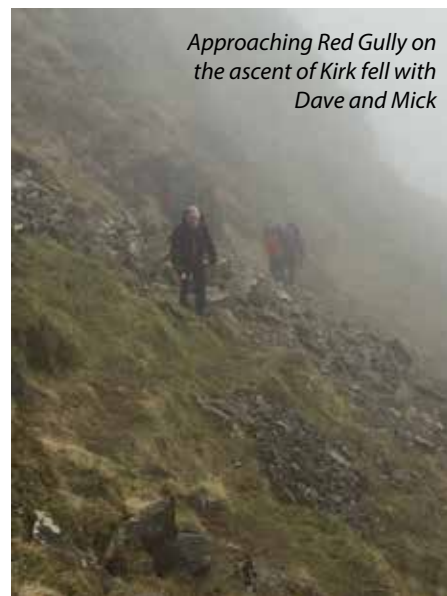
Within minutes of setting off I started to get concerned; the wind was very strong and my legs felt heavy even on the first climb but I was determined to give it a decent try. As we neared the top of Skiddaw the group split with Bill Williamson and Jo Zakrzewski dropping back together after Jo was blown over and Jonny Mally continuing with me to Great Calva. Jo and Bill headed onto Blencathra to give me much needed food. The leg was completed in good time and I was handed over to the very capable team of Jasmin Paris, Steve Birkenshaw, Konrad Rawlik and James Harris for leg 2. The wind remained strong but was largely from the side so although I felt like I was taking a beating we were making good time. I was desperately hoping it would drop as predicted before the Scafell ridge. By Dunmail Raise we were 30 minutes up on the 21hr schedule so I took a rare break to eat the pasta and drink the coffee that Martin Stone had prepared. Martin had volunteered himself as road support through to Wasdale and it was a massive help as well as a psychological lift.

Leg 3 was always going to be really tough but with the time buffer I was feeling confident. Shane Ohly and Jeff Powell-Davies were pacing me and are both really good navigators but a thick clag came in that was to test us all to our limits as we tried to keep to the best line but we were often losing even good paths. On Great End we passed within 6 feet of the cairn and missed it only to be brought to a halt by the rather pronounced capture feature (large cliff) and we circled back to collect it. The clag, wind and long night made it really tough but when it finally started to get light on the descent into Wasdale and we hadn't lost too much time I knew we would make it and took a little bit of time to eat and chat before heading off onto leg 4 with Carol Morgan, Mick Allen and Dave Harrison. There would be no records today but that wasn't the goal – sub 24 hours would be just fine and would limit fatigue before the



Kirk Fell summit

PHOTO © CAROL MORGAN



Approaching Red Gully on the ascent of Kirk Fell with Dave and Mick

PHOTO © CAROL MORGAN



Headed to Hindscaith with Dave

PHOTO © ANDY BLACKETT



Quick break at Honister with Joss Blackett

PHOTO © ANDY BLACKETT

High Peak Marathon. Leg 4 was not too windy and was great fun as we enjoyed the daylight and ticked off the last big hills. At Honister Andy Blackett joined us and Dave and Carol continued onto leg 5 too.

Somewhere on the way up Dale Head the predicted return to upland gales started and it came in really fast. I had a fair bit left in reserve still so put the hammer down to get off the fells as fast as possible and then relaxed once we had dropped into the relative shelter of Newlands valley for the run home. Moot hall soon came into view and we finished in a respectable 20:26 to complete the Big 3 in 1 winter.

Huge thanks to all of the following for their help and support on the 3 rounds (in order of appearance): Jon Ascroft, Graham Nash, Jasmin Paris, Konrad Rawlik, Shane Ohly, Alex McVey, John Ryan, Jon Gay, Andrew Berry, Nic Barber, Carol Morgan, Dave Harrison, Clive King, Liz Barker, Ant

Bethell, Jo Zakrzewski, Paul Hodges and all at the Siabod Cafe, Bill Williamson, Jonny Mally, Martin Stone, Steve Birkenshaw, James Harris, Jeff Powell-Davies, Mick Allen and Andy Blackett.

Special thanks to Margarita Grigoriadi who has got me in such good shape and helped me manage my recovery and for the support from Hangar 18, Start Fitness, Inov8, & OMM.

I have been asked a lot about what kit I used and when I thought about it there were six items I simply wouldn't want to set out without:

1. inov8 X-Talon 190 shoes – My usual shoe is the Mudclaw but I used the same pair of X-Talons for all 3 rounds and found that they were really good on all surfaces even ice and verglas where the Muclaw can be a bit flighty.
2. Hangar 18 leggings – I don't know what fabric they are using but these

are amazing, they shed water fast, stay warm and are comfortable. I wore the same pair for all 3 rounds and through deep snow, blizzards, rain etc I didn't once have to put waterproof trousers over the top.

3. OMM Aether Smock – I have only had this a couple of months. Its really light, breaths well and really keeps the weather out.
4. Sealskin socks – they are sold as waterproof although clearly if you are crossing streams your feet will get wet, but crucially they do always keep my feet warm.
5. Goretex over mits – keeping hands warm is really important and I've found that overmits are far better than any other gloves or glove combination. My pair are a generic ebay purchase.
6. Camp Corsa Ice axe – I use a 50cm. Its only 200g so its light enough that you don't think twice about carrying it.

Ramsay finish



PHOTO © JON GAY

Martin Stone's Long Distance News Summary

April 2017

After all the excitement of Jasmin Paris' Big 3 Rounds in 2016, one might have expected a period of 'calm' before the next onslaught. But during the Winter months, the long distance scene has been dominated by one Mann – Jim Mann. You can read Jim's article about his amazing Big 3 Winter Rounds elsewhere in the magazine.

The enthusiasm generated by Jasmin and Rob Jebb in 2016 for fast rounds seems unstoppable and there is no doubt that this has changed the mindsets of top fell racers. I think that Billy Bland's legendary **35** year Bob Graham record of **13hrs 53mins** will be beaten this year. Billy is one of the greatest Lakeland fell racers of all time and the challenge he set was so intimidating that very few have attempted to beat it. Interestingly, Mark McDermott and Mark Hartell set Lake District 24 Hour Records and later also made attempts on Billy's record. Mark Hartell lost an hour to Billy throughout his BG record attempt but still completed the 2nd fastest ever BG in just under 15 hours. Last year Jebby beat Mark's time and bridged the gap between Mark and Billy's times.

In my opinion, with the speed required, it will take a top fell racer who is backing off from race pace to break Billy's record. I think that fell racers are now taking the view that this is such a fantastic challenge, it is well worth focusing on even if it temporarily 'interferes' with fell racing. Rumour has it that as many as 5 contenders are queuing up to have a go this year!

JIM MANN – BIG 3 ROUNDS IN A MONTH, ALL IN WINTER

In early December Donnie Campbell completed Ramsay's Round in 23hrs 6mins and set a new record for the Winter Round. The weather and conditions underfoot were fairly benign for December and quite unlike the classic Winter conditions experienced by Jon Gay a few years earlier when he first broke the 24 hour barrier for the Winter Ramsay Round. Nonetheless, it was a very challenging round to complete in December.

Jim had a relatively 'steady' 2016 while trying to shake off a severe chest infection. He was one of the key pacers on Jasmin Paris' Big Three Rounds in 2016. By the end of last year he was firing on all cylinders once again and keen to begin his 2017

campaign in style. On the 22nd January, supported by many of 'Jasmin's' same Dream Team, Jim set a new winter record for the Charlie Ramsay Round, completing it in **22hrs 23mins**.

He immediately set his sights on the Paddy Buckley Round which he completed in testing conditions with support from the same team three weeks later on 11th February in **21hrs 37mins**. This reduced Tom Phillips Winter record of 22hrs 49 which was set in February 2015 and was also Jim's first Paddy Buckley Round.

The question on everyone's minds was whether Jim would recover well enough to sneak a Bob Graham round before the Winter season ended. Jim was already the Winter BG record holder with a time of 18hrs 18mins set on the 1st Dec 2013 but a clutch of Big 3 Winter Rounds completed in the same season would be a nice statistic! Ten days after his Paddy Buckley Round on the Monday 21st/22nd February Jim completed a Winter Bob Graham Round in **20hrs 26mins**. The main factor influencing Jim's decision to go was his commitment to take part with a fast team on the High Peak Marathon at the beginning of March.

This means that Jim now holds the record for all Big 3 Winter Rounds. He completed them over a period of 29 days,

one day longer than it took Adrian Belton to complete his Big 3 Summer Rounds in 1989.

Just nine days after completing the Big 3 in Winter, Jim and his team won the 40 mile overnight High Peak Marathon by a decent margin. Jim - amazing.

TIM RIPPER – BIG 3 ROUNDS AT 30

In 2016, Tim decided to attempt the Paddy Buckley, Charlie Ramsay and Bob Graham Rounds to celebrate his 30th birthday. He completed the Paddy Buckley in May in 23hrs 11mins and Ramsay's Round at the end of June in 23hrs 6mins. Of the three rounds, Tim was most familiar with the Bob Graham which he had already completed in 2014. For this reason, he left the BG to be completed last. His attempt in November failed due to difficult snow conditions and exhaustion. However, Tim was able to squeeze in a successful mid-Winter attempt during a period of unusually clement weather on 17th/18th December. The Big 3 were complete, all within a calendar year.

CAROL MORGAN – LADIES' PENNINE WAY RECORD

The Pennine Way record is held Mike Hartley, who ran the route in 2days 17hrs 20mins, finishing on the 23rd July 1989. We don't believe that the PW has received as



*Konrad Rawlik
set a Denis Rankin
Round record*

PHOTO © JASMIN PARIS

Daniel Doherty set
a Brecon Beacons
Traverse record



PHOTO © EMMA BAYLISS

much attention from the ladies.

The Spine Race is a complete traverse of the Pennine Way and is held each January, usually in very challenging conditions. Carol Morgan was 6th overall in the 2017 event and won the ladies' race in a fantastic time of 4days 13hrs 54mins. We think that this is the fastest known time by a lady for the Pennine Way. Do get in touch if you think this is incorrect.

KONRAD RAWLIK – DENIS RANKIN ROUND RECORD

The Denis Rankin Round is a circuit of all the peaks in the Mourne mountains over 400m in height, covering 90km and 6500m in ascent. The challenge is to complete the round within a 24 hour period. The Round is named after Denis Rankin, a pioneer and leading light in fell running and mountain marathons in Northern Ireland since the 1970's, who tragically died on 16th May 2013 competing in a fell race on Slievemoughanmore.

On Saturday 8th April while many elite runners were racing at the British Championship Donard Challenge fell race, Konrad Rawlik was running a solo/ unsupported clockwise Denis Rankin Round. Konrad set off at 04:08am and

powered round in a new record time of 14hrs 23mins 21secs, reducing Gary Warnock's previous record of 17hrs 16mins which he set on 16th July 2016.

Konrad only made the decision to attempt the round on the Friday and had a trace from John Ryan who had done it last year, but no map of the Mourne. Konrad writes "fortunately the website <http://www.denisrankinround.com> has some slightly low resolution maps which I printed and marked up with John's route. It was a lovely day, running in low cloud at first which then cleared in the afternoon for blue skies and sunshine. I didn't fit the run into daylight, but could have if I had set off later. I thought it would take longer to be honest and preferred not having to finish in the dark, but at the same time I didn't want to set off too early as I wanted to get some sleep. I decided on a 4am start and I turned my head torch off at around 6am. I quite like starting in the dark and running into the sunrise. The round is very nice. Varied terrain, a lot of rocky stuff with some grass and tussock, a bit reminiscent of Galloway at the far end, but mostly interesting. Although I would say that it is a fair bit easier than the Big 3 Rounds, it is definitely worth doing. There is definitely some more

slack left in that record for the fast guys. I think means our household now holds two outright records for 24 hour rounds!"

DANIEL DOHERTY – BRECON BEACONS TRAVERSE RECORD

Also known as the South Wales Traverse, this very fine 24-hour challenge was launched in 1984, having been designed and completed by Derek Fisher and Andy Lewsley the year before in 21hrs 24mins. It is a linear traverse which starts at Pen Rhiw-wen, a windswept col on the A4069. It crosses the 31 summits of South Wales over 2000ft in the Carmarthen Fan, Fforest Fawr, Brecon Beacons and Black Mountains areas. The route is generally eastward and after about 75 miles and 17,000ft of ascent the finish is reached at the ruins of Llanthony Priory, near to Abergavenny. This is one of the most beautiful finishes to an ultra-distance challenge.

In 1993, Mark Hartell (early in his ultra career) set a supported record of 14hrs 42mins which reduced my 1991 supported record by 13 minutes. Mark's record has stood for 24 years, although there have been no other record attempts that we are aware of and we have always felt that this route was worthy of much more

attention. We felt that our times were quite challenging, however on Saturday 15th April Dan reduced Mark's record by a substantial margin of 24 minutes to **14hrs 18mins**. What makes Dan's run extraordinary is that he was solo throughout the run with almost no support and he collected food from food drops.

Here is a bit of background about Dan - he originally competed internationally for Ireland in road 100k. He won the Anglo, Celtic Plate in 2015 and reckoned that was as good as it was going to get on the road. He moved into mountain running 4-5 years ago and moved to Merthyr to train in the Brecon Beacons. Dan represents Ireland in trail and mountain races with over 10 World and European Championship appearances under his belt usually finishing in top 20. He only competed in his first fell race (a short one) in September 2016 and runs for Mynydd Du. He came very close to breaking the Paddy Buckley record last year with about 4hrs to complete the last 10 miles but got caught out in bad weather on the Glyders in shorts, tee and windproof jacket (running solo) and had to come down quickly off Devil's Kitchen. He is hoping to give it another go in late Summer this year.

Dan writes about his adventure "I think I was at a key advantage knowing the course and being able to recce each section several times. I know the course well. That said, I did not recce about 500m of the course and hey ho - I got lost! This was a section leading up to Chwarel y Fan where I soon realised that I was in the wrong forest and simply pushed my way up through the trees until I could see daylight and the peak, it cost me some time!

The day before the run, I drove along the course and dropped 2 refreshment bags, one at the A4067, one at Storey Arms and a running pack at Cwm-Gu. The refreshment bags comprised a few jelly babies, 2 gels and a sports drink. My running pack had 4 gels and some coke, spare GPS watch and head torch. Although I can't say that it was solo/unsupported because of the food drops, the run was entirely solo and I did not have any pacers other than my iPod! I met a friendly face who just finished a night shift at 7.30am just before the climb up to Fan Gihirych, however I had already picked up a 'goodie bag' at this location.

Weather was very kind to me. In the morning, there was mist to around 500m with a slight wind chill (I had some hand warmers in the gloves). The temperature was very 'Welsh' which suited me and my training i.e. about 10 degrees or so. The wind picked up on the end section which I felt but nothing to complain about! I actually got the nutrition wrong for the last section. The Black Mountains are about 23 miles with few options for refreshment points. I had used all my water and food in the first 10 miles or so going through a bad patch and ran the last 2.5 hrs with nothing and I began to hit a very strong bad patch

for the last 7-8 miles. Thankfully, knowing the end was close was enough to get me through.

I had many bad patches! As with anything of that distance, most people will hit at least 2-3 bad patches. Mine were climbing up to Cefn yr Y Strad which is a little bleak and is a long climb that is not steep enough to hike but when running it lets you know you are climbing! The other section was the climb up to Pen Cerrig-calch which is the first climb following a long 10k road running section where I was really low on energy. Although I had a 'pit-stop' just before, it took a while for my body to benefit from the sugar. Finally, the final leg is a really tough section. While training it was no problem at all, but when running a lot slower and on very tired legs it felt like it was never going to end. By then I had not drunk anything or eaten anything for a while.

I touched the wall of Llanthony Priory, got changed and walked 100M to the Half Moon pub. The finish line, although one of the most beautiful places I have finished a run, has absolutely no mobile phone signal. I therefore decided to have dinner and a pint in the pub, stay there overnight and get a taxi home next morning. My car is still at the start line! Thankfully a friend has agreed to help me pick up the car tomorrow.

My body is used to these distances and I usually run in training for hours without nutrition. My feet were fine too. I wouldn't be able to say I can run my fastest 10k today but I'll be back to training (light) on Monday. It is essential to recce the whole course when attempting something like this but I would advise future runners to pay particular attention to:

The best line from Gareg-Las to Bannau Sir Gaer

Learn the route around Cefn yr Strad. It will be very confusing in poor visibility and involves running around a quarry so safety is key

Pen-Twyn-Mawr to Chwarel y Fan is very difficult navigationally. Coming down the valley there is no path however the forestry commission has taped some trees on a proposed route down. I recommend using it, particularly if you end up doing this section in the dark. Going back up the other side of the valley make sure you know this section as again there is no clear footpath up - it's proper fell running!

In summary, this is my home and I am very proud to be living in the Brecon Beacons. I have competed in many mountain ranges in Europe but there is something about the British mountains that make them special, especially the Welsh mountains. The BBT is not as demanding as the Big 3 Rounds from a climbing perspective but it is not to be underestimated as it has its own unique challenges. I will leave it for future runners to work out what they are as that's half the fun of it!"

BIG THREE UK ROUNDS – REGISTER OF COMPLETIONS

The Big Three are the Bob Graham in the Lakes, Paddy Buckley Round in Snowdonia and Ramsay's Round to the east of Fort William. After completing a Bob Graham, quite a number of folk are keen to tackle another big challenge and having completed their second Big Round, it is only natural to want to complete the Big Three. Most years, one or two people complete their third round and join a small group who have completed the Big Three Rounds, each round within 24 hours. In 2012 there were no completions of Ramsay's Round, so the Big Three "Club" is quite a select group that isn't growing at an exponential rate! We believe that about 50 folk have completed the Big Three Rounds but we don't yet have the definitive list. A provisional list is published on www.gofar.org.uk but if you have completed all 3 rounds within 24 hours or details on the website are incomplete, please email Tony Wimbush at info@gofar.org.uk to ensure that you are on the list and let him know the year you completed your third round. If you spot an error on the list, please let Tony know. With any luck we should have a clean and accurate list on display soon.

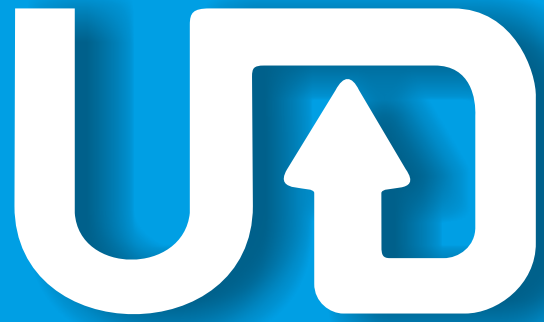
FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

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

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

WWW.GOFAR.ORG.UK

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



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Series 3.0

**ULTIMATE
DIRECTION®**

The Joss Naylor Lakeland Challenge

The third Saturday in October 2016 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 old friends and to make new ones. Last year's Dinner was no exception when Joss presented 11 engraved tankards. Thanks are due to Ed Swift for obtaining the tankards and organising the Presentation Dinner itself.

Those of you who have been involved in the Challenge 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 these occasions and are supplemented by others from time to time. So, in no particular order, thanks are due to Rainer Burchett, Mike Langrish, Wendy Dodds, Ed Swift, Nick Hewitt and Geoff Cox all of whom were involved

during 2016. They are all familiar with the vicarious pleasure of being involved with, even if only in a very small way, someone's challenge and hopefully, success. Much more importantly and 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 2017.

I already have details and a firm date for the first of the 2017 attempts so if you are considering an attempt please have a look at the blog for the requirements, sample schedules and inspiring accounts of other Crossings. Feel free to contact me if you have specific questions or are just looking for more information and don't forget Joss's advice -

"I would like to offer all future contenders

my very best wishes and may the weather be kind to you. Completing The Crossing is better than a gold medal - it is just pure magic. Don't forget to come along to the Dinner to celebrate new completions and relive fond memories of your day on the fells."

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:

Ian Charters

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

Email: ian.charters@justusuk.com (preferred)

24 Mill Lane, Aspull, Wigan, WN2 1QY

(Please enclose a SAE)



*Joss with
2016
tankards*

REPORTS & RESULTS



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

*Ricky Lightfoot
winning the 2016
Three Shires Fell Race*

BOFRA CRAY
North Yorkshire

AS/2.8mile/400m 07.08.16

In the wake of races at much bigger events such as Gargrave Show and Burnsall Sports, came the much lower key Cray Fell Race. Rain over the weekend had ensured that the paths were wet and any potential bogs were indeed boggy. As an additional challenge, the smooth limestone was now slippery. The final challenge was the weather itself. The rain held off for the races but as the sun came out, the air became hot and humid, so physical exertion appeared all the more strenuous.

Low key, but no less of a race than any other, it starts in a field opposite the White Lion Public House at Cray and attracted runners from as far afield as Derbyshire and Cheshire in addition to more local runners. As a rare fellrunning treat, runners cross Cray Gill on the stepping stones, rather than by wading across a watercourse, prior to the race. Starting in a field at the base of the fell, the racers make a mad dash over slippery limestone before heading off to join the well-worn and partially paved path up to Buckden Pike. Having rounded the distinctive trig and cairn at the summit, competitors now have a choice of return route. They can either go "off piste" and bound over marshy and gnarly fell side to reach the finish line, or return the way they came. On the day, there was a mix of choices with no apparent advantage being conferred by going cross country as has been the case in previous years. To add extra variety to the event this year, one dedicated runner even included one of his "22 press-ups for 22 days" sessions at the summit before making his way to the finish line.

After the race, the stepping stones were neglected in favour of the rather full flowing Cray Gill, to cool and ease the legs and feet. Luke Beresford won the senior men's race. Winner of the women's race was the extremely dedicated Jean Powell, who had raced at both Gargrave and Burnsall the day before

Su Thompson

1. L. Beresford	Ripley	25.42
2. L. Dunne O/40	Otley	26.31
3. I. Willis O/40	Kghly	27.22
4. G. Smith	Skipt	28.14
5. D. Soles O/50	Penn	28.36
6. P. Wardle	Skipt	30.31
7. P. Lloyd	Kghly	31.52
8. J. Powell O/40	Wharf	33.21
9. T. Gibson O/50	Wharf	33.51
10. B. Scholes O/60	Settle	34.21
(11) P. Stanley	Unatt	35.55

VETERANS O/60

1. (1) (10) B. Scholes	Settle	34.21
2. (19) T. Metcalfe	Wharf	47.35

WOMEN

1. (8) J. Powell O/40	Wharf	33.21
2. (14) J. Marshall O/40 ...	Settle	37.22
3. (17) S. Thompson O/40	Wharf	41.36
4. (18) A. Butlin O/40	Ripley	41.42

33 finishers

BOYS U/9

1. J. Reeday	Barlick	4.46
2. J. Sanderson	Settle	5.49
3. G. Fitzpatrick	Barlick	7.02

GIRLS U/9

1. B. Willis	Kghly	8.01
2. S. Fitzpatrick	Barlick	8.40

BOYS U/12

1. A. Willis	Kghly	10.58
2. L. Carrington	Chesh	11.09
3. B. Grundy	Unatt	17.33

GIRLS U/12

1. A. Lane	Ilk	14.42
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BOYS U/14

1. A. Thompson	Wharf	12.42
2. S. Soles	Buxt	12.47

BOYS U/17

1. D. Soles	Buxt	20.27
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GIRLS U/17

1. A. Willis	Kghly	39.57
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33 finishers

BOFRA BURNSALL
North Yorkshire

AS/1.5mile/250m 11.09.16

The September sunshine blessed Burnsall on this weekend and brought out 74 eager senior and 128 enthusiastic junior runners for the fell race. Taking a similar route to the Burnsall Classic earlier in the season, this race is usually characterised by local knowledge and an ability to abandon fear of where your feet might go! It commences innocently enough, in a grazed field, but soon changes character to that of a more gnarly fell race. The outward route to the summit is flagged but challenges the fool hardy with sneaker snatching bogs and heather lined, rocky, narrow paths. Meanwhile, the return is "any way back" but requires an element of fearlessness as the descent from the fell is through heather and the well-worn path is more treacherous than the "off piste" option. However, the best route of legend is where those with local knowledge will benefit, and appears to vary by season. Whichever way you descend, once through the heather and over the wall marking the fell base, the course gradually becomes more welcoming, finishing where it started in green pasture and a speedy downhill finish!

This year's senior winner was 2016 BOFRA Champ, Simon Bailey. Local fell running legend, Ted Mason, was knocked back into 3rd place by the Burnsall first timer, Joshua Jardine.

Su Thompson

1. S. Bailey	Mercia	13.38
2. J. Jardine	Unatt	14.21
3. T. Mason	Wharf	14.38
4. J. Craig	Barlick	15.31
5. A. Livingstone	Unatt	15.32
6. I. Gibbons O/40	Ilk	16.14
7. R. Carr O/40	Wharf	16.20
8. P. Carman	Ilk	16.23
9. F. Bosomworth	Wharf	16.37
10. J. Cummings	Ilk	16.47

VETERANS O/50

1. (17) A. Holden	Wharf	18.15
2. (23) M. Calvert	Howg	19.24
3. (31) R. Aubrey	HelmH	20.21

VETERANS O/60

1. (32) D. Allen	NVets	20.22
2. (48) B. Scholes	Settle	22.21
3. (50) D. Fell	CFR	22.45

WOMEN

1. (26) R. Pilling	P&B	19.43
2. (30) K. Bailey O/40	Mercia	20.20
3. (33) J. Powell O/40 ...	Wharf	20.25
4. (35) S. Houghton O/50	Ripon	20.28
5. (41) F. Swann O/40 ...	Trawd	21.37
(46) J. Gardner O/50	Macc	22.08

BOYS U/9

1. J. Reeday	Barlick	3.42
2. T. Hooper	Wharf	3.47
3. J. Sadler-Townsend ...	Kghly	3.52

GIRLS U/9

1. M. Bellwood	Kghly	3.53
2. P. Midgley	Kghly	3.54
3. E. Anderson	Wharf	4.15

BOYS U/12

1. D. Thompson	Clay	6.09
2. L. Carr	Ilk	6.15
3. B. Greenep	Settle	6.19

GIRLS U/12

1. O. Winder	Leven	6.50
2. E. Swarbrick	Brought	6.53
3. B. Roberts	Kghly	6.58

BOYS U/14

1. L. Hudson	Kghly	7.15
2. B. Edmondson	Amble	7.29
3. A. Thompson	Wharf	7.32

GIRLS U/14

1. A. Jones	Wharf	8.20
2. F. Mitchell	Wharf	9.03
3. C. Barrett	Wharf	9.27

BOYS U/17

1. J. Edmondson	Amble	11.22
2. L. Hargreaves-Madhas	Wharf	11.34
3. J. Aubrey	Helm	12.06

GIRLS U/17

1. E. Jones	Wharf	14.52
2. E. Findlay	Bing	15.05
3. H. Durkin	Amble	16.17

202 finishers

SCAFELL PIKE
Cumbria

AS/7.2km/914m 17.09.14

In line with the forecast, the weather was almost perfect for the revised shorter course Scafell Pike. The race length now closely resembles the original pre-FMD year route so the original records can once again be challenged, though as yet not threatened!

The turnout of 127 in a non-championship year was more than just excellent, boosted by 34 Army runners. Josh Jardine, at just 20 years, led by a minute from Ben Proctor at the summit and nearly three minutes from Richard McGrath. Richard descended very well and managed to pass Ben on the return leg but Josh still won by over a minute. Ladies' winner, Caroline Higgins, led by 2 minutes at the summit but runner-up, Kate Archer, descended

well and closed the gap to just 7 seconds by the finish with Rachel Lowther coming third.

Alan Smith ran an excellent race as a MV55 coming in 6th overall as did Zac Hudd doing a numerical trick of coming 16th at just 16yrs of age.

Helm Hill were the first gents team with the Army Engineers second and Barlick third. Barlick also picked up the women's team prize with Aycliffe runners-up.

Thanks go to Bob Smith for kindly stepping in & being organiser on the day as I was unable to attend, to paramedic Dave Elthorpe for patching some thankfully minor scrapes, to Jim and Lindsay for registration, with race No.1 Caroline Harding also mucking in early on, to John Rea for car parking etc. and to the summit team of Terry Kirton, Richard and Michael Green.

Thanks to the National Trust campsite for allowing us to start/finish the race in their environs and to Andrew Naylor Lopez for the car parking field.

Hope to see some of you again next year,
Richard J Eastman

1. J. Jardine U/23	Unatt	57.53
2. R. McGrath	Ellenb	59.16
3. B. Procter	HelmH	1.00.10
4. D. Poole	Barlick	1.03.24
5. L. Procter	Helm	1.04.36
6. A. Smith O/55	Dees	1.05.04
7. G. MacMillan	Lochab	1.05.23
8. G. Pemberton	Wharf	1.06.20
9. C. Jackson	Glossop	1.06.36
10. Sgt. Knight	Army REME	1.06.46

VETERANS O/40

1. (17) L. Ashley	EskV	1.10.20
2. (20) P. Kemp	Ellenb	1.11.14
3. (22) P. Crook	Unatt	1.11.45

VETERANS O/50

1. (6) A. Smith	Dees	1.05.04
2. (15) A. Holden	Wharf	1.09.48
3. (24) G. Gough	Clay	1.13.24

VETERANS O/60

1. (57) C. Taylor	Mercia	1.22.19
2. (75) I. Smith	Bolt	1.28.41
3. (83) T. Symonds	FRA	1.29.57

WOMEN

1. (34) C. Higgins	LeedsB	1.16.49
2. (36) K. Archer	Ilk	1.16.56
3. (69) R. Lowther O/40	Barlick	1.26.45
4. (73) L. Dinsdale	Barlick	1.28.30
5. (77) C. Harding O/40	P&B	1.28.57
(93) A. Paxton O/50	Kghly	1.34.47
(95) L. Buck O/50	CFR	1.36.27

127 finishers

MOURNE MOUNTAIN MARATHON Mourne Mountains, Northern Ireland 17-18.09.16

The British and Irish teams had marauding Scandinavians to contend with this year attempting to raid the prize fund but ultimately, it all provided an extra dimension for a great weekend of mountain running. In fact, it was the Irish who dominated Day One with members of previous Elite and B class winning teams mixed up into two very competitive teams and it was the pairing of

Shane Lynch and Jonny Kendall who battled their way to the overnight lead but with just a slender six minutes advantage over Laurence Quinn and Ben Mangan. In third place were regular mountain men, Jonathan McCloy and Paul Weir, just minutes ahead of the promising young mixed orienteering team of Paul Pruzina and Megin Wilson.

The overnight campsite in the Silent Valley deserves its five star billing as far as MM campsites are concerned, not least due to the soft mown grass upon which tents can be pitched and weary bodies reclined. We have to thank the Water Service and their helpful staff for allowing us to use this facility. Fine autumn weather also helped the feel good factor and displayed the compact Mourne Mountains to full effect.

Day Two brought a change in the weather but held off with its rainy period until all competitors had broken camp and were in the hills. The top two teams continued their battle throughout the day with the lead alternating as they tried to gain advantage, especially in the two sets of cluster controls but in the end Shane Lynch and Jonny Kendall managed to gain another minute and so were crowned Mourne Mountain Marathon Champions for 2016. The Nordic raiders enjoyed Day Two much better with Sebastian Ljungdahl and Janne Stromborn hammering through the opposition to move into third place overall and their mixed team compatriots of Tomas Albinsson and Pernilla Berg did the same to the mixed category to win it and place fifth overall.

Mark Stephens and Colm Moran were in a class of their own as they won the B class but William Winter and Andrew Danes had their work cut out to win the C class as they held onto their overnight lead with just minutes to spare over the mixed veteran team of Judith Austerberry and Allan McCall. In the family category which allows 16-18 olds to compete with a parent, the winners for second year in succession were Trevor and Cameron Martin.

The prize giving was held once again at the magnificent Tollymore Outdoor Education Centre and we were very pleased to have the continued support of Jackson Sports providing many of the prizes. This Mountain Marathon would not happen without the effort of volunteer effort for we remain a non-commercial event, so many thanks to everybody who gave their time and effort to make it a success, especially the hard working committee. The works for 2017's event is already underway so if you fancy a great weekend at the friendly Mountain Marathon, get your entry in.

Jim Brown

ELITE COURSE

1. Shane Lynch/Jonny Kendall (Male)	10.32.07
2. Laurence Quinn/Ben Mangan (Male)	10.39.12
3. Sebastian Ljungdahl/Janne Stromborn	11.57.37
4. Jonathan McCloy/Paul Weir (Male)	12.17.50
5. Pernilla Berg/Tomas Albinsson (Mixed)	12.59.23
6. Paul Mahon/Rachel Nolan (Mixed)	13.03.36
7. Richard Hanna/William Marks (Male)	13.04.18

8. Andy Creeber/Bryan Stadden (Veterans)	14.30.07
9. Taryn McCoy/Sarah Galligan (Female)	16.58.30

B COURSE

1. Marks Stephens/Colm Moran (Male)	08.31.00
2. Mark Burley/Tom Watkins (Male)	09.57.10
3. Alasdair McCallum/Tom Begley (Veterans)	10.11.41

C COURSE

1. William Winter/Andrew Dames (Male)	06.57.58
2. Judith Austerberry/Allan McCall (Mixed)	07.03.13
3. Sam Dixon/Jo Hickman Dunne (Mixed)	07.03.52

BOFRA EMB SAY North Yorkshire AS/2.75mile/250m 18.09.16

The morning of this year's Embsay Fell race did not bode well. Low lying cloud and mist suggested that the race might be more of an orienteering exercise than a true fell race.

However, by the time registration opened, the mist had lifted and bright sunshine bathed the fell and the runners.

The sunshine clearly attracted the racers as a staggering 92 senior and 140 juniors lined up to tackle this multi-terrain challenge.

Starting in the field behind the Elm Tree Inn, it gives the impression of being a tough cross country course, as undulating fields are the order of the day for the first part of the race. Do not be deceived, however, as the terrain soon changes to steep track and then boggy marsh land before the hand over fist climb to reach the summit of Embsay Crag. A right turn then takes runners along the heather coated skyline before descending a steep bank to meet the outward route at the fell base, and return to the finish funnel.

The senior race winner was the rarely beaten Simon Bailey.

Su Thompson

1. S. Bailey	Mercia	18.45
2. J. Wood	Ilk	19.26
3. J. Craig	Barlick	20.14
4. L. Athersmith	Wharf	20.35
5. M. Cardus	Unatt	21.07
6. D. Kirkham O/40	Wharf	21.09
7. I. Willis O/40	Kghly	21.25
8. R. Furness	Wharf	21.36
9. T. Edward O/50	Clay	21.45
10. I. Gibbons O/40	Ilk	21.48

VETERANS O/50

1. (9) T. Edward	Clay	21.45
2. (24) C. Moses	Wharf	23.49
3. (25) A. Life	Clay	23.58

VETERANS O/60

1. (34) D. Allen	NVets	24.46
2. (63) B. Scholes	Settle	28.32
3. (67) J. Ruseus	Clay	29.01

WOMEN

1. (23) L. Collins	CaldV	23.19
2. (30) J. Buckley	CaldV	24.32
3. (33) C. Evans O/50	Settle	24.44
4. (36) P. Barrett	Unatt	25.09
5. (45) K. Bailey O/40	Mercia	25.57

(47) S. Houghton O/50 ...	Ripon	26.04
(69) V. Kirkwood O/40 ...	Dallam	29.29
BOYS U/9		
1. J. Sadler-Townsend ...	Kghly	4.18
2. T. Hooper ...	Wharf	4.25
3. J. Sanderson ...	Settle	4.31
GIRLS U/9		
1. E. Anderson ...	Wharf	4.36
2. K. Buckley ...	Kghly	4.41
3. M. Timbers ...	Kghly	5.00
BOYS U/12		
1. H. Hunter ...	HelmH	8.53
2. L. Carr ...	Ilk	9.17
3. B. Greenep ...	Settle	9.19
GIRLS U/12		
1. O. Winder ...	Leven	9.47
2. E. Swarbrick ...	Brought	9.48
3. E. Dorrington ...	Clay	10.03
BOYS U/14		
1. B. Edmondson ...	Amble	13.16
2. S. Segger-Staveley ...	Settle	13.24
3. S. Smith ...	Wharf	13.40
GIRLS U/14		
1. B. Raven ...	Ilk	15.54
2. F. Mitchell ...	Wharf	16.26
3. C. Barrett ...	Wharf	17.03
BOYS U/17		
1. L. Hargreaves-Madhas ...	Wharf	21.20
2. J. Aubrey ...	HelmH	21.52
3. J. Shuttleworth ...	Amble	22.19
GIRLS U/17		
1. E. Field ...	Unatt	25.15
2. B. Holt ...	Clay	25.52
3. H. Durkin ...	Amble	29.40
232 finishers		

ST BONIFACE Isle of Wight AS/3.9km/235m 24.09.16

1. G. Hughes ...	Serp	16.59
2. S. Humphrey ...	VicP	17.42
3. J. Dale ...	VicP	17.51
4. J. Polini ...	VicP	17.54
5. F. Lassonde ...	VicP	18.19
6. A. Summers ...	VicP	18.32
7. M. Marshall ...	Oxford	18.43
8. D. Bryers ...	VicP	18.48
9. D. Mutlow ...	VicP	18.57
10. S. Buckley O/40 ...	Serp	19.02
VETERANS O/50		
1. (19) C. Poulton ...	Camb	19.41
2. (25) M. Forrest ...	LondF	20.18
3. (40) P. Marshall ...	Oxford	21.42
VETERANS O/60		
1. (52) N. Brooke ...	Dorset	22.15
2. (72) P. Judge ...	WWRR	23.44
3. (99) B. Pentland ...	Portsm	25.35
VETERANS O/70		
1. (105) G. Newton ...	Tad	25.51
2. (137) P. Hadley ...	Camb	28.21
WOMEN		
1. (40) M. Dohren ...	VicP	21.37
2. (47) R. Thomas ...	VicP	22.01
3. (51) N. Sheel ...	Serp	22.13
4. (62) R. Knapton ...	Winch	23.11
5. (70) T. Simmonds ...	Serp	23.39
(85) P. Goodall O/60 ...	Totley	24.33
(100) A. Brindley O/50 ...	Unatt	25.36
(108) S. Francis O/40 ...	Compt	25.57

(113) E. Parry O/40 ...	Ryde	26.13
(115) L. Gettins O/50 ...	Compt	26.22
(125) J. Barron-Green O/60	VicP	27.19
(134) E. Battson O/50 ...	VicP	28.15
(164) C. Hall ...	Unatt	34.30

177 finishers

VENTNOR HORSESHOE

Isle of Wight		
BM/12km/443m 24.09.16		
1. G. Hughes ...	Serp	51.00
2. S. Humphrey ...	VicP	53.09
3. J. Polini ...	VicP	55.50
4. M. Marshall ...	Oxford	54.18
5. F. Lassonde ...	VicP	54.39
6. A. Summers ...	VicP	55.16
7. J. Dale ...	VicP	56.18
8. D. Bryers ...	VicP	56.27
9. R. Whitmarsh ...	Serp	57.17
10. S. Buckley O/40 ...	Serp	57.18

VETERANS O/50

1. (16) C. Poulton ...	Camb	58.56
2. (25) M. Forrest ...	LondF	61.14
3. (43) P. Marshall ...	Oxford	65.48

VETERANS O/60

1. (39) N. Brooke ...	Dorset	64.49
2. (67) P. Judge ...	WWRR	70.46
3. (77) N. Crane ...	Stubb	72.52

VETERANS O/70

1. (91) G. Newton ...	Tad	75.06
2. (132) P. Hadley ...	Camb	83.24

WOMEN

1. (37) M. Dohren ...	VicP	63.44
2. (47) R. Thomas ...	VicP	66.27
3. (49) T. Simmonds ...	Serp	66.50
4. (58) N. Sheel ...	Serp	69.28
5. (66) E. Steward ...	Denm	70.36
(74) P. Goodall O/60 ...	Totley	72.24
(93) A. Brindley O/50 ...	Unatt	75.55
(107) S. Francis O/40 ...	Compt	77.54
(118) L. Gettins O/50 ...	Compt	80.09
(123) J. Conway O/40 ...	LondF	81.25
(124) J. Barrow-Green O/60	VicP	81.41

190 finishers

WROXALL ROUND Isle of Wight CL/21.1km/487m 25.09.17

1. G. Hughes ...	Serp	1.21.09
2. S. Humphreys ...	ViP	1.24.15
3. J. Polini ...	VicP	1.25.03
4. F. Lassonde ...	VicP	1.25.21
5. M. Marshall ...	Oxford	1.26.12
6. A. Summers ...	ViP	1.27.09
7. J. Dale ...	VicP	1.28.29
8. S. Whelan O/50 ...	LondF	1.29.04
9. S. Buckleyn O/40 ...	Serp	1.29.12
10. B. Browatzki ...	ViP	1.29.18

VETERANS O/50

1. (8) S. Whelan ...	LondF	1.29.04
2. (22) C. Poulton ...	Camb	1.33.21
3. (30) M. Forrest ...	LondF	1.36.32

VETERANS O/60

1. (45) N. Brooke ...	Dorset	1.43.52
2. (84) P. Judge ...	WWRR	1.57.53
3. (93) T. Hill ...	Ryde	1.59.13

VETERANS O/70

1. (103) G. Newton ...	Tad	2.01.29
2. (143) P. Hadley ...	Camb	2.18.39

WOMEN

1. (23) H. Wallington O/40	Tott	1.34.27
2. (44) M. Dohren ...	VicP	1.43.05
3. (50) R. Thomas ...	VicP	1.45.26
4. (56) T. Simmonds ...	Serp	1.47.43
5. (64) F. Jeacocke ...	VicP	1.50.26
(82) P. Goodall O/60 ...	Totley	1.55.57
(83) E. Parry O/40 ...	Ryde	1.56.30
(98) A. Brindley O/50 ...	Unatt	1.59.59
(117) J. Barrow-Green O/60	VicP	2.06.29
(120) L. Gettins O/50 ...	Compt	2.07.51

ISLE OF MAN JUNIOR UPHILL CHAMPIONSHIP Isle of Man 8.10.16

The Junior Fell Running Championships are the highlight of the junior calendar on the Isle of Man, with over 280 children from age 7 to



*The highlight of the
Junior Calendar on
the Isle of Man*

11 competing over a selection of age related courses in the stunning setting of Port Erin's 'Bradda Head'.

The event was extremely well supported by our local Primary Schools with some fantastic close racing. It is incredible to see such young children tackle challenging terrain with such gusto, and the smiles at the end support the idea that the event is held high regard by the children.

At the older end, the Year 6 boys race saw defending champion (from Year 5) Gethin Owen securing a comfortable win over his Foxdale School class mate Brydon Callow, with Corbyn Schade from Peel Clothworkers in third place. The Year 6 girls race saw Macy Hillier from Kewaigue School winning over a minute ahead of Madison McMullen from Bunscoill Rhumsaa, with Kirree Craine from Dhoon School in third place.

Thanks go to all the marshals who gave up their Saturday, the parents for bringing their children along and the Isle of Man Bank for sponsoring the event. Great day!

Chris Kirk

MENDIP MUDDLE Bristol

CL/20.3km/488m 09.10.16

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 261 finishers this year. Course conditions were very good with not much mud about and it stayed dry all day so conditions were near perfect for the runners and marshals. Times were significantly better than last year, with the first two ladies beating the female course record.

The men's winning time was four minutes faster than last year in a very impressive 1:19:43 by Ben Mitchell. Christian Green was second in 1:23:14 followed by Damian Hall (MV40) in 1:24:37.

For the ladies, Annabel Granger (FV40) was first lady, breaking the course record by 96 seconds, in 1:28:32 and came 7th overall. Nicola Brookland (FV40) came in second in 1:29:31, also breaking the course record and Lucy Richens was third in 1:38:31.

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 8 October 2017. See you there!

Tony Hogg

1. B. Mitchell	...	BristW	1.19.43
2. C. Green	...	Wells	1.23.14
3. D. Hall O/40	...	Corsham	1.24.37
4. S. Ledger	...	BristW	1.25.10

5. P. Murrin O/40	...	Cheps	1.26.23
6. R. Kestle	...	Cleved	1.26.54

VETERANS O/50

1. (19) M. Robinson	...	BristW	1.34.13
2. (31) D. Engledew	...	BristW	1.36.54
3. (37) A. Grant	...	Town&C	1.39.17

VETERANS O/60

1. (32) J. Mallone	...	Nails	1.37.54
2. (77) S. Owen	...	Cheps	1.48.08
3. (90) B. Stadden	...	Bitton	1.50.04

VETERANS O/70

1. (249) P. Lee	...	Frome	1.28.27
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WOMEN

1. (7) A. Granger O/40	...	BristW	1.28.32
2. (11) N. Brookland O/40	...	BristW	1.29.31
3. (34) L. Richens	...	Westb	1.38.31
4. (39) I. Peck	...	BristW	1.39.32
5. (44) M. Carter-Davies	...	UniBrist	1.40.35
(110) A. Engledew	...	BristW	1.54.00
(120) T. Robson	...	Westb	1.56.53

261 finishers

25TH WITHINS SKYLINE West Yorkshire 7mile/1000ft 09.10.16

It was another fantastic record breaking run by Tom Adams who retained his title for the third time leaving second man Jack Wood and third man Harry Holmes four minutes behind. Ilkley Harriers won the team chocolate with Jack Cummings in 13th backing up winner Tom and Jack Wood. Christian Holmes retained the MV40 trophy finishing in eighth overall, Nick Charlesworth won the MV50s, Dave Collins the MV60s and Dave Hill the MV70s.

23 year old Nichola Jackson won the women's race leading all the way finishing 18th overall. An outstanding performance considering she had finished second at the Langdale Horseshoe English championship race the day before. This performance means Nichola has finished joint second in the English championship with Lou Roberts and

third in the British championships. Annabel Mason finished second and FV40 Jo Buckley third. Jo led Calder Valley to the ladies team chocolate prizes with Lucy Collins fourth and Lindsey Oldfield sixth. Calder Valley also had the first FV50 in Anne Johnson while Stainland Lions Aileen Baldwin took the FV60 category along with a new record and Brenda Roberts won the FV70 again.

GU12 English champion Alice Jones was the star of the junior races setting a new GU14 and GU12 record as an astonishing 220 juniors took part in the various Quarry Rat Runs. Ewen Wilkinson and Katie Buckley winning the U8s' races, Katie only just won on a sprint finish with team mate Milly Timbers in the 69 strong field. In the older combined junior Quarry Rat Races, congratulations to winners Matthew Merrick BU18, Euan Brennan BU16, Alexander Thompson BU14, Toby Middleton BU12, Patrick Casey BU10, Victoria Merrick GU18, Eliza Findlay GU16, Emily Jones GU14, Alice Jones GU12 and Hannah Robinson GU10 from a field of a 151.

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. Over 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	38.32
2. J. Wood	...	Ilk	42.33
3. H. Holmes	...	York	42.39
4. R. James	...	Royt	43.20
5. A. Worster	...	Tod	43.42
6. G. Pearce	...	P&B	44.01
7. A. Burns	...	VStr	44.10



Annabel Mason, now running for Leeds Uni, finished 2nd at Withins Skyline

PHOTO © WWW.WOODENTOPS.ORG.UK

8. C. Holmes O/40	Wharf	44.21
9. M. Sennett	Wharf	44.52
10. N. Charlesworth O/50	Wharf	45.55

VETERANS O/50

1. (10) N. Charleworth	Wharf	45.55
2. (11) T. Edward	Clay	46.17
3. (19) N. Holding	WPenn	47.56

VETERANS O/60

1. (77) D. Collins	Tod	53.59
2. (95) K. Taylor	Ross	55.52
3. (107) M. Ayers	NLeeds	56.41

VETERANS O/70

1. (264) D. Hill	Skyrac	75.47
2. (286) M. Coles	VStr	82.55

WOMEN

1. (18) N. Jackson	Prest	47.52
2. (47) A. Mason	LeedsU	51.02
3. (58) J. Buckley O/40	CaldV	52.08
4. (65) L. Collins	CaldV	52.43
5. (67) R. Pilling	P&B	52.59
(80) L. Clough O/40	Chorl	54.07
(92) A. Johnson O/50	CaldV	55.43
(143) J. Butterworth O/50	Skipt	59.10
(193) A. Baldwin O/60	Stain	64.14
(242) S. Morley O/60	Knares	72.09
(290) B. Roberts O/70	Sadd	95.25

290 finishers

CURLY WURLY RAT RUNS UNDER 8 RACE - 0.5m/100ft

Boys

1. E. Wilkinson	Kghly	2.50
2. T. McCarthy	Ilk	2.55
3. J. Sanderson	Settle	2.56

Girls

1. K. Buckley	Kghly	2.58
2. M. Timbers	Kghly	2.59
3. L. Pickles	Barlick	3.15

U10, U12 & U14 RACE 1m/150ft

Boys U/10

1. P. Casey	Cald	7.07
2. L. Carrington	EChest	7.16
3. A. Budding	Ilk	7.24

Girls U/10

1. H. Robinson	Kghly	7.39
2. O. Midgley	Kghly	7.45
3. E. Anderson	Wharf	7.50

Boys U/12

1. T. Middleton	Horw	6.23
2. W. Hall	Cald	6.31
3. D. Thompson	Clay	6.34

Girls U/12

1. A. Jones	Wharf	6.27
2. A. Whitaker	Hgate	7.21
3. E. Whitaker	Hgate	7.25

Boys U/14

1. A. Thompson	Wharf	5.59
2. W. Thompson	Wharf	6.07
3. J. Egner	Settle	6.39

Girls U/14

1. E. Jones	Wharf	7.01
2. P. Anderson	Ilk	7.05
3. H. Davey	Otley	7.22

U/16 & U18 RACE 2m/300ft

Boys U/16

1. E. Brennan	Ilk	10.27
2. L. Hargreaves-Madhas	Wharf	11.41
3. S. Thom	Kghly	12.24

Girls U/16

1. E. Findlay	Bing	14.02
2. N. Weston	Ilk	16.31
3. G. Yates	Kghly	18.11

Boys U/18

M. Merrick	Bing	11.37
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Girls U/18

1. V. Merrick	Bing	14.07
2. H. Thom	Kghly	14.47

SCREES Cumbria

AS/7.9km/475m 15.10.17

1. G. Nash O/40	Carneth	47.53
2. R. Tyson	Tod	48.42
3. A. Armstrong O/40	Blayd	48.48
4. H. Keighley O/40	Wimbold	49.20
5. R. Green	AchRat	49.37
6. T. Fogh	Unatt	49.52
7. A. Ford	Horw	50.22
8. J. Marchant O/40	HelmH	51.26
10. M. Smith O/40	Dallam	55.38

VETERANS O/50

1. (12) M. Toman	Ross	57.48
2. (13) G. Mason	Kesw	58.00
3. (22) L. Buck	CFR	69.14

VETERANS O/60

1. (14) C. Mitchell	Unatt	59.25
2. (21) P. Bains	Unatt	67.21
3. (25) R. Harrison	Unatt	72.48

WOMEN

1. (11) I. Storm	Chorlt	55.39
2. (16) D. Shirfield	Chorlt	60.00
3. (18) D. Cripps O/40	Bleng	63.13
4. (22) L. Buck O/50	CFR	69.14
5. (23) S. Cunningham	Chorlt	70.17
(26) C. Elliot O/40	Chorlt	75.28

30 finishers

FROM SEA TO SUMMIT

Isle of Man

AM/10.3km/950m 15.10.16

After three weeks of stable autumn sunshine, the weather broke in the nick of time for this year's race. Wind and rain attempted

to discourage from the start on Laxey Promenade. The first (unofficial) control point marking 'journey start' was a hand in the sea. Some misjudged the rhythm of the waves and got wetter than intended!

And off, past the harbour and up, up, up. Minorca Hill and the track beyond soon had runners questioning their early pace. At 600ft above sea level and the cusp of the moorland, a lone piper lifted these warriors for the battle ahead.

Clag - A rural dialect term for clay or mud, clag was first adopted in airforce slang to refer to thick cloud or fog. Locally it is referred to as Mannanin's cloak. Everybody had stories of overshot control points, misjudged traverses and happy collaborations. 88 started, six took the brave decision to retire. Everybody accounted for themselves.

Lloyd Taggart took the win by nearly four minutes. It is easy to take it for granted that a talented runner like Lloyd will win, diminishing his achievement. He still has to work very hard. Upcoming Keri Parry won the women's race. A noteworthy performance came from Rose Hooton, who not only retained her FV60 title and beat her male counterpart, but also improved her time from last year by 6 minutes 30 seconds.

Back to Laxey on the tram, to the sailing club for tea, cake, beer and recounting of tales in front of a roaring fire.

It is in conditions like these, when standing around is most unpleasant, that marshals really earn their praise. Not only for being the team that made the race a success but being ready to deal with all the eventualities that did not happen.

Sean McLachlan

1. L. Taggart O/40	MFR	59.54
2. T. Cringle	Manx	1.03.50
3. B. Corkill	MFR	1.05.49
4. J. Macgregor O/40	NAC	1.06.16
5. N. Armstrong O/40	Manx	1.08.15
6. I. Gale O/50	MFR	1.08.32
7. N. Brogan	MFR	1.09.11



Clag' - first adopted in airforce slang to refer to thick cloud or fog - From Sea to Summit

PHOTO © MURRAY LAMBDEN



Simon Bailey never looked like he wouldn't win – Great Whernside

8. T. Williams O/40	...	MFR	1.15.37
9. C. Whipp	...	MFR	1.15.44
10. N. Maddocks	...	MFR	1.16.08

VETERANS O/50

1. (6) I. Gale	...	MFR	1.08.32
2. (14) C. Ross	...	StaffH	1.17.53
3. (16) G. Crowe	...	NAC	1.18.41

VETERANS O/60

1. (43) R. Hooton	...	MFR	1.35.25
2. (57) P. Motley	...	IOMV	1.43.15

VETERANS O/70

1. (67) A. Clare-Hay	...	Mercia	1.54.48
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WOMEN

1. (15) K. Parry	...	Unatt	1.18.02
2 (22) J. Taggart O/40	...	MFR	1.20.53
3. (37) H. Taylor O/40	...	WAC	1.34.13
4. (39) G. Evans O/50...	...	Manx	1.34.37
5. (41) V. Cashin O/40	...	NAC	1.35.11
(43) R. Hooton O/60	...	MFR	1.35.25
(46) M. Watkins O/50	...	MFR	1.36.11

82 finishers

GREAT WHERNSIDE North Yorkshire AS/6.5km/4m475m/1558ft 22.10.16

The weather forecasters had promised sunshine for the day of this year's Great Whernside race but the early morning mist that clung to the fell side made them look like tellers of untruths!

However, by the time registration had opened and runners were accumulating, the mist had gone and the sun shone down, making it a glorious autumn day for a race. The bright weather must have

encouraged many as there was a record 165 runners eagerly awaiting starter's orders. Indeed, the line-up contained some big names from the fell running world, so competition was fierce.

The race starts with a steep incline up a grassy bank, variously described as brutal. From there it never really relents but does become less steep in parts as the course makes its way to the now famous wedding venue and Scout bunk barn – Hag Dyke. A short, steep climb from here leads to some flat bogs that trap and challenge even the most experienced runners. There is, allegedly, a relatively dry route across these bogs but under race conditions, few find it. From the bogs, runners now commence the final climb to the trig point and summit, atop a rocky outcrop that resembles a moonscape.

After rounding the trig, contenders can return to the bogs via any route off the top. Some go over the rocks and down the steep tussocky bank, while others use the paved and stepped path favoured by walkers.

After negotiating the bogs for a second time, it is now a long, exhilarating charge to the finish funnel over grass covered trods and well grazed moorland.

The men's race was won by the now very familiar Simon Bailey in 30:29. He gained an early lead and never really looked like he wouldn't win. Others in the front pack tussled for their position but the top five were certainly decided long before the final field gate was passed. The women's race was won in style by Victoria Wilkinson (35:27), running a strong race from the off and overtaking men

all the way to the summit and back, finishing an impressive 15th overall. Her position as first lady was never in any doubt.

Su Thompson

1. S. Bailey	...	Mercia	30.29
2. T. Adams	...	Ilk	30.56
3. J. Baxter	...	P&B	31.51
4. C. Bell	...	Kesw	32.16
5. T. Mason	...	Wharf	32.33
6. M. Mikkelsen-Barron	...	Borr	32.48
7. J. Ross	...	StaffsM	32.55
8. J. Wood	...	Ilk	33.10
9. T. Addison	...	HelmH	33.21
10. D. Kay O/40	...	CaldV	33.47

VETERANS O/50

1. (42) J. Ryder	...	Ilk	40.39
2. (53) D. O'Duffy	...	Bowl	41.47
3. (55) L. Warburton	...	Bowl	42.07

VETERANS O/60

1. (38) G. Schofield	...	Horw	40.10
2. (69) P. Harlowe	...	Wharf	44.11
3. (72) K. Holmes	...	DkPk	44.25

VETERANS O/70

1. (10) G. Breeze	...	Wharf	53.56
2. (157) G. Jameson	...	LancsM	61.27
3. (162) D. Munroe	...	Clay	63.07

WOMEN

1. (15) V. Wilkinson	...	Bing	35.27
2. (28) A. Lupton	...	BlCmb	37.57
3. (50) R. Pilling	...	P&B	41.31
4. (56) D. Gowans O/50	...	Acc	42.08
5. (68) K. Bailey O/40...	...	Mercia	44.09
(75) J. Powell O/40	...	Wharf	44.34
(109) C. Pollard O/50...	...	Wharf	48.24
(127) W. Dodds O/60	...	Clay	51.29
(138) L. Lord O/60	...	Clay	53.50

164 finishers

PEAK RAID 3 – ROUND 1

Peak District

AM 23.10.16

The first race in the 2016 Peak Raid 3 series saw a record field taking part with over 150 participants. The area used for the event was mainly to the west of the Race HQ at Edale over the southern slopes of Kinder and all the way around the Edale Valley to Mam Tor.

It was Martyn James who was the closest to clearing up all the controls by only missing one check point to gain an impressive 475 points in 2:57:57 – just within the 3 hour time limit. The points in the womens' race was tied at the top with both Sue Richmond and Penny Collier, gaining 335 points to take the highest positions but Sue finished with a time of 2:52:48 over Penny's 2:54:29 to finish top. Participants came from all over the UK but Ian Bratt, Raid Orienteering Club in South Africa came the furthest to run.

As usual competitors were very appreciative of the competition map which is specially produced for the Peak Raid 3 events by specialist orienteering map makers Peel Land Surveys.

Jenny Peel

1. M. James	PortV	475pts
2. R. Hunt O/40	DkPk	445pts
3. R. Guillaume	DkPk	445pts
4. G. Borrell	DkPk	425pts
5. S. Mills	DkPk	420pts
6. P. Winskill	Kesw	410pts
(13) J. Trueman O/50 ...	Penn	380pts
(25) P. Gorvett O/60 ...	DkPk	340pts

WOMEN

1. (26) S. Richmond	Penn	335pts
2. (26) P. Collier O/40 ...	DkPk	335pts
3. (34) H. Barnett O/40 ...	Unatt	320pts
4. (35) J. Gardner O/50 ...	Macc	320pts
5. (41) O. Kamarainen ...	Unatt	315pts
6. (50) H. Turner	Belper	290pts

MIXED

1. (39) S. Hale/D. Smith ...	DkPk	320pts
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50th & FINAL RUNNING BEAR RACE

YOU TO THE SUMMIT

Lancashire

BS/7km/260m 29.10.16

First of all I would like to say a great big and heartfelt thank you to Tony Hulme, owner of Running Bear Sports, for his fabulous and very generous support and sponsorship of this race. Tony again provided excellent and worthy prizes for the winners. Cheers Tony.

We had always intended to make the 50th running of this fell race into something of a special occasion. However, even I did not bank on the extra surprises that the landlord of The Summit, Chris Jay, had in store on race day. A grand re-opening of the pub after a complete refurbishment, with an appearance by the Lord Mayor, the brewery shire horses and dray and live music in the afternoon.

Jackie set up registration together with Peter Jebb and put up a display of past results and photographs showing the race's colourful history, and some "Happy 50th Birthday"



Allan Greenwood presents Marie Curie Cancer Care a cheque with money raised at Race you to the Summit

banners in the windows.

Ninety nine runners took the trouble to travel over for which I am grateful.

As I said at the prize presentation, your race entry fee is simply a donation to charity. The race costs nothing. We will be making a donation of almost £600 to Marie Curie Cancer care as a result of the race.

I gave a short talk on the start line outlining a very brief race history and wished everyone a good race. Then Jackie announced my decision to retire from fell race organising after 24 years - to which we were treated to a spontaneous and very long round of applause, which was a very touching moment for me. Much appreciated – thank you.

The fastest runner of the day was Tom Adams. On his first visit to the event, Tom not only finished almost two minutes ahead of the rest of the field but lopped an incredible one minute and 51 seconds from the course record set by Mike Fanning in 2011. Nearly two minutes on a four mile course!

Tom was rewarded with a pair of Running Bear Ground Control fell shoes from our sponsors.

Max Wharton also dipped inside the previous record, by a single second, and led his club, Calder Valley, to team prize victory. Third place went to James Hall while Fanning - also twice a runner up here - won the veteran's prize in fourth.

John Mason was first veteran O/50, first O/60 was Dave Collins. The O/70 prize went to Dave's clubmate, Richard Blakeley, while (as Jackie predicted a couple of years ago), we had to provide a new age category. The amazing George Arnold puts years on all of us, still completing fell races in the over EIGHTY category. (And he was not last!).

A special mention must go to John Francis who completed this year's race as an O/70 veteran. John ran in the first ever race to the White House 49 years ago.

Lindsay Oldfield won the women's race in fine style, beating Emma Fielder, who led

Todmorden ladies to victory in the team competition. Lindsay was delighted with her prize, again, a voucher for a pair of Ground Control fell shoes courtesy of Running Bear.

Third place went to former Toddie Alison Richards, now with Helm Hill, and Jane Leonard won the O/50s' prize.

We had a few runners who completed the course wearing Halloween fancy dress and the best were rewarded with superb prizes for their efforts. Again, we gave vouchers for Running Bear Ground Control fell shoes. We had a further two vouchers to award and so we thought it fitting that the first should go to the person who placed 50th overall in the race. This was Wharfedale's Judy Howells, a regular visitor to the race (Mike Fanning's partner) and she was suitably delighted with the prize. The final voucher was awarded to John Francis in recognition of his dedication and loyalty to the race.

Grateful thanks to everyone who helped me out with the race this year.

Chris and all his staff at The Summit Inn for making us welcome. Jackie, Peter Jebb, Andy McFie, Helen Hodgkinson, Colin Driver, Jim Smith who marshalled at the highest point and gathered the flags, Jane and Richard Leonard and Linda, ('Just a Lurker' from the FRA forum).

At this point, I usually say thanks everyone for coming and see you all again next year.

Well, I am grateful to everyone who came over to the race, but unless the race appears in the calendar next year, that's your lot, Cheers!

Allan Greenwood

1. T. Adams	Ilk	27.29
2. M. Wharton	CaldV	29.19
3. J. Hall	Wharf	29.24
4. M. Fanning O/40	Borr	31.37
5. J. Mason O/50	Dewsb	32.58
6. R. Tyson	Tod	33.35
7. D. Fishwick O/40	Chorl	33.38
8. I. Gee O/40	Tod	33.41
9. G. Morris O/50	Acc	33.45
10. D. Gilbert O/40	Horw	33.46

(13) M. Wharton O/50 ...	CaldV	35.30
VETERANS O/60		
1. (36) D. Collins	Tod	39.00
2. (52) A. Bibby	Tod	42.55
3. (53) N. Hindle	FRA	43.07
VETERANS O/70		
1. (71) R. Blakeley	Tod	47.33
2. (86) P. Martin	Bowl	54.14
3. (99) J. Francis	Clay	64.00
VETERANS O/80		
1. (98) G. Arnold	Prest	63.37
WOMEN		
1. (22) L. Oldfield	CaldV	37.02
2. (34) E. Fielder O/40 ...	Tod	38.49
3. (35) A. Richards O/40 ...	HelmH	38.56
4. (40) D. Shirfield	Chorlt	39.57
5. (47) N. Murphy O/40 ...	Ross	40.56
(73) J. Leonard O/50	Tod	48.02
(74) E. Milnes O/50	Tod	48.40

99 finishers

SHEPHERDS SKYLINE West Yorkshire BS/10km/350m 05.11.16

With over 280 runners, the Annual Shepherds Skyline had its best turnout for five years. Race day saw bright sunshine with cold wind, perfect autumnal conditions.

The runners were started by 8 year old local fell junior, Sam Annison from Todmorden Harriers.

From the start the race quickly funnels into a narrow path up to Langfield Common, so a quick start is essential. Thomas Corrigan raced off to lead from Fell Legend Ian Holmes. Both runners played a game of cat and mouse up to the open moorland, before Corrigan led along the Skyline to Stoodley Pike. He maintained this lead down to the London Rd. path and on the arduous climb back up to the skyline. From there it was a straight battle back over the Moor and down the tricky final descent where Corrigan pulled away to win by only 10 seconds over the 6 mile course.

Barlick enjoyed a double win with Sarah Tipler taking the women's race from Deborah Gowans.

With over 50 runners, local clubs Tod Harriers and Calder Valley had come out in force to support the race. First and second local runners home were Jon Wright and Ivan Gee of Tod Harriers who ran superbly to finish 7th and 11th respectively.

Local ladies, Jo Buckley and Anne Johnson of Calder Valley, ran neck and neck to finish 4th and 5th respectively.

Special mention goes to Lindsey Brindle who was third female. It was good to see her back racing. Also to Mark Nutter of Clayton, competing in his 30th Shepherds Skyline race.

Thanks to all who ran, and huge thanks to those who marshalled/helped on the day. See you all next year.

Andy McFie

Junior Races

We had a great turnout of 80 runners this year with some excellent performances across the age categories. The relatively dry conditions

underfoot augured well for some fast times and this talented bunch of juniors did not disappoint.

First off were the Under 8s and Under 10s. George Leach of Calder Valley edged ahead of club mate Thomas McKee to take the win by two seconds, while Katie Buckley from Keighley & Craven set a new Under 8 girls record of 3.52. The Under 10s stormed round the second lap, which saw Patrick Casey win in an impressive new record of 6.31 and Sylvie Smith claim the prize for first girl.

Competition was intense in the second race, as the Under 12s and Under 14s went off together and the U16s ran a third lap of the same course. The boggy section proved no obstacle, with Laurie Gee raising the bar even higher in the Under 12s' race, setting a course record of 6.24. Records also fell in the Under 14 categories with both Alex Thompson of Wharfedale and Lauryn Gregg of Rossendale putting in strong performances to secure their victories. Congratulations also to Matthew McKay and Minnie Targett for their wins the Under 16s' race.

Thank you to everyone who helped out on the race and to all the parents who came to support their youngsters. We hope you warmed up round a bonfire later in the evening!

Helen and Neil Hodgkinson

1. B. Mounsey	CaldV	41.20
2. I. Holmes O/40	Bing	43.14
3. C. Holdsworth	Clay	43.18
4. D. Kay O/40	CaldV	43.21
5. J. Baxter	P&B	43.41
6. A. Whitem	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

WOMEN

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
(116) C. Harding O/40 ...	P&B	62.09
(122) J. Powell O/40	Wharf	63.27
(133) S. Cowton O/50 ...	Hfax	64.53

279 finishers

PEAK RAID 3 ROUND 2 Peak Distrit MM 06.11.16

All competitors started in glorious cold and frosty conditions but as the morning

progressed everyone encountered a wintery blast producing a white out on the higher ground. Not surprisingly, even the most experienced found the conditions tough however most runners thoroughly enjoyed the extra challenge presented by the first effects of winter. This didn't seem to slow many runners though, with two people managing to visit all the controls and a very impressive performance by first lady, Sue Richmond, finishing 10th overall with 400 points.

Jonny Malley took the overall win by completing his 500 points clean sweep in 2.48.15, comfortably inside the 3 hour time limit, while Richard Robinson gained his 500 points in 2.51.39.

1. J. Mallley	Amble	500pts
2. R. Robinson	Notts	500pts
3. P. Vokes	LeedsU	480pts
4. R. Hunt O/40	DkPk	480pts
5. G. Borrell	DkPk	480pts
6. T. Bush	Penn	430pts
(9) C. Adams O/50	Holmf	400pts
(29) J. Howell O/60	Walt	310pts

WOMEN

1. (10) S. Richmond	Penn	400pts
2. (22) L. Palmer O/50 ...	Gloss	330pts
3. (31) M. Rogers/K. Love	Unatt	300pts
4. (35) M. Dixon	YorkA	290pts
5. (37) D. Pelly O/50	Amble	290pts
6. (39) H. Barnett O/40 ...	Unatt	285pts

MIXED

1. (33) D. Smith/S. Hale ...	DkPk	290pts
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SALTERGATE GALLOWS North Yorkshire BM/17km/425m 06.11.16

The first race in the Esk Valley Winter Series lived up to its name with cold and windy conditions, rain and hail showers. Thanks to Pickering Running Club for organising and the ladies of Levisham for providing tea, cake and soup. The race raised money towards the village hall and a defibrillator as well as £250 pounds for the Yorkshire Air Ambulance.

Leading from the start was ever consistent and hard working Harry Holmes, with team mate Chris Roberts on his heels. George Foster did not make it easy for the York pair though and chased them down until the final stages. The men's race finished as it began, with the top three staying the same and York Knavesmire taking the team prize. Simon Collins and Thomas Ratcliffe helped Holmes and Roberts take the win. Not only did Holmes win, but managed to break the relatively long standing record by a minute, despite very testing conditions.

The women's race was fairly close too with super speedy Helen Cross managing to hold off Karen Robertson by 30 seconds. Although Cross was not confident on the muddy descents, her overall speed paid off as she finished in the top 20. Third place went to Penny Browell in a gutsy performance. With a number of ladies from different clubs in attendance, the team prize went to Swaledale, with Caroline Graham and Rebecca Burnett taking home an extra bottle for the ghost

runner.

Kim England

1. H. Holmes	...	Knives	75.02
2. C. Roberts	...	Knives	77.18
3. G. Foster	...	Amble	80.48
4. J. Oldfield	...	Sedge	84.02
5. S. Collins	...	Knives	84.45
6. J. Mason O/50	...	Dewsb	86.12
7. R. Sillito	...	NFR	86.12
8. P.Allen	...	Roxst	87.19
9. T. Ratcliffe	...	Knives	87.46
10. J. Leadley	...	Unatt	89.45

VETERANS O/60

1. M. Bennett	...	Elvet	104.50
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WOMEN

1. H. Cross	...	Unatt	95.08
2. K. Robertson O/40	...	NFR	95.41
3. P. Browell O/40	...	Elvet	98.39
4. S. Gordon	...	NMske	99.22
5. N. Shorrok	...	Unatt	105.20
D. Tunstall O/50	...	DFR	112.34
P. Costello O/60	...	Redcar	115.06

HARRIERS V CYCLISTS

West Yorkshire

BS/8.5km/288m 12.11.16

246 runners and riders braved the weather forecast (which in the end tuned out nice, what do those weather people know!) to take part in the 2016 Harriers V Cyclists. The split on runners v riders were 195 runners and 51 cyclists. First home, and in another record time, was Tom Adams. Tom's new record is 34:03 knocking 28 seconds off his record from last year – well done Tom!

Second home, and first cyclist, in a very

impressive time of 34:30 (which also knocked 3 seconds off the previous record) was Bingley's very own Rob Jebb riding for Hope Factory Racing. First lady home was Anna Lupton in a time of 44:43 with the first lady cyclist home being Bingley's, once again, very own Victoria Wilkinson in a time of 46:03.

In the Harriers V Cyclists competition the clear winners were the runners scoring 69 points to the cyclists 308, a little closer than last year but still a major difference.

This was my last year of organising the race. Rest assured the race will continue in 2017 but I'd like to say a massive thank you to the army of marshals and helpers who, for the last 7 years, have helped me put on the race and without their help races like this wouldn't or couldn't take place.

Stephen Firth

1. T. Adams	...	R Ilk	34.03
2. R. Jebb O/40	...	C Hope	34.30
3. J. Hall	...	R Wharf	35.48
4. J. Baxter	...	R P&B	36.01
5. C. Bell	...	R Kesw	36.02
6. M. Elkington	...	R DkPk	36.25
7. S. Macina O/40	...	C Aureleus	37.42
8. A. Burns	...	R VStr	37.46
9. W. Simmons	...	R TZuffle	37.50
10. M. McGoldrick	...	R Wharf	38.18

VETERANS O/50

1. (20) J. Mason	...	R Dewsb	41.05
2. (27) I. Holmes	...	CTN715	41.23
3. (44) G. Wilkinson	...	R Clay	43.59

VETERANS O/60

1. (162) J. Wheldon	...	R Baild	51.42
2. (171) B. Peace	...	C Bing	53.23
3. (197) R. Myers	...	R Baild	56.54

VETERANS O/70

1. (224) G. Breeze	...	R Wharf	63.18
2. (245) J. Bull	...	R Ripon	79.01

WOMEN

1. (26) A. Lupton	...	R BICmb	41.18
2. (33) B. Jenkinson	...	R Eryri	42.00
3. (34) H. Berry O/40	...	R Holmf	42.03
4. (35) S. Taylor	...	R HelmH	42.12
5. (37) L. Powell-Smith	...	R Clay	42.20
(64) M. Price O/40	...	R Mercia	44.59
(76) V. Wilkinson	...	C Bing	46.03
(120) S. Houghton O/50	...	R Ripon	48.55

246 finishers

DUNNERDALE| Cumbria

AS/8km/550m 12.11.16

This popular race had a turnout of 186 with two retirees. The team prize was one by Helm Hill in both men and women's with Black Combe coming third in both.

It was good to see so many younger runners out and some for whom this was their first fell race.

The conditions were perfect after early autumnal mist cleared the hills.

Good local attendance saw Jack Wright come an impressive second. Harry Stainton and Jackie Casey were first Black Combe Runners male and female.

Thanks to all the helpers and local people who also helped out. We raised some cash for St Marys Hospice.

Andrew Gittins

1. C. Arthur	...	Bowl	39.05
2. J. Wright	...	Amble	40.32



Harriers v Cyclists - the clear winners were the runners scoring 69 points to the cyclists 308

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Bill Johnson 7th (and 1st V50) at the Wadsworth Half Trog, despite the late night showing the young ones how to party



3. A. Perry HelmH 41.15

VETERANS O/40

1. K. Hodgson HelmH 42.29
2. A. Meanwell Borr 44.50
3. N. Curtis Penn 45.52

VETERANS O/50

1. G. Thorpe Amble 47.45
2. D. Parkington Prest 48.51

VETERANS O/60

1. B. Procter HelmH 48.44

VETERANS O/70

1. R. Ashby Penn 85.39

WOMEN

1. H. Russell HelmH 47.59
2. A. Forster Manx 49.57
3. N. Walkingshaw Howg 50.54
S. Curtis O/40 Penn 53.20
N. Hawkrigg O/40 NFRC 57.54
R. Brown O/50 Bowl 56.47
J. Casey O/50 BICmb 57.51
W. Dodds O/60 Clay 61.18

LEG IT ROUND LATHKIL Derbyshire

BM/11.5km/290m 13.11.16

The weather was kind for us once again this year this year and a tremendous field of 244 runners lined up at the start of the fifteenth running of the Leg It Round Lathkil. There were lots of familiar faces of course but also some new ones. The Derbyshire Dales is a beautiful area, so hopefully all will have enjoyed the race route.

As for the results, congratulations go to Steve Franklin who managed to knock half a minute off his 2015 time and finish comfortably ahead of runner up and first V40

home, Julian Goodwin.

The Totley team also took honours in the women' race with Hazel Tant first home and in an impressive twentieth place overall, ahead of Clara Horswell. For the remaining vet category placings, congratulations to Paul Jeggo first V50, Alan Bocking first V60, Bryn Hall first V70, Caroline Scott first lady V40, Julie Gardner first lady V50, Pat Goodhall first lady V60 and Barbara Haigh first lady V70.

All proceeds from the event go to the Children in Need appeal so well done all round to both the senior race and Fun Run runners. Finally, many thanks as always to the busy registration and finish teams and to the marshals who gave up their time to help on the day.

Hope to see you again in 2017 (Sunday 12 November).

Jo & Al

1. S. Franklin Totley 46.31
2. J. Goodwin O/40 Boalley 47.24
3. D. Greenwood O/40 HolmeP 48.14
4. M. Bunton O/40 Penn 48.22
5. A. Linskill Totley 48.32
6. R. Allison DkPk 48.43
7. C. Perry Unatt 48.58
8. S. Vas Unatt 49.05
9. G. Beetham O/40 Barrow 49.12
10. G. Pheonix O/40 Hallam 49.16

VETERANS O/50

1. (19) P. Jeggo Springf 51.55
2. (27) M. Elwis Unatt 54.09
3. (36) K. Hiner NiceT 55.27

VETERANS O/60

1. (65) A. Bocking Chesh 59.14
2. (76) S. Wickham EreV 60.42
3. (86) R. Cooper Unatt 61.34

VETERANS O/70

1. (141) B. Hall LEat 68.31
2. (220) B. Allsop Buxt 84.57
3. (229) D. Brailsford SaintsSin 87.01

WOMEN

1. (20) H. Tant Totley 52.46
2. (31) C. Horswell Shettle 55.10
3. (44) J. Rich Steel 56.31
4. (47) J. Toone Unatt 57.08
5. (54) E. Totten Unatt 58.02
(105) C. Scott O/40 Sinfin 63.21
(119) P. Goodhall O/60 Totley 65.53
(121) J. Gardner O/50 Macc 66.28
(124) N. Rafferty O/50 Smiley 66.58
(131) H. Young O/40 Totley 67.25

WADSWORTH HALF TROG West Yorkshire BM/15km/420m 13.11.16

A bright sunny day greeted 108 keen fell runners who set off over Midgley Moor to navigate round this classic 9 mile course. The going underfoot was boggy to wet! This put no one off heading off onto the moor.

A front three soon developed being led by James Logue, closely followed by Sam Watson and Mark O'Connor. This leading group finished in 1, 2, 3 with Sam winning the sprint down from the moor to the finish in a time of 1.14.03. James Logue came second and first MV40, with Mark O'Connor holding third place.

A fine run by birthday girl Nichola Jackson saw her finish fifth overall and first lady in a very impressive 1.18.44. Carol Morgan was second and first FV40 with Helen Price third.

Calder Valley took the men's team prize (James Logue, Mark O'Connor and Rob Allen)

with Nidd Valley taking the women's team prize (Carol Morgan, Catherine Baker, Sarah Chalmers).

A special mention must go to the MV50 winner, Bill Johnson, who finished in seventh overall in 1.20.09, not bad considering he had been a very late night reveller at the FRA dinner the night before!!

Graham Davy

1. S. Watson	Wharf	1.14.03
2. J. Logue O/40	CaldV	1.14.12
3. M. O'Connor	CaldV	1.15.32
4. R. Allen	CaldV	1.18.40
5. N. Jackson	Prest	1.18.44
6. L. Wright	Unatt	1.19.00
7. B. Johnson O/50	CaldV	1.20.09
8. S. Turland O/40	Ilk	1.21.05
9. R. Norgate	Longw	1.21.06
10. M. Dunn O/40	Holc	1.21.10

VETERANS O/50

1. (7) B. Johnson	CaldV	1.20.09
2. (21) C. Jones	Wharf	1.30.15
3. (24) S. Bamber	Prest	1.31.43

VETERANS O/60

1. (29) D. Collins	Tod	1.32.05
2. (34) D. Beels	CaldV	1.32.47
3. (40) J. Pickup	Clay	1.33.59

VETERANS O/70

1. (94) D. Hill	Skyrac	2.11.30
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WOMEN

1. (5) N. Jackson	Prest	1.18.44
2. (38) C. Morgan O/40	NiddV	1.33.23
3. (57) H. Price O/40	Hgate	1.39.23
4. (59) F. Swann O/40	Trawd	1.40.13
5. (76) S. Marshall O/50	Skipt	1.54.51
(84) S. Morley O/60	Knares	2.00.34
(87) K. Thompson O/60	Clay	2.02.43
(91) J. Leonard O/50	Tod	2.03.41

TOUR OF PENDLE

Lancashire

AL/27km/1473m 19.11.16

This year Pendle and its adjacent moors were covered with 150mm (6") of snow. In all the years I have been organiser we have never had snow. The forecast promised clear spells with wintery showers and a cold moderate wind. All cloud lifted for the first half of the race with patches of blue and then it deteriorated in the second half on the last two climbs to dense cloud with snow and hale showers.

351 started the race and 330 finished.

Congratulations to Jack Wood who won the race and Lorraine Slater who was first lady, both winning for the first time.

My thanks go out to the marshals who gave up their day without thinking about it. Most of them have marshalled the Tour before for numerous years. Including the start and finish, it takes approximately 30 people.

Well done to everyone who braved the start and for those who retired I hope you are fully recovered and will return next year.

The following items were left behind; a blue Karrimor "run" top with dark blue sides, a pair of dark blue Ron Hill Trackster Elite GT and a pair of black TROJAN gloves. If you recognise them and want them back give me a ring, there's still plenty of wear in them.



*A Wintery Tour
of Pendle*

PHOTO © ANDY HOLDEN

Next year's race is on the 18 November 2017, let's hope we get a better day. The Village Hall is booked.

Kieran Carr

1. J. Wood	Ilk	2.39.30
2. K. Gray O/40	CaldV	2.39.40
3. S. Watson	Wharf	2.40.02
4. L. Maude	Barlick	2.45.27
5. T. Corrigan	Barlick	2.46.50
6. N. Winfield	Penn	2.50.26
7. G. Brown O/40	Tod	2.53.43
8. J. Whiteside	Trawd	2.54.29
9. I. Holmes O/50	Bing	2.55.50
10. T. Addison	Helm	2.56.53

VETERANS O/50

1. (9) I. Holmes	Bing	2.55.50
2. (14) N. Charlesworth	Wharf	2.59.05
3. (28) C. Balderson	Bowl	3.02.45

VETERANS O/60

1. (113) S. Jackson	Horw	3.27.00
2. (136) M. McKenna	Dallam	3.31.12
3. (172) J. Pickup	Clay	3.40.38

VETERANS O/70

1. (192) K. Carr	Clay	3.45.37
2. (307) M. Walsh	Bowl	4.41.30

WOMEN

1. (63) L. Slater O/40	Barlick	3.15.07
2. (70) N. Walkingshaw	Howg	3.16.11
3. (79) C. Morgan O/40	NiddV	3.19.30
4. (82) J. McCarthy O/40	Ilk	3.20.51
5. (87) K. Hewitson O/40	DkPk	3.21.48
(165) A. Paxton O/50	Kghly	3.39.53
(287) M. Edgerton O/50	Penn	4.20.54

330 finishers

RAB MINI-MM SERIES – ROUND 4

Peak District

MM 27.11.16

The final event of 2016 took place from Tintwistle Parish rooms which sounded grand but was in fact a green shed but we were very lucky with the weather and able to sit outside. It was a great point for accessing

Tintwistle Moor, Saddleworth Edges and the moors going east towards the Pennine Way. Difficulties accessing suitable areas in the Peak District appear to be increasing as some areas can't be used because shooting tenants refuse access. This then leads to other areas being overused and for this race the number of participants were restricted by United Utilities which meant the event was full (257 runners).

The Series event winners can be found on the website. Thanks to everyone for coming and doing the events this year and we have some excellent areas and great soup and cake lined up for 2017. Thanks to RAB for their sponsorship over the past 10 years; . We are delighted to have a new sponsor for 2017 – King Kong Adventure from Keswick (they will be joining us at some of the events).

Alison Wainwright

1. T. Gomersall	Bing	680pts
2. K. Rawlik	Carneth	610pts
3. L. Eccles	PennyL	555pts
4. J. Kosky	Sthdown	555pts
5. R. Kendall	Unatt	550pts
S. Adams O/40... ..	DkPk	620pts
A. Bell O/50... ..	DkPk	500pts
P. Nelson O/60... ..	WCOC	460pts

WOMEN

1. J. Paris	Carneth	540pts
2. C. Wilshaw	Unatt	390pts
3. M. Gillie	Clwyd	378pts
J. Nolan O/40	DkPk	400pts
J. Cleary O/50	Unatt	427pts
A. Vencovska O/60	Unatt	277pts

GRAVY PUD

Derbyshire

BS/8km/305m 04.12.16

1. C. Donnelly	Sale	37.18
2. J. Powell	Altrinch	37.46
3. T. Street	Holmf	38.07
4. P. Rowley	Penn	38.55
5. W. Griffiths	Penn	38.58
6. A. Carlin	Sale	39.08
7. I. Mills	Penn	39.17
8. M. Berks	Altrinch	39.25
9. N. Stabbs O/40	YorkK	39.27
10. S. Knowles O/40	Penn	39.34

VETERANS O/50

1. (22) S. Crossman	Gloss	41.36
2. (28) A. Raftery	Sale	42.57
3. (32) J. Hewitt	Gloss	43.47

VETERANS O/60

1. (47) A. Bocking	Chesh	45.55
2. (82) R. McArthur	Melth	49.39
3. (83) K. Holmes	DkPk	49.42

VETERANS O/70

1. (142) G. Breeze	Wharf	56.39
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WOMEN

1. (19) C. Rice	Gloss	41.14
2. (39) H. Thornhill	Unatt	45.16
3. (44) E. Smith	Unatt	45.52
4. (48) V. Wright	Hyde	45.56
5. (63) H. Armitage O/40	Sale	47.37
(67) G. Lindsay O/40	Macc	48.01
(91) A. Oldham O/60... ..	ECChesh	50.24
(110) M. Jeal O/50	Gloss	53.26
(114) J. Cordingley O/50	Sale	53.42
(149) G. Markham O/60... ..	Melth	58.00

208 finishers

SIMONSIDE CAIRNS Northumberland BM/17.7km/540m 11.12.16

There was another good turnout for the 21st Simonside Cairns Fell Race.

Apart from a stiff breeze on the tops conditions were pretty good being dry, clear and much better underfoot than in recent years.

Jim Mann, Sam Steele and William Robson had a great tussle at the front before Jim eased away in the final run in to the finish.

Karen Robertson once again headed the ladies with the ever improving Catherine Davis not too far behind and Liz Barker third. Karen has dominated this race in recent years and this was her 8th win in 12 years.

Apologies to DFR who should have won the team prize ahead of NSP by one point. NFR won the women's prize.

Many thanks to Garry and Stuart from Hangar 18 ORR for donation of prizes.

Paul Appleby

1. J. Mann	DFR	1.22.35
2. S. Steel	Ncastle	1.22.58
3. W. Robson	NSP	1.23.24
4. N. Hurton	Eden	1.24.04
5. J. Osborne	DFR	1.24.08
6. R. Sillito	NFR	1.26.12
7. S. Ellis	NSP	1.27.21
8. J. Eyre	Eden	1.28.23
9. C. Thain	Heat	1.29.00
10. G. Robson O/40	NSP	1.29.18

VETERANS O/50

1. (12) A. Fletcher	Alnw	1.30.58
2. (18) J. Blackett	DkPk	1.33.43
3. (24) J. Ross	NFR	1.37.04

VETERANS O/60

1. (27) G. Owens	NFR	1.37.33
2. (68) R. Will	Morp	1.54.36
3. (77) A. Duncan	NFR	2.00.07

WOMEN

1. (32) K. Robertson O/40	NFR	1.39.32
2. (36) C. Davis O/40	NFR	1.42.55
3. (45) L. Barker	Ellenb	1.46.18
4. (49) D. Metcalfe O/40...	DerwV	1.48.35
5. (50) N. Duggan	Unatt	1.48.47
(66) H. Bolton-Carter O/50	NFR	1.54.23
(76) G. Cavill O/50	Morp	1.59.05

102 finishers

THE 28TH STOOP HAWORTH 5m/800ft 18.12.16

King of Haworth Moor, 34 year old Tom Adams, won the Stoop race from a field of 306 Santa hatted runners for the fourth time leaving eight times winner and British and English V40 champion Rob Hope over two minutes behind. Revenge is sweet because Rob out sprinted Tom last year. British and English V50 champion Ian Holmes who is an eleven times winner of the race finished fourth in a new V50 record taking 38 seconds off his old mark and led Bingley to the team prizes with MU18 Matthew Merrick 14th and Andy Brown 19th.

First MU18 was Tyler Hutchinson finishing sixth overall and at the other end of the scale

George Arnold set a new V80 record.

24 year old Silver medallist in the English championships and Bronze in the British Nichola Jackson won the women's race for the second year from talented FU18 Sarah Pickering who took eight seconds off Ilkley Harrier team mate Jemima Elgood's year old record. Third and first FV40 was Jo Buckley, whilst Jemima Elgood finished fourth and second FU18, Ilkley Harriers won the women's team prize with Sarah, Jemima and Kate Archer who finished sixth.

Helene Whitaker won the FV50s, but was a renowned runner under her maiden name Diamantides, whose accomplishments merit her inclusion in the category of the greatest ever female long-distance runner in the sport's history. Her greatest feat came in 1992 at the 220 mile 'Dragon's Back' five-day race running the length of Wales when she and Martin Stone won the race in 38 hours 38 minutes. Helene held the Langdale Horseshoe record for an incredible 25 years until this year when Victoria Wilkinson broke it.

Sarah Pickering's account, 'I've got fond memories of charging round Haworth Moor as a junior and the tantalizing prospect of the famous goodie bag providing ample motivation! Later to be found searching for my dad Malcolm amongst the Stoop finishers and on one occasion sprinting back to my mother grinning and clutching a Curly Wurly, having been given it by a very kind senior woman, Thank you! The same display of camaraderie was undeniably present this year! As numbers were collected in the safe haven of the cricket club, people queued for the loo, trotted on the spot at the start and watches bleeped in sync! Before cradling cups of coffee, a couple of biscuits apiece and using rain water to try and scrub off the mud, like the hardy fell runners we are! Finally, soup, bread and a pint (of squash!) in hand and pockets bursting with treats. This season I've learned that even if you're training all year with an ultimate aim in mind and you don't achieve it, you've got to pick yourself up. I wanted to get into the England team for the World Mountain Running Youth Cup like I did in 2015, but coming sixth in the trial by a few seconds meant I was first reserve. Which I know is still an amazing achievement and I held onto that truth as I went on to be the 2016 English Junior FU18 Champion. En-route I finished second in the English uphill Championships, second in the Inter Counties Fell championships as part of "Team Yorkshire" and winning Team Gold, with team mates Lucy and Erica Byram!" where I discovered opening a bottle of fizz whilst pointing it at yourself gets very...very sticky! But is also exceptionally good fun! Ha ha! The crescendo was first being invited to the Home Counties Junior Training camp where I made some amazing like minded fell friends from across the UK! Finally, I ran for England in the British and Irish Junior Mountain Running Championships and Uphill only Home Counties International. A 3.2km climb with 465m of ascent up Skiddaw on a clear day meant exceptional views up-top - that really



You can leave your hat on at The Stoop (as long as you're a Santa)

was something special. I'd also like to dedicate a note of very well doneness, to my twin, "James Pickering" who finished third MU18. James you haven't run since the 2015 Auld Lang Syne and the gauntlet put down by dad that he would beat you at the Stoop, was all it took to get you on the line! Well done, that's 2 - 0 to you now Bro! (even if you couldn't move the next day)"

The Junior races had some fantastic Christmas themed fancy dress costumes with about 37 winning Cadbury's selection boxes for their brilliant efforts. The Quarry start was full of Santa Hat clad youngsters with a great atmosphere provided by enthusiastic parents cheering from the sidelines. Congratulations to BU8 Thomas McKee, GU8 Katie Buckley, BU10 Patrick Casey, GU10 Helana White, BU12 Toby Middleton, GU12 Alice Jones, BU14 Louis Hudson, GU14 Emily Jones, BU16 Reuben Mantle & GU16 Beth Morley. As is tradition at both senior and junior prize givings, they ended with the customary chocolate throw out which always rounds off an excellent day of racing before the Christmas festivities begin.

The Woodentops

1. T. Adams	Ilk	30.14
2. R. Hope O/40	P&B	32.39
3. H. Holmes	YorkK	33.04
4. I. Holmes O/50	Bing	33.16
5. P. Marsden	Horw	33.29
6. T. Hutchinson U/18	York	33.45
7. S. Allin	York	33.51
8. A. Worster	Tod	33.55
9. D. Collinge	Clay	35.13
10. M. Sennett	Wharf	35.50

VETERANS O/50

1. (4) I. Holmes	Bing	33.16
2. (27) D. Millikjen	Horw	37.31
3. (33) N. Holding	WPenn	38.48

VETERANS O/60

1. (66) T. Taylor	Ross	41.19
2. (79) G. Schofield	Horw	41.59
3. (70) C. Davies	Sadd	42.02

VETERANS O/70

1. (266) D. Hill	Skyrac	58.14
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VETERANS O/80

1. (303) G. Arnold	Prest	77.31
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WOMEN

1. (28) N. Jackson	Prest	37.48
2. (43) S. Pickering U/18	Ilk	39.34
3. (51) J. Buckley O/40	CaldV	40.31
4. (61) J. Elgood U/18	Ilk	41.07
5. (76) R. Pilling	P&B	41.53
(145) J. Powell O/40	Wharf	46.24
(166) H. Whitaker O/50	Ilk	47.59
(180) A. Weston O/50	Ilk	48.53
(269) J. Tolson O/60	RRose	59.25

306 finishers

CURLY WURLY RAT RUNS UNDER 8

0.5m/100ft

BOYS

1. T. McKee	CaldV	2.51
2. J. Sanderson	Settle	3.00
3. A. Peaker	Kghly	3.08
4. S. Annison	CaldV	3.15
5. O. Shinn	Ilk	3.17

GIRLS

1. K. Buckley	Kghly	2.53
2. M. Timbers	Kghly	3.07
3. C. McKee	Unatt	3.23
4. L. Pickles	Barlick	3.25
5. I. Wright	Wharf	3.40

U10, U12 & U14 1m/150ft

BOYS U/14

1. L. Hudson	Kghly	6.15
2. L. Greenwood	CaldV	6.50
3. L. Milliken	Horw	7.02

GIRLS U/14

1. E. Jones	Wharf	7.17
2. R. Firth	Bing	7.26
3. B. Raven	Ilk	7.57

BOYS U/12

1. T. Middleton	Horw	6.31
2. D. Thompson	Clay	6.49
3. J. Duffy	CaldV	6.53

GIRLS U/12

1. A. Jones	Wharf	7.04
2. A. Whitaker	H'gate	7.18
3. E. Whitaker	H'gate	7.22

BOYS U/10

1. P. Casey	CaldV	7.01
2. L. Carrington	EChesh	7.21
3. J. Sadler-Townsend	Kghly	7.28

GIRLS U/10

1. H. White	Clay	8.11
2. L. Philbin	Bolt	8.16
3. E. Price	Wharf	8.18

CURLY WURLY RAT RUNS UNDER 16

2m/300ft

1. R. Mantle	Bing	11.52
2. J. Muir	Wharf	12.30
3. B. Morley	Ilk	13.35

AULD LANG SYNE

West Yorkshire

BS/9.6km/300m 31.12.16

From Phantom Flan Flingers to Trolls, the fancy dress for this race is incredible - the imagination of runners knows no bounds

Holmfirth's Lewis Byram
accompanied by Calum Carslaw
on bagpipes at Auld Lang Syne



from the sublime to the ridiculous but is much appreciated by everybody, with over 35 prizes awarded this year.

When you hear the skirl of the bagpipes played by Calum Carslaw you know the runners are amassing in the quarry ready to end the season on a high or put a bad season behind them, either way it'll be time to celebrate afterwards no matter what the outcome of the race.

Chris Farrell, fresh from finishing second at the Ribble Valley 10k where he just dipped under 30 minutes, celebrated by winning the race for the second time running away from the opposition to win by a minute from a fantastic run from Chris Holdsworth. To make it even more special it was Chris Holdsworth's

26th birthday, maybe next year he'll take full race honours and make his 27th birthday one to remember, special prize on offer if he does it!

Third was 2013 winner Tom Addison before triathletes Lewis Byram and Jack Willis were chased home by first V40 Nick Leigh. Matthew Merrick won the U18 finishing 14th overall, whilst Dave Milliken won the V50, Steve Jackson the V60 and Malcolm Coles the V70. Horwich RMI Harriers won the team yet again with Chris Farrell, Nick Leigh and Jonathan Burton who finished 13th. The Brownlees' absences were noted, "I'm a right chubba at the moment after too much food over Christmas and not enough miles in the leg" said Alistair, "My legs are trashed after the

Chevin Chase race - I must be getting old' said Jonny.

Katie Walshaw, 32, won for the third time and looks likely to improve on her 2016 Yorkshire XC bronze medal at the championships the following Saturday. Here Katie was chased all the way by fell running newcomer Louisa Powell Smith, who finished 35 seconds behind and is one to watch for 2017 - big things could be on the horizon for this athlete. Stoop and Withins Skyline winner, Nichola Jackson, came in third, Welsh international Bronwen Jenkinson finished fourth before first FU18 Jemima Elgood fifth and second FU18 Lucy Byram sixth. Pauline Munro finished seventh and first FV40, Alison Weston first FV50 and Aileen Baldwin first FV60.

Holmfirth Harriers with Katie, Lucy and Erica Byram in ninth won the women's team. Hope you all enjoyed your Daleside Old Leg Over beer. Whether it had Katie Walshaw's or Chris Farrell's picture on the bottle, these two super athletes will be on next year's beer. 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 in 2017. Lastly, thanks to Daleside Brewery for their help and assistance with the race.

The Woodentops

1. C. Farrell	...	Horw	41.37
2. C. Holdsworth	...	Clay	42.30
3. T. Addison	...	HelmH	42.52
4. L. Byram	...	Holmf	43.19
5. J. Willis	...	MiddCleve	43.26

A shrubbery



A banana



6. N. Leigh O/40	Horw	44.13
7. K. Gray O/40	CaldV	44.33
8. J. Baxter	P&B	44.50
9. T. Saville	DkPk	44.53
10. A. Peers	BramD	45.17

VETERANS O/50

1. (30) D. Milliken	Horw	48.56
2. (53) J. Mason	Dewsb	51.40
3. (57) N. Holding	WPenn	51.55

VETERANS O/60

1. (134) S. Jackson	Horw	58.12
2. (189) K. Holmes	DkPk	61.45
3. (200) N. Hindle	FRA	62.20

VETERANS O/70

1. (317) M. Coles	VStr	69.51
2. (400) P. Ehrhardt	Tod	83.05

WOMEN

1. (26) K. Walshaw	Holmf	48.12
2. (29) L. Powell-Smith ...	Clay	48.47
3. (39) N. Jackson	Prest	50.20
4. (43) B. Jenkinson	Eryri	50.51
5. (54) J. Elgood U/18 ...	Ilk	51.44
(72) P. Munro O/40	Ilk	53.40
(93) J. McCarthy O/40 ...	Ilk	55.07
(227) A. Weston O/50 ...	Ilk	63.34
(244) S. Williams O/50 ...	NLeeds	64.25
(277) A. Baldwin O/60 ...	Stain	66.50
(353) L. Hayles O/60 ...	CaldV	73.50

433 finishers

BOWSTONES

Cheshire

BM/11km/325m 31.12.16

New Year's Eve Party Starts With Bowstones. There were perfect mild overcast weather conditions for the fourth edition of this very popular annual New Year's Eve fell race organized by Bramhall Runners.

All 450 places sold out this year in less than four weeks and with a waiting list of over 80 eager runners this race is now firmly fixed on the fell running calendar. With superb views over Cheshire and Greater Manchester the stunning Lyme Park to run around and a bottle of Robinsons Trooper for your troubles, what is there not to like?

This year's winner was Chris Donnelly in a time of 41:11, a full minute in front of team mate Nicholas Barry, 42:12, who came in second. Sale Harriers took the first place in the women's race with Hayley Ashby in a time of 50:26, with Pennine Fell runners Holly Martin spoiling the Sale party and coming in second lady in a time of 51:28. Both course records set in 2014 still stand.

Male: S Bailey – 40:49, Female: S Horrocks – 47:55

The Best fancy dress bottle of champers went to Davenport Runners with Calum Burrell, who ran dressed as a Penguin. More Happy Feet than Batman. He was joined by others who had been rummaging through the dressing up box including a 1970s' Disco dude and a whole gang of Nuns on the Run!

A massive high five to all those who made this race possible including all the marshals and the runners, I thank you from the bottom of my bottom.

Steve Fairclough

1. C. Donnelly	Sale	41.11
2. N. Barry	Sale	42.12
3. J. Brown O/40	Buckley	42.30
4. N. Barber	Penn	43.03
5. C. Leigh O/40	Traff	43.17
6. H. Oldham	EChesh	43.44
7. M. Burton O/40	Penn	43.49
8. B. Light	Buxt	44.07
9. P. Rowley	Penn	45.11
10. D. McManus	Royt	45.27

VETERANS O/50

1. (22) M. Messenger ...	Macc	47.46
2. (34) K. Garner	Stockp	48.52
3. (35) S. Toogood	Buckley	49.06

VETERANS O/60

1. (69) A. Bocking	Chesh	52.30
2. (133) B. Holland	GoytV	58.15

VETERANS O/70

1. (124) B. Blyth	Macc	57.29
2. (151) P. Roberts	Buckley	59.25

WOMEN

1. (49) H. Ashby	Sale	50.26
2. (59) H. Martin	Penn	51.28
3. (66) I. Storm	Chorlt	52.18
4. (68) F. Waterhouse ...	Stockp	52.28
5. (70) H. Armitage	Sale	57.32
(74) D. Gowans O/40 ...	Acc	53.06
(117) A. Oldham O/50 ...	EChesh	56.49
(256) A. Brentnall O/60 ...	Penn	71.05

389 finishers

THE NINE STANDARDS

Cumbria

BM/12.9km/549m 01.01.17

Both the men's and women's records were broken in the Howgill Harriers' Nine Standards fell race, held on New Year's Day - the first time that has happened in the race's 27-year history.

England international Victoria Wilkinson smashed her record of the previous year by 28 seconds, finishing in 58.20, which put her 10th overall in a field of 150 - the second largest since the 12.9 km race began.

Overall race winner was Chris Arthur, who set a new record with a time of 50.55 - a full minute faster than the previous record, set in 2013 by Keswick AC runner Carl Bell, who was second this year in 51.52. Arthur also broke the Howgill Harriers' Great Westmorland Trail Race record in September.

Third was Michael Ainsworth, in 56.01; followed by Sam Fisher fourth and Charlie Lowther fifth. Sixth and first V40 was Kieran Hodgson

Second woman home was Jenn Mattinson in a time of 1.05.58, with Nina Walkingshaw third in 1.07.16.

Eden Runners took the women's team prize with Karen Bridge leading in Chloe Naylor and Alison Phillips, while Helm Hill were then men's winners.

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. There was a light covering snow on the summit where a large number of supporters cheered the

runners on.

Race organiser, Paul Brittleton, of Howgill Harriers said: "Conditions were perfect. We had our second-best turnout ever of 150 and, for the first time, no-one retired. We have never had both records broken on the same day before."

He thanked main sponsor Roland Bowman, of Cumbria Kendal Scaffolding, and Kong Adventure of Keswick, for providing vouchers.

Thanks also went to Steve and Pauline Moffat and daughter Laura Smithson, along with Terry Roche for their help; Kirkby Stephen mountain rescue team; Kirkby Stephen Sports and Social Club, which is used as race headquarters; Colin Brown for making soup for all the runners; and everyone who helped to serve refreshments.

Proceeds from the race will go to Kirkby Stephen Mountain Rescue team, the Great North Air Ambulance Service and Kirkby Stephen Parish Church clock fund.

Paul Brittleton

1. C. Arthur	Bowl	50.55
2. C. Bell	Kesw	51.52
3. M. Ainsworth	HelmH	56.01
4. S. Fisher	Howg	56.59
5. C. Lowther	Eden	57.45
6. K. Hodgson O/40	HelmH	57.57
7. K. Davis	EreV	58.06
8. M. Irving	Bowl	58.09
9. T. Cowin O/40	HelmH	58.13
10. V. Wilkinson	Bing	58.20

VETERANS O/50

1. (15) J. Rogers	Hull	61.46
2. (32) C. Smith	Kesw	66.35
3. (40) L. Warburton	Bowl	68.21

VETERANS O/60

1. (36) B. Thompson	HelmH	67.22
2. (59) D. Jelley	Ripon	70.25
3. (80) M. Walsh	Kend	74.52

VETERANS O/70

1. (138) G. Breeze	Wharf	94.11
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WOMEN

1. (10) V. Wilkinson	Bing	58.20
2. (29) J. Mattinson	Kesw	65.58
3. (35) N. Walkingshaw ...	Howg	67.16
4. (39) D. Campbell	Skelmer	68.20
5. (53) M. Wright O/40 ...	HBT	69.50
(78) K. Bridge O/40	Eden	74.24
(104) D. Tunstall O/50 ...	DFR	80.51
(109) W. Dodds O/60 ...	Clay	81.19
(125) A. Roche O/50	Howg	85.47

150 finishers

ST JOHNS

Isle of Man

AS/5km/275m 01.01.17

An impressive total of 187 runners kicked off the New Year, many hung over and even more in fancy dress. The gathered crowd witnessed everything from a 9 foot T-Rex to a group of fully kitted out fire fighters! This 5 kilometre race has grown in popularity over the years and has become a rite of passage for many intrepid runners – not least those who precede the race with an icy dip in the Irish Sea!

Former English Champion, Lloyd Taggart (appearing as Donald Trump), claimed

his seventh successive victory in the race, asserting his dominance midway through the climb to take a comfortable lead by the summit over Ben Corkill. Those placings remained unchanged by the finish with Tom Cringle rounding off the top three for the host club, Manx Fell Runners. The surprise package of the race was 15 year old Irishman Thomas Devaney, who fought stride for stride with uphill specialist Graham Furner up the climb before pulling clear on the flatter sections toward the top and holding on to take a stand out 4th position. Relative newcomer Orran Smith, rounded off the top five, just four seconds adrift of the young Irishman.

There were a notable number of younger runners prominent on the climb with over half of the top 10 to reach the summit being juniors. Top local cyclists, Will Corkill and Max Walker, were both prominent at the summit before losing a couple of places on the tricky descent.

Amongst the ladies it was Eleanor Miklos who finished in top spot and 22nd overall. It was an impressive run for Eleanor given that she only made her fell running debut at this same race last year. Second lady by a margin of twenty seconds was Kirree Quayle with Lisa Dunwell taking third.

Richie Stevenson

1. L. Taggart O/40...	MFR	24.00
2. B. Corkill ...	MFR	25.22
3. T. Cringle...	MFR	26.06
4. T. Devaney ...	Castleb	26.52
5. O. Smith ...	WAC	26.56
6. N. Colburn ...	MFR	28.26
7. G. Furner...	Unatt	28.40
8. I. Gale O/50 ...	MFR	28.54
9. N. Quayle ...	Manx	29.06
10. W. Corkill ...	Unatt	29.54

VETERANS O/50

1. (8) I. Gale ...	MFR	28.54
2. (18) R. Sellors ...	MFR	32.08
3. (38) G. Wiltcher...	MFR	35.03

VETERANS O/60

1. (58) I. Callister ...	MH	37.01
2. (71) P. Cain ...	MH	38.08
3. (72) R. Hooton ...	MFR	38.11

VETERANS O/70

1. (88) D. Corrin ...	IOMVAC	40.09
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WOMEN

1. (22) E. Miklos ...	MFR	32.52
2. (26) K. Quayle ...	NAC	33.09
3. (32) L. Dunwell O/40 ...	NAC	33.56
4. (41) N. Boyde O/40 ...	NAC	35.12
5. (43) R. Craine O/40 ...	NAC	35.30
(72) R. Hooton O/60 ...	MFR	38.11
(82) J. Morgan O/50 ...	MFR	38.56
(84) G. Evans O/50 ...	MFR	39.06
(157) M. Hall O/60 ...	WAC	49.32

187 finishers

YHA 'KING OF THE CASTLE' Cumbria

AS/2.5km/200m 08.01.17

The fifth running of YHA King of the Castle promised to be an exciting contest.

Over the new year rumours of secret training sessions on the steepest ascents

in Borrowdale had begun to circulate. At the same time mouths watered among less combative local runners at the thought of the legendary cake-eating which always follows this race's brief exertion. Expectations for a hard-fought race and even a new record were high. Race day brought pleasant weather, and as a record number of entries filtered in we knew that spectators would not be disappointed.

There is always suspense and excitement when waiting for the results to be calculated in a race with a staggered start and this year we decided to add to it by not disclosing any times until the prizегiving. The results revealed that five runners managed the astonishing feat of running 1.2 miles and climbing 600 feet in 12 minutes or less – compared to zero last year! Chris Arthur knocked Ricky Lightfoot off his record-holder's throne by 13 seconds. Local veteran Morgan Donnelly put in an impressive run to claim second place ten seconds behind Chris, followed by Rhys Findlay-Robinson just two seconds later.

The overall women's record stood firm. However, Kirsty Hall simultaneously took the Queen's crown outside Cumbria for the first time and set a new female veterans' record. Her time of 14:32 was the third fastest by a woman since the race began. Jenn Mattinson gave Kirsty a good run for the jewels coming in an excellent second in 14:40.

Now the cake is a distant memory and no more cardboard crown constructing skills will be needed for another year!

Thank you runners, volunteers, Borrowdale YHA staff and those who helped promote the race – I hope you'll be back in 2018!

Catherine Spurden

1. C. Arthur ...	Bowl	11.27
2. M. Donnelly O/40 ...	Borr	11.37
3. R. Findlay-Robinson ...	DkPk	11.39
4. J. Appleton ...	Kesw	11.57
5. C. Tinnion ...	Ellenb	12.00
6. M. Mikkelsen-Barron ...	Borr	12.16
7. A. Perry ...	HelmH	12.38
8. L. Roe ...	Kesw	13.11
9. H. Bolton U/23 ...	Kesw	13.11
10. C. Edis ...	Kesw	13.27

VETERANS O/50

1. (26) C. Smith ...	Kesw	14.56
2. (27) P. Bullen ...	Kesw	15.00
3. (31) M. Allison ...	Eden	15.59

VETERANS O/60

1. (32) N. Lancaster ...	Derw	16.02
2. (50) M. Hind...	Borr	18.41
3. (51) L. Malarkey ...	Kesw	19.50

WOMEN

1. (20) K. Hall O/40 ...	Wharf	14.32
2. (22) J. Mattinson ...	Kesw	14.40
3. (28) R. Watson U/23 ...	CFR	15.07
4. (30) L. Stobbart ...	Lk'land	15.35
5. (36) T. Beetham O/40 ...	Kesw	16.40
(49) L. Buck O/50 ...	CFR	19.12
(51) L. Malarkey O/60 ...	Kesw	19.50
(53) A. Blackburn O/50 ...	CFR	20.14
(56) K. Clark O/60 ...	Kesw	21.12

60 finishers

ASHURST BEACON Lancashire

BS/9.5km/290m 14.01.17

1. J. Hunt O/50...	DkPk	39.26
2. D. Miller ...	Endur	39.39
3. W. Griffiths ...	Penn	39.47
4. L. Eccles ...	PennyL	40.03
5. D. Fishwick O/40 ...	Chorl	41.34
6. B. Lomas O/40 ...	Congle	41.44
7. M. Laithwaite O/40 ...	Endur	41.56
8. J. Horrocks ...	Chorl	42.01
9. A. Smithson ...	Mersey	42.33
10. R. Bardon O/40 ...	Endur	42.44

VETERANS O/50

1. (1) J. Hunt ...	DkPk	39.26
2. (20) K. Tuzio ...	Newb	44.20
3. (24) C. Pedder ...	Lpool	44.37

VETERANS O/60

1. (23) S. Morran ...	NMast	44.35
2. (41) A. Hauser ...	Holmf	47.21
3. (51) A. Duncan ...	Bowl	48.19

VETERANS O/70

1. (114) J. Dobie ...	Lpool	59.17
2. (139) N. Griffiths ...	Spect	67.01
3. (145) P. Martin ...	Bowl	73.09

VETERANS O/80

1. (152) G. Arnold...	Prest	87.18
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WOMEN

1. (25) D. Campbell ...	Skelm	44.39
2. (39) E. Gerrard ...	Penn	47.09
3. (49) H. Thompson ...	Skelm	48.10
4. (75) J. Owens O/40 ...	Knows	51.46
5. (76) K. Ralphs ...	Kaylf	51.48
(83) A. Ball O/40 ...	Colt	52.29
(84) J. Taylor O/50 ...	Wigan	52.56
(98) F. Johnston O/50 ...	Parb	55.08

154 finishers

TRIGGER

**West Yorkshire
BL/32km/1650m 15.01.17**

The weather for the 2017 Trigger Fell Race was the weather that I and WMRT had been trying to prepare for- for the previous five years. It was very wet as heavy rain had melted the snow, it was claggy and there was a cold wind. Every year we have asked for more kit, we have checked experience and we have banged on about runners responsibility and the need to being able to navigate. Usually I run the actual race (Andy Plummer is RO) but I was full of 'flu and decided not to race, which made the day much worse for me as I would have relished these conditions. Instead after the start I drove to Crowden to see runners through there. It was scary; 50% of runners didn't have their maps out; they were clearly following and one guy was even following his watch! I watched as they all set off onto Bleaklow (where conditions can only get worse) with my heart in my stomach. The WMRT marshals at Shelf Moor said that they helped 1 in 3 runners into waterproofs. The Snake road CP is exposed and WMRT there were also kept very busy. Woodhead Mountain Rescue were absolutely fabulous; they were out for hours on all the CPs and I've heard countless thanks of gratitude from the runners. Waiting at

the finish at Edale was worrying but runners started to trickle in; everyone way down on usual times and looking exhausted. It was a relief when everyone was off the hill; runners and marshals alike.

Navigation is always key to success in the Trigger. Nic Barber was 20 minutes slower than his 2016 time; this was partly due to a change in CP location, but he was also 23 minutes ahead of the second man, his club mate Nat Winfield. The local men that were third and fourth at Crowden (running with Nic and Nat there) obviously couldn't navigate as they ended up in Glossop, hitch hiked back to Snake top to retire. Well done to all the runners that finished; it was a long hard day for most. Thank you also to everyone that helped out especially all of Woodhead Mountain Rescue, Charmian Heaton, Jude Stansfield, Steve Wathall and Jeff Miller.

We never say that the Trigger is the toughest, hardest, coldest, most brutal etc etc race. It is a long classic fell race that's held in winter - and so we ask that runners are prepared. When Gilly Markham finished she was on her own; she was warm, dry, happy and had a smile on her face. As Jasmin Paris had very kindly donated her first prize back to me and Gilly was first FV60, I was able to promptly award Gilly with an extra special large LV60's prize! Thanks Jasmin.

191 runners registered and 157 finished. We usually have maximum of eight dropouts. We had 34; again WMRT stepped in ferrying many people from the Snake to Edale. Thank you to all 34 runners who made sure we knew that you had retired; it is a FRA rule that you tell us but we do appreciate the effort you took to make sure we knew.

See you all again next year – Sunday 14 January; watch for entries opening in September!

Nicky Spinks

1. N. Barber	Penn	3.59.14
2. N. Winfield	Penn	4.23.29
3. S. Pyke O/50	DkPk	4.24.30
4. W. Boothman	DkPk	4.24.32
5. R. Skirmshire	DkPk	4.26.27
6. J.Snochowski	Above	4.28.03
7. A. McVey	Carneth	4.32.28
8. K. Rawlik	Carneth	4.32.28
9. D. Page	Clowne	4.32.48
10. D. Taylor O/50	DkPk	4.33.10

VETERANS O/40

1. (11) L. Langdon	Penn	4.33.34
2. (13) M. Nolan	DkPk	4.37.07
3. (15) M. Hulley	Penn	4.41.07

VETERANS O/50

1. (3) S. Pyke	DkPk	4.24.30
2. (10) D. Taylor	DkPk	4.33.10
3. (45) J. Trueman	Penn	5.21.55

VETERANS O/60

1. (101) K. Holmes	DkPk	6.33.24
2. (107) D. Bowen	Penn	6.39.18
3. (129) N. Whittingham	Pstone	7.14.43

VETERANS O/70

1. (106) M. Cochrane	DkPk	6.36.32
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WOMEN

1. (26) J. Paris	Carneth	4.59.25
2. (27) S. Fawcett	DkPk	4.59.27

3. (29) K. Hewitson O/40	DkPk	5.00.40
4. (43) M. Kunicka	Pstone	5.21.35
5. (48) J. Greenhaigh O/40	Lostock	5.24.31
(141) L. Anderson O/50 ...	Holmf	7.49.21
(146) G. Markham O/60 ...	Unatt	7.53.25

157 finishers

STANBURY SPLASH West Yorkshire BM/12km/400m 15.01.17

After flagging the course in snow on a beautiful winter's day, race day turned out to be a very wet and boggy affair due to the snow melting. But for the last two years alternative bad weather routes have been run so it was a pleasure to be back on the proper scenic course round Ponden Valley and Kirk.

New Lancashire XC champion 39 year old Louisa Powell-Smith took the Soreen title in style after four times winner Helen Glover's early challenge to finish 16th overall. Helen finished second and first local two minutes behind Louisa, whilst twice Soreen winner Jo Buckley finished third and first FV40, with another FV40 Jane McCarthy fourth. Jo with team mates Lindsey Oldfield eighth and Anne Johnson ninth won the women's team prizes. First FV50 Debbie Gowans finished seventh and broke the FV50 record by over two minutes set by Jane Smith ten years ago in the FV60 Aileen Baldwin took the honours.

"Like the Auld Lang Syne the race was taken out at a frantic pace this time set by Helen Glover, although learning from my mistakes in the ALS, I made sure I went with it. I managed to pass Helen on the track just before the first descent and made good headway down to the river. I used the steep hill up from the river to get in with a decent group going up the Pennine way which helped take some of the head wind off me. The conditions under foot across the moor were very wet and boggy but perfect for a cross country runner! As we crossed the stream at the top of the moor where we cut back on ourselves I'd say the gap between myself and Helen was now around 30 to 40 seconds. I was feeling quite strong and despite the odd tumble or three, I pushed on along the moor before returning to the Pennine Way. Here I managed to get myself in a little battle with club mate Dave Bagot. We pushed each other hard down to and out of the beck crossing and even though Dave managed to beat me it helped me finish strong in a decent time considering the conditions. I started running at the age of 12, and by 13 I'd joined Blackburn Harriers and under the coaching of the late Arthur Almond, only six months after starting I won the 1991 National Cross Country Championships at Birkenhead. I went on to win and be in a medal position in the Lancashire XC Champs, Lancashire schools, Northern XC and National XC champs numerous times over the next four years. I ran for England in Boyle Ireland and Alness in Scotland and qualified to run in Truro, but couldn't due to injury. I stopped running in 1996 aged 17 due to illness and pressure. I am now married with two

daughters aged seven and ten and after taking part in a local 10k near to my home I have got the running bug back and decided to return" said a 'just can't stop smiling' Louisa.

34 year old Tom Adams fresh from winning the prestigious individual Silver medal at the Yorkshire XC championships for the second year running won the race for the fifth time, finishing three minutes ahead of Joe Baxter and Harry Holmes who had a terrific battle. 16 times Soreen winner the legendary Ian Holmes finished fourth and first V50 beating all the other veterans, he was only three seconds outside the ten year old course record of Steve Oldfield's despite the very wet and windy conditions. First local man to finish was in seventh - Christian Holmes and first V40, Ben Grant won the V60s and Richard Blakeley the V70s. P&B won the men's team with Joe Baxter, Graham Pearce fifth and Matthew Seddon 13th.

"I can't think of a better way to spend a Sunday morning than running up and down Dale and through bog filled fields and moorland. Obviously I am not alone since 330 other runners also thought this was a great idea. To be fair I didn't see one person cross the finish line that wasn't laughing, smiling or at least grimacing and then smiling as they chomped on biscuits, Soreen maltloaf and cupped a hot drink whilst chatting and laughing as you waited to see who came in with the muddiest face! Dave and Eileen manage to achieve this at all of their races and to top it off the prize giving in the pub afterwards is brilliant, unless you get hit by a rogue Soreen malt loaf or chocolate in the famous throw out. I don't think I've ever run this race when it hasn't been boggy and after the recent snow melt and heavy rain the course was like a quagmire. Watching the video in the pub afterwards of the super fast blast back down to the beck crossing on the return, it showed fall after fall, including legend Ian Holmes doing an amazing fall, spin and bounce back up, I've still got no idea how I stayed upright there. Brilliant stuff" said five times winner Tom.

The Soreen Junior Quarry races were as always a fun filled affair with Alex Sadler-Townsend and Bethan Buckley winning the U9 races. In the main combined race Luke Carrington and Martha Jackson won the U11s, Eric Beaumont and Tui Brooks the U13s and Alex Thompson and Holly Davey the U15s. In the two lap race Reuben Mantle and Emily Jones won the U17s and James Askew and Eliza Findlay the U19s. All juniors were rewarded with a Soreen goody bag and pop but the fun didn't stop there as at the West End Cricket Ground prize giving some 40 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 delicious energy power that Soreen gives you. It was great to see a junior runner, Tamsin

Warsop of Denby Dale, Travellers showing initiative and care beyond her years when she helped a fellow athlete who had taken a tumble and injured themselves. 12 year old Tamsin quickly ran back and alerted the marshals of the fall and proceeded to show them the injured runner.

The Woodentops

1. T. Adams	Ilk	43.52
2. J. Baxter	P&B	46.51
3. H. Holmes	YorkK	46.56
4. I. Holmes O/50	Bing	47.56
5. G. Pearce	P&B	48.13
6. A. Burns	VStr	49.59
7. C. Holmes O/40	Wharf	50.07
8. K. Steinegger	Amble	50.20
9. R. Howie	Unatt	50.28
10. N. Munro	Herne	51.05

VETERANS O/50

1. (4) I. Holmes	Bing	47.56
2. (43) N. Holding	WPenn	57.34
3. (47) P. Gaile	PudseyP	57.56

VETERANS O/60

1. (81) B. Grant	Hgate	60.19
2. (136) P. Boardman	Horw	65.34
3. (140) J. Pickup	Clay	65.42

VETERANS O/70

1. (276) R. Blakeley	Tod	82.38
2. (307) D. Hill	Skyrac	87.38

WOMEN

1. (16) L. Powell-Smith	Clay	52.40
2. (28) H. Glover	Kghly	54.42
3. (48) J. Buckley O/40	CaldV	58.14
4. (59) J. McCarthy O/40	Ilk	59.02
5. (62) R. Pilling	P&B	59.23
(94) D. Gowans O/50	Acc	61.27

(104) A. Johnson O/50	CaldV	62.35
(223) A. Baldwin O/60	Stain	74.51
(291) J. Tolson O/60	RRose	84.38

330 finishers

SOREEN UNDER 9 RACE 0.5m/100ft

Boys

1. A. Sadler Townsend	Kghly	3.12
2. S. Annison	CaldV	3.15
3. O. Timbers	Kghly	3.18

Girls

1. B. Buckley	Kghly	3.23
2. I. Wright	Wharf	3.37
3. A. Petrucci	Kghly	3.40

SOREEN U11, U13 & U15 RACE 1m/150ft

Boys U/11

1. L. Carrington	EChesh	7.20
2. J. Archer	Ilk	7.34
3. J. Sadler Townsend	Kghly	7.48

Girls U/11

1. M. Jackson	Craven	8.03
2. M. Bellwood	Kghly	8.16
3. P. Midgley	Kghly	8.49

Boys U/13

1. S. Conroy	Kghly	6.41
2. J. Duffy	CaldV	7.15
3. P. Casey	CaldV	7.23

Boys U/15

1. A. Thompson	Wharf	6.29
2. E. Beaumont	Kghly	6.51
3. T. Middleton	Horw	6.52

Girls U/15

1. H. Davey	Otley	8.06
2. F. Mitchell	Wharf	8.14
3. N. Pearce3	Ilk	8.21

SOREEN UNDER 17 & 19 RACE 2m/300ft

MALES U/17

1. R. Mantle	Bing	12.13
2. L. Hargreaves-Madhas	Wharf	12.52
3. S. Thom	Kghly	12.53

WOMEN U/17

1. E. Jones	Wharf	14.53
2. A. Caie	DenbyD	15.55
3. K. Smith	Bing	16.02

MALES U/19

1. J. Askew	Bing	12.18
2. J. Tucker	Unatt	12.36

WOMEN U/19

1. E. Findlay	Bing	15.27
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30TH CANNOCK CHASE TRIG POINT RACE

Staffordshire

CL/27km/500m 22.01.17

The race went without incident and enjoyed an exciting atmosphere of celebration and sportsmanship. This was exemplified by the way all runners adhered to the compulsory kit requirements and check and the manner in which the one runner without full kit accepted it. Thankfully he was found the necessary trousers and had his run. It was further demonstrated by the unchallenging way the two runners who were required to curtail their runs due to time cut-offs willingly accepted and complied. This restores an organiser's faith in the sport and makes all the hassle of permissions, environmental impact paperwork and organising worthwhile.

Louisa Powell Smith first lady at Stanbury Splash



Entries were down on recent years but 122 runners made the best of conditions that were extremely cold but the promised freezing rain showers held off until the last runner finished.

Every runner was rewarded with a tough race and a bottle of Trig Point beer-plus home baked special biscuits courtesy of my daughter. All enjoyed the warmth, comfort and endless refreshments provided at the race HQ. The race saw new winners of both the senior male and female races. Kim Collison visiting from Borrowdale led throughout the race and finished with a lead of nearly three minutes over Kim Collison. First Mercia runner home was Huw Davies in third place with first V50, Ian Grindley also of Mercia in fourth.

In the female race local runner Nina Sketon - a FV50-was the first lady home. Other class winners are shown below but special mention must go to Kevin Uzzells, who won V65 but has managed to be consistently in the prize winners for pretty much all of the 30 years of the race, and Dave Peel of Dark Peak who ran the very first race and finished in eleventh place this year.

Bob Dredge

1. K. Collison	...	Borr	109.59
2. D. Brazier...	...	Tipton	111.45
3. H. Davies...	...	Mercia	111.56
4. I. Grindley O/50	...	Mercia	112.44
5. C. Jeffery O/40	...	DkPk	116.14
6. M. Williams	...	RunRide	119.14
7. A. Bave	...	WolvesB	119.47
8. D. Philips...	...	Unatt	120.19
9. D. Fishwick O/40	...	Chorl	121.42
10. P. Danis O/40	...	Unatt	123.58

VETERANS O/50

1. (4) I. Grindley	...	Mercia	112.44
2. (16) N. Skilton	...	CannStaff	127.54
3. (32) J.Embrey	...	DEE	133.39

VETERANS O/60

1. (30) G. Davies	...	Mercia	131.58
2. (73) K. Uzzell	...	StoneM	155.31

WOMEN

1. (16) N. Skilton O/50	...	CannStaff	127.54
2. (41) D. Blakeman O/40	...	Whampton	140.01
3. (44) L. Palmer	...	Chase	141.41
4. (91) Y. Nicholls O/50	...	Chase	170.35

HOOFSTONES

West Yorkshire

BM/12.9km/425m 28.01.17

Hoofstones Fell Race took place from the Staff of Life Pub, Todmorden. Organised by Todmorden Harrier Dan Taylor, the race takes you to parts of Todmorden rarely visited. After a stiff climb up Knotts Cliff the route crosses the top road near the old Sportsman's Pub, then runners head onto Stansfield Moor. Here there is a choice of route, either direct and risk the tussocks/heather or a longer route past the Radar Station, then down Dukes Cut which is very runnable.

By this part of the race local teacher James Logue, had opened up a 30 second gap on Andrew Worster. The route passes Noah Dale, there is then a long run along and up to the Trig point at Hoofstones Heights. At the bottom of the climb there is a broken bridge

which is collapsed and dangerous to cross. The bridge has now been christened the 'Indiana Jones Bridge', by prolific fell runner and nice guy Darren Fishwick. At the Trig Point James led Andrew by approximately one minute.

The section back to the Sportman's is across unmarked moorland and navigation skills are required. James took a tight line and encountered some of the little streams that cover the moor slowing his progress. Andrew, having recied the event, took an arcing line keeping to the higher ground. He left the moor in first place, having passed James without either of them seeing the other one. Andrew held onto his lead to the finish, where he had knocked over four minutes off the record, finishing in 1.04.04, James was also well under the old record.

In the women's race there was a similar battle with Jean Powell and Lucy Burnett racing each other all down the hillside to the finish, Lucy holding Jean off by just nine seconds. There was a good turnout from Keighley who took the women's and men's team prizes back over the hill.

Dave Collins continued his good form with first V60 just 12 seconds outside the V60 record.

Thanks go to the Calder Valley Search and Rescue Team who provided safety support for the event, Kate and Tim at the Staff of Life who warmed the competitors up afterwards with coffee followed by beer, and to the landowners who give us permission for the race to cross their land.

Dan Taylor

1. A. Worster	...	Tod	1.04.04
2. J. Logue O/40	...	CaldV	1.04.36
3. D. Edmondson	...	Unatt	1.11.12
4. M. Ellison...	...	Ross	1.12.50
5. J. Hopkinson O/40	...	Kghly	1.13.15
6. I. Willis O/40	...	Kghly	1.13.47
7. D. Fishwick O/40	...	Chorl	1.14.19
8. A. Layock...	...	Clay	1.14.29
9. A. Walker O/40	...	Kghly	1.15.22
10. N. Hayhurst O/50	...	Unatt	1.18.06

VETERANS O/50

1. (10) N. Hayhurst	...	Unatt	1.18.06
2. (12) D. Copping	...	Kghly	1.20.46
3. (15) I. Rowbotham	...	H'gate	1.24.33

VETERANS O/60

1. (14) D. Collins	...	Tod	1.24.29
2. (40) H. Atkinson	...	Bing	1.34.24
3. (45) D. Tait	...	DkPk	1.39.13

VETERANS O/70

1. (50) G. Breeze	...	Wharf	1.48.19
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WOMEN

1. (28) L. Burnett O/40	...	Tod	1.28.16
2. (29) J. Powell O/40	...	Wharf	1.28.25
3. (37) H. Thom	...	Kghly	1.33.17
4. (43) H. Barber O/50	...	Kghly	1.37.04
5. (49) B. Renou O/50	...	Unatt	1.47.58

51 finishers

BLAKES HEAVEN

Cumbria

AS/8km/503m 28.01.17

A record turnout this year of 132 runners registered for what is traditionally the first race

of the year in West Cumbria. The weather, as usual for this race, added an extra element and influenced the results. Any of the first three could have won it. As it turned out the winner was the one who didn't make any mistakes. Callum Tinnion ran a good race and improved on his time from last year to take a well deserved win. Second placed Simon Bailey ran this race for the first time and looked certain to win, until making a couple of navigation errors. Could he return next year and challenge former CFR runner Chris Steele's record? In third place and first MU21 was Joseph Dugdale, a great run by him, and at only 16 years old a real talent and I can see plenty more podium finishes in the future. He might have even challenged for first if he hadn't lost his shoe three times in the bog between Blake Fell and Burnbank Fell. See the video on the Cumberland Fell Runners FB page for the interesting conversion between the top three at the finish.

In the women's race Kelli Roberts took first place and 23rd overall. In second place was Kirsty Hall, 25th overall as well as taking the first FV40 category. In third place and 32nd overall was Jennie Mattinson.

The team prizes went to Ellenborough AC's men's team who filled seven of the first twenty runners - a great turnout from the other West Cumbrian team. The women's team prize was actually a home team victory for Cumberland Fell Runners. Unfortunately, I announced on the day that Keswick AC's ladies had won. My apologies go to Claire, Hannah and Jennie.

We also had a great turnout from the younger end of up and coming runners with five of the top 16 runners in the MU21 category, in what was a competitive field.

Thank you to Ellenborough AC, Northern Fells Running Club and Cumberland Fell Runners for making this race part of their 2017 Club Championships. The support is always welcome.

Thank you to Paul and Chris from Kong Adventure Keswick who supported the race this year.

Lastly, I want to thank all the volunteers who helped during the course of the day, to make my first year as RO a great experience

Ryan Crellin

1. C Tinnion...	...	Ellenb	33.42
2. S. Bailey	...	Mercia	34.06
3. J. Dugdale U/21	...	CFR	34.12
4. A. Thomas U/21	...	Unatt	36.22
5. D. Spencer U/21	...	Unatt	36.25
6. C. Lister	...	Ellenb	36.30
7. S. Bolland O/40...	...	Bowl	37.04
8. R. Stein	...	CFR	37.05
9. J. Hartley	...	Unatt	37.06
10. P. Neild O/40	...	Bowl	37.08

VETERANS O/50

1. (22) C. Smith	...	Kesw	39.13
2. (24) P. Cornforth	...	Borr	39.48
3. (26) A. Beaty	...	CFR	40.48

VETERANS O/60

1. (47) N. Lancaster	...	Derw	43.22
2. (93) D. Clarkson	...	NFells	50.58
3. (103) M. Hind	...	Borr	52.34

VETERANS O/70

1. (125) B. Johnson	CFR	70.05
WOMEN		
1. (23) K. Roberts	Unatt	39.35
2. (25) K. Hall O/40	Wharf	39.50
3. (32) J. Mattinson	Kesw	41.39
4. (40) S. Noon	Derw	42.40
5. (46) L. Stobbart	Tri-Lake	43.14
(48) C. Russell O/40	CFR	43.49
(68) J. Chatterley O/40	CFR	48.16
(77) H. Horne O/50	NFells	49.02
(95) M. Bradley O/50	CFR	51.11
(97) K. Beaty	CFR	51.34
(120) K. Clark O/60	Kesw	59.00
129 finishers		

TARREN HENDRE Gwynedd

AS/9.7km/610m 28.01.17

The race took place on a damp cold but improving January day. Summit visibility was 60 metres in light sleet at race start and the descent through the forest was described by the marshals as somewhat spongy - the runners' descriptions are unrepeatable!

Ninety runners started and after a good battle all the way round it was Mat Roberts in 53:07 who had two seconds on Gareth Wyn Hughes with last year's Winter Series winner, Karl Steinegge, coming third.

In the women's competition Miranda Grant had a comfortable win in 58:20 ahead of Sian Williams (1:00:32) and third placed Anna Bartlett just behind in 1:00:45.

The only record to fall was Don Williams' 2007 V60 time of 62:15 taken by Stephen Jones in 60:35. That may have been the only record to fall but the conditions underfoot guaranteed most of the field came back pretty well painted in peat - we are going to advertise it as a spa day next year!

Many thanks to all the marshals and mountain rescue for their assistance.

Nicholas Bradley

1. M. Roberts	CaldV	53.07
2. G. Hughes	Mercia	53.09
3. K. Steinegger	Amble	54.34
4. J. Brown O/40	Buckley	55.11
5. S. Adney	Mercia	55.37
6. A. Thompson	HelmH	55.53
7. R. Jenkins	Unatt	56.02
8. D. Thomas O/40	Eryri	56.48
9. M. Cliffe O/40	Eryri	56.48
10. T. Evans	Meirion	57.00

VETERANS O/50

1. (28) S. Toogood	Buckley	62.24
2. (32) D. Powell	Aberyst	63.50
3. (34) J. Randell	Meirion	64.13

VETERANS O/60

1. (23) S. Jones	Eryri	60.35
2. (39) L. Hughes	Mald	66.13
3. (45) C. Wilcox	Buckley	67.08

VETERANS O/70

1. (78) J. Morris	Buckley	79.00
2. (84) A. Oliver	Eryri	90.52

WOMEN

1. (15) M. Grant	Eryri	58.20
1. (22) S. Williams	Rhedwyr	60.32
2. (24) A. Bartlett O/40 ...	Mercia	60.54
3. (29) S. Ridgway O/40 ...	Mercia	63.15

4. (40) C. Cole	Haldon	66.23
5. (43) H. Evans	Buckley	66.57
(71) E. Collins O/50	Denb	75.42
(73) S. Rowlands O/50 ...	Eryri	66.36
(77) J. Edwards	Meirion	78.45
(87) M. Oliver O/60	Eryri	99.45

88 finishers

TIGGER TOR South Yorkshire BM/15.5km/514m 29.01.17

Don't try to find Tigger Tor on a map! The race got its name because the route starts and finishes at the Sheffield Tigers Rugby Club and includes an ascent of Higger Tor. It is the first race in The Totley Race Series, which consists of five races in total, all held close to the edge of the Peak District south west of Sheffield. The rugby clubhouse is an ideal venue for a winter fell race. With an open log fire, food and drinks available from 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 landscape, for many runners, who return year after year, this is a suitably challenging and enjoyable start to the season.

This year's race attracted a record number of entries and the entry limit (470) was reached five days before race day, so book early next year to avoid disappointment! Not surprisingly, given the time of year, weather and underfoot conditions are usually challenging but were relatively benign this year. That said, on race day, black ice on the rugby club drive gave cause for concern about what conditions might be like on the hills. Visibility was also variable with fog patches coming and going and the higher points were covered in a light dusting of snow. The leaders benefited from being able to run on a fairly firm frozen crust covering much of the course but this had turned into mud for many following in their footprints. The two crossings of Burbage Brook were relatively easy as it was far from being the raging torrent it had been in some previous years.

Local clubs Dark Peak and Totley dominated most categories. Steve Franklin put in an awesome performance, coming in 5 minutes 23 seconds ahead of runner up, Oli Johnson.

The senior women's category was a closer run affair, with Sally Fawcett finishing 35 seconds ahead of runner up, Hazel Tant.

Of the first and second places in the men's veteran categories, Dark Peak took six out of eight. Totley took the men's team prize. In the women's veteran categories, honours were shared equally, with Dark Peak and Totley taking two each of the six first and second places. Dark Peak won the women's team prize

Ian Bradbury

1. S. Franklin	Totley	1.12.01
2. O. Johnson	DkPk	1.17.24
3. K. Allanson	Unatt	1.17.38
4. M. Dawson O/40	NDerby	1.17.40
5. P. Fauset O/40	DkPk	1.17.43
6. R. Bradbury O/40	Mat	1.17.48

7. A. Douglas	Velov	1.17.59
8. A. Taylor	DkPk	1.18.08
9. B. Griffiths	Unatt	1.18.27
10. R. Donald	SheltStr	1.18.50

VETERANS O/50

1. (36) S. Bell	DkPk	1.25.13
2. (47) J. Webber	DkPk	1.26.58
3. (76) M. Grady	Unatt	1.32.44

VETERANS O/60

1. (122) S. Kemp	DkPk	1.38.49
2. (126) K. Holmes	DkPk	1.39.22
3. (160) P. Eddison	Handsw	1.42.25

VETERANS O/70

1. (193) M. Cochrane	DkPk	1.46.45
2. (376) D. Brailsford	Crawley	2.57.32

WOMEN

1. (39) S. Fawett	DkPk	1.25.48
2. (45) H. Tant	Totley	1.26.23
3. (65) C. Brock	SteelCStr	1.31.07
4. (82) F. Kesteven O/40 ...	Totley	1.33.16
5. (88) R. Walwyn	DkPk	1.33.29
6. (90) C. Oliffe	DkPk	1.33.34
7. (92) M. Kunicka	Pstone	1.33.45
8. (100) J. Buckley	Totley	1.34.39
9. (106) J. Hawkins	Wirks	1.35.12
10. (119) C. Howard O/40 ...	Mat	1.38.11
(136) P. Sadler O/40	Totley	1.40.08
(154) J. Crowson O/50 ...	DkPk	1.42.03
(169) D. Claridge O/50 ...	DkPk	1.43.54
(205) N. Dick O/50	Unatt	1.48.46
(306) L. Hayles O/60	CaldV	2.05.16
(327) Y. Twelvtree O/60 ...	Totley	2.08.05
(330) J. Forrester O/60 ...	Mat	2.08.30

380 finishers

WADSWORTH TROG West Yorkshire BL/31km/1110m 04.02.17

186 runners turned out for the 26th running of The Trog. 'The Beast' as it has become known was founded in 1991 by Bernard Pierce. Sadly, Bernard passed away shortly after this year's race.

On the day, weather conditions were good considering the time of year. Conditions underfoot, however, were extremely wet heading up on to Wadsworth Moor towards the trig point on High Brown Knoll (CP 1) via Deer Stones Edge. The runners had another 13 checkpoints to negotiate and were expertly monitored by the volunteer Calder Valley marshals and RAYNET, a local volunteer radio communications group.

The news being fed back to radio control was that local runner Ben Mounsey and Rob Jebb were neck and neck coming through the final marshalled checkpoint at Sheepstones trig. A small crowd gathered at the finish to see Jebb pull away on the last hill to take the win by a mere 22 seconds, in 2:37:26. Both men were surprised that they were still ten minutes off Karl Gray's impressive 2015 record. Gav Mulholland and new Calder Valley member, Andy Swift, finished joint third in 2:43:26.

Stand out run of the day came from Nichola Jackson, who took 18 minutes off the women's record, finishing 11th overall in 2:51:26. Nicky Spinks, second lady and first FV40, finished in

*Singing the Blues with teamwork
from Bingley at the Beast –
Wadsworth Trog*



PHOTO © WWW.WOODENTOPS.ORG.UK

3:21:36. Less than a minute behind was Lucy Spain finishing in 3:21:53.

Hannah Thom took the FU21 honours and Dakotah Shirfield collected the FU23 prize. Bill Johnson was first MV50 and Sally Houghton was first FV50 home. Unattached runner Colin Feather won the MV60 category.

Both team prizes went to Calder Valley (men: Ben Mounsey, Gav Mulholland, Andy Thorpe; women: Helen Roberts, Jackie Scarf, Helen Buchan). Local rivals, Todmorden Harriers, finished runners-up in both the male and female teams.

Big thanks to all the helpers and marshals on the day, as well as to Old Town Cricket Club, who provided the venue and hot meal. The Chevin Socialites offered excellent cakes, tea and toast for donations to help patients at The Leeds Haematology Unit based at St James' Hospital, Leeds.

Jake Ackroyd

1. R. Jebb O/40	...	Bing	2.37.26
2. B. Mounsey	...	CaldV	2.37.48
3. A. Swift	...	Pstone	2.43.26
4. G. Mulholland O/40	...	CaldV	2.43.26
5. J. Whiteside	...	Trawd	2.48.43
6. O. Beilby	...	Wharf	2.49.47
7. O. Barnes	...	Unatt	2.49.54
8. K. Sutor O/40	...	CheshH	2.50.32
9. M. Ollerenshaw	...	Gloss	2.50.53
10. G. Brown O/40	...	Tod	2.51.17

VETERANS O/50

1. (24) B. Johnson	...	CaldV	3.10.56
2. (28) J. Tinman	...	Ross	3.11.40
3. 940) J. Mason	...	Dewsb	3.19.14

VETERANS O/60

1. (120) C. Feather	...	Unatt	4.00.23
2. (158) M. Bull	...	MiddH	4.36.48
3. (165) R. Ashworth	...	Ross	4.47.11

WOMEN

1. (11) N. Jackson	...	Prest	2.51.26
2. (47) N. Spinks O/40	...	DkPk	3.21.36
3. (48) L. Spain	...	HelmH	3.21.53
4. (75) F. Lynch O/40	...	Rad	3.34.47
5. (99) H. Roberts	...	CaldV	3.48.13
(101) S. Houghton O/50	...	Ripon	3.49.07
(126) J. Scarf O/50	...	CaldV	4.05.30
(159) S. Williams O/50	...	NLeeds	4.36.49

180 finishers

BI

KONG MINI MM – ROUND 1 Peak District MM 05.02.17

The venue of the first mini mountain marathon of 2017 had to be moved from the planned area (Goyt Valley) due to objections from the shooting tenants, to Borrowdale. This turned out to be convenient for the new sponsors, Kong Adventure, who are based in Keswick and came along with irresistible shopping opportunities.

The planners had trouble putting out the checkpoints due to strong winds but snow falling overnight presented new challenges for the competitors who reported that some of the checkpoints were buried in the snow and the underfoot conditions made it difficult to get speed up.

Thanks to all the staff at YHA Borrowdale for your support and catering and the National Trust for giving permission at short notice.

Alison Wainwright

1. S. Birkinshaw O/40	...	Amble	501pts
2. N. Talbott	...	Amble	497pts
3. M. Driver	...	Holc	386pts
4. R. Dearden O/40	...	NottsO	360pts
5. R. Ansell O/50	...	Tring	359pts

WOMEN

1. K. Bryan-Jones/H. Elmore O/40	...	DkPk	340pts
2. R. Beadle O/50	...	L'land	290pts
3. V. Howarth	...	Kesw	289pts

MIXED

1. K. Roberts/P. Rigby	...	Unatt	349pts
2. S. Richmond/G. Briggs O/50	...	Penn	339pts

SIDMOUTH 4 TRIGS CHALLENGE Devon

BL/26km/914m 05.02.17

Another amazing day for all involved in the 17th 4 Trigs Challenge.

After a very wet and blustery week leading up to the 4 Trigs race, we were granted a dry weekend. Race day, although a little cold, was dry and none of the runners were complaining.

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 Western Cliff, Buckton Hill, Beacon Hill and High Peak, and five checkpoints in between. This gruelling 16 mile race has a massive 3,200 feet of climb.

101 runners left the Port Royal Club in Sidmouth. We had six retirees.

Returning within the two and a half hours, Patrick Devine-Wright was the first competitor back with a time of 2.19.19. Dan Nettlefield came in hot on his heels with 2.19.52. Milan Goc came in at 2.25.52 and Tim Lenton, last year's winner, at 2.29.16 Matthew Knapp came in fifth with a time of 2.30.40.

Our first lady home was Clare Hansford, who clocked just over the three hours with 3.02.12. It was a brilliant effort all round.

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.

A very big thank you to Hayman's Butchers for sponsoring the event by providing pasties to each runner. Lastly, a big thank you to all the marshals and my team of ladies providing tea, coffee and cake. I could not hold the event without their tremendous support.

As in the previous two years, all proceeds will be going to the charity, Cardiac Risk in the Young (CRY).

Marion Hayman

1. P. Devine-Wright O/40	AxeV	2.19.19
2. D. Nettlefield	SMolten	2.19.52
3. M. Goc	SWRR	2.25.52
4. T. Lenton O/40	AxeV	2.29.16
5. K. Knapp	Dartm	2.30.40
6. R. Everson O/50	SWRR	2.37.55

7. O. Frost	Wells	2.42.52
8. W. Feline	StubbG	2.49.48
9. J. Anderson O/40	Unatt	2.54.05
10. R. Bishop O/50	Exm	2.55.20
(12) I. Andrews O/50	Unatt	3.01.55

VETERANS O/60

1. (23) N. Brooke	Dorset	3.15.52
2. (71) M. Palmer	Ashburt	4.08.20
3. (79) T. Walne	Unatt	4.49.13

VETERANS O/70

1. (83) R. Nosworthy	Unatt	5.00.40
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WOMEN

1. (13) C. Hansford O/40	AxeV	3.02.12
2. (24) K. Brooke	Unatt	3.16.16
3. (33) S. Francis O/40	NDevon	3.25.20
4. (37) K. Eyre O/40	AxeV	3.30.00
5. (38) E. Wood O/50	AxeV	3.30.00
6. (44) C. Forrer	Sidm'th	3.36.42
(59) V. Manyard O/50	Dartm	3.49.07
(60) S. Jones O/50	Dartm	3.49.07
(82) B. Funnell O/60	Unatt	4.57.40
(89) J. Couzens O/60	Ashburt	6.00.00

95 finishers

MICKLEDEN STRADDLE Derbyshire BL/23km/741m 05.02.17

This was the second time I had organised this race and, yet again, the weather was on my side. 194 runners set off in overcast conditions but with no breeze whatsoever, Langsett reservoir was as smooth as glass. Unfortunately neither of the previous winners were able to defend their titles due to Tom Brunt being injured and Nichola Jackson having run a fantastic race at Wadsworth Trog the day before.

As usual, underfoot conditions on Mickleden Edge were extremely wet and muddy, but the lack of any wind made for a much quicker race overall than the previous year, with the majority of the field passing checkpoints earlier than expected. Despite the lower time limit of 1 hour 10 minutes at CP1, the last runner made it through with approximately three minutes to spare. A couple of early retirements meant that the field was down to 192 and this was the number that eventually crossed the finish line.

Joe Baxter was the overall winner in 1:39:47 knocking some 5½ minutes off the previous year's winning time. Second place went to Adam Peers in 1:42:30 with Nat Winfield third in 1:44:19.

The first lady home, in 26th overall, was Caitlin Rice in 2:01:34. Second place was claimed by Sally Fawcett in 2:04:08 (36th overall) and a great run saw Judith Jepson take not only third women's prize but also first FV50 in 2:08:59 (50th overall).

The mens team prize went to East Hull Harriers (Matthew Hayes, Stuart Carmichael, Daniel Jones) and the women's winners were Dark Peak (Sally Fawcett, Judith Jepson, Rose Paxman).

Yet again, I would like to thank all the helpers and marshals on the day and especially Woodhead Mountain Rescue Team, without whose help it would not be possible to hold the race. If you haven't tried this race before, come and have a go in 2018, even if it's just for the infamous, excellent post-race catering!

S Browne

1. J. Baxter	P&B	1.39.47
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Another amazing day for all involved in the 17th 4 Trigs Challenge



PHOTO © CHRIS WOODCOCK

2. A. Peers	Wkfld	1.42.30
3. N. Winfield	Penn	1.44.19
4. A. Worster	Tod	1.45.20
5. M. Hayes O/40	EHull	1.48.20
6. C. Webb	Gloss	1.49.34
7. R. Bateson	Yeovil	1.50.32
8. S. Carmichael O/40	EHull	1.52.01
9. J. Street	Clowne	1.52.02
10. P. Morris	Hands	1.53.08

VETERANS O/50

1. (20) P. Shaw	Mansf	1.59.49
2. (28) R. Bewell	Wthby	2.01.54
3. (35) D. Parkington	Prest	2.03.42

VETERANS O/60

1. (67) D. Collins	Tod	2.13.57
2. (89) S. Kemp	DkPk	2.22.06
3. (102) K. Holmes	DkPk	2.25.19

VETERANS O/70

1. (134) M. Cochrane	DkPk	2.35.13
2. (190) M. Coles	VStr	3.14.58

WOMEN

1. (26) C. Rice	Unatt	2.01.34
2. (36) S. Fawcett	DkPk	2.04.08
3. (50) J. Jepson O/50	DkPk	2.08.59
4. (64) M. Kunicka	Pstone	2.13.29
5. (66) R. Winter	Ackworth	2.13.54
5. (88) A. Swift	Chorlt	2.21.54
6. (92) R. Patrick O/40	Tod	2.22.36
(97) M. Blackhurst O/50	Tod	2.24.15
(113) A. Paxton O/50	Kghly	2.29.08
(138) L. Hobbs O/40	Tod	2.36.02
(150) S. Hague O/40	PudseyP	2.44.00

192 finishers

CHARNWOOD HILLS Leicestershire

CL/21.5km/366m 05.02.17

The race starts in a school playing field exiting at the far corner and onto the footpath, then off round the course.

Having arrived at the school at 6.45 a.m. to meet the caretaker and just thinking "well that's it - all bases covered and 350 runners on their way. First job carry all of the start and finish equipment and set up in the field. Ah, the gate is still locked with one very large padlock! Caretaker found with the biggest bunch of keys and low and behold not one fits! One large crowbar later and we are in and the same applied to the exit gate!"

After that small hiccup, (never assume) the race went very well in good weather conditions. All runners were accounted for with the three retirees reporting back to me as per the new FRA ruling.

The race was run for the first time with chip timing (and a back-up system) and we were congratulated by the competitors on the speed at which the results were coming back to the Hall. The chip timers said this was the most organised race that they had ever covered, so smiley faces all round. That is apart from the caretaker with two broken padlocks in his hand!!

Paul Barrett

1. T. Hartley O/40	Barrow	1.30.50
2. H. Davies O/40	McCarkiss	1.31.27
3. M. Poynton	LeicsC	1.31.46
4. M. Lambell	Wend	1.32.09

5. K. Powell	LeicesterTri	1.32.58
6. S. Riley O/40	Wharf	1.33.38
7. T. Davis	RaeHub	1.34.54
8. G. McDermott O/40	Hermit	1.34.56
9. D. Shea-Simonds O/40	RaceHub	1.36.05
10. R. Whitelegg O/40	LeicsC	1.37.08

VETERANS O/50

1. (36) N. Coney	LincW	1.46.14
2. (42) A. Toll	Barrow	1.47.38
3. (43) I. Parker	Beaum	1.47.55

VETERANS O/60

1. (55) R. Robinson	Beaum	1.50.47
2. (123) M. Harris	Barrow	2.04.14
3. (131) R. Richards	Unatt	2.05.42

VETERANS O/70

1. (216) T. Vaughan	LeicsTri	2.19.40
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WOMEN

1. (26) A. Sarkies	RugbyN	1.44.38
2. (29) L. Niemz	Unatt	1.44.53
3. (39) V. Nealon	RugbyN	1.47.02
4. (47) K. Lomas	Charn	1.48.42
5. (60) S. Thorp	Wend	1.51.29
(105) G. Vaughan O/50	LeicsTri	2.00.19
(120) M. Jesson O/40	Woott	2.03.39
(138) J. Atkinson O/40	HolmeP	2.06.37
(152) S. Karmazyn O/40	HolmeP	2.09.14
(165) M. Lomas O/50	Charn	2.11.31
(200) K. Kemp O/50	Birst	2.16.55

316 finishers

WINDY HILL Lancashire

BM/14.5km/390m 12.02.17

On a cold wintery morning the 239 runners set out to tackle The Windy Hill course. What's most impressive in the face of conditions that greeted them, was the amount of starters and finishers. It was an epic battle against the

elements and I am pleased to say the runners won the battle.

The race started with its usual frantic chase up the bridal way onto the undulating trail, heading towards the major climb in the race. With Peter Bray, Phil Marsden and Tom Adams setting good early pace, upon hitting the climb the experience of Adams paid dividends, picking off his rivals to get to the trig first.

In the women's race there were clusters of runners developing, with Rachel Jones and Lindsey Oldfield having a terrific battle at the front end. In the veterans' categories, it was certainly a day where experience mattered. This led to several veterans positioning themselves well within the race after getting off the trig path. On the major path at the top heading towards the mast at Windy Hill, John Whiteside, Andy Thorpe, Graham Breeze, Fiona Lynch and Aileen Baldwin all placed themselves well at this stage and it showed come the final results.

On the descent (with a nice tail wind) the gaps became more apparent and there was clear daylight between several of the eventual winners of the categories. Tom Adams won the men's in an impressive 58.30 leading his nearest rivals, Peter Bray and Phil Marsden, by just under four minutes. In the women's race Rachel Jones (1:16:32) pulled away from Lindsey Oldfield to win by a minute and half.

The weather worsened on the tops but improved as the runners descended. This meant that the runners near the middle and back ends of the race would be hitting it for longer. Looking at the times posted I would like to congratulate everyone who finished and say that they all showed great effort and determination, as the times posted were



CVFR's Lindsey Oldfield at the battle of Windy Hill

PHOTO © MICK FRYER

still comparative to previous years. We also appreciated the feedback and thanks given to our team of marshals who helped make the race possible.

John Lloyd

1. T. Adams	Ilk	0.58.36
2. P. Bray	Chorlt	1.02.17
3. P. Marsden	Horw	1.02.23
4. J. Whiteside O/40	Barlick	1.06.33
5. B. Heywood U/23	Bury	1.10.10
6. A. Frost O/40	DkPk	1.10.50
7. M. Fowler O/50	Chesh	1.11.27
8. T. Campbell O/40	AstleyT	1.12.03
9. B. Johnson O/50	CaldV	1.12.13
10 A. Thorpe O/40	CaldV	1.13.08
J. Kerr O/50	Unatt	1.14.40

VETERANS O/60

1.T. Taylor	Ross	1.16.24
2. B. Grant	Hgate	1.17.31
3. A. Bocking	Chesh	1.22.32

VETERANS O/70

1. G. Breeze	Wharf	1.38.46
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WOMEN

1. R. Jones O/40	Bburn	1.16.32
1. L. Oldfield	CaldV	1.18.00
1. I. Storm	Chorlt	1.20.34
2. A. Swift	Chorlt	1.21.32
3. E. Wood	Ross	1.21.40
4.F. Lynch O/40	Rad	1.24.31
5. F. Lynch O/40	Rad	1.24.31
S. Houghton O/50	Ripon	1.24.57
J. Scarf O/50	CaldV	1.29.01
S. Bewer O/40	Melth	1.29.02
C. Harding O/40	P&B	1.29.02
H. Berrett O/50	Unatt	1.32.20
A. Baldwin O/60	Stain	1.33.20
L. Hayles O/60	CaldV	1.43.16
K. Conduit O/60	Roh	2.00.21

MR SPARKLE'S DARK 'UN Lancashire

BS/8.1km/214m 17.02.17

With several previous male and female winners taking part, a fairly benign night and several parts of the route 'improved', it was always sure to be a record breaking night as 68 runners hared off into the darkness. I had predicted that both records would fall but just who would be the winners?

An engaging three way battle between Adam Perry, Nick Leigh and Danny Hope was only split in the last mile with Adam and Nick neck and neck to the line. Adam just pipped his rival.

First timer at the Dark 'Un, Caitlin Rice scorched round well inside the top ten. Many PBs were attained and most runners came home happy. Unfortunately, a few runners went astray. It seemed that someone missed a marked turning on top of the moor and the herd instinct kicked in with 14 runners going AWOL for a time. Our safety system was tested and between our marshal and Bolton Mountain Rescue team all were accounted for, located and eventually finished.

The moral of the story is – Race Organisers, just because you insist everyone carries a map and compass, you heavily marshal and mark the course and you provide two recces



The interesting navigational stretch, to the far side of Todmorden Moor, provided interesting results at Flower Scar

of it, don't presume there won't be problems. Runners – if you are provided with a map and the chance to recce the course, then please use them! Don't assume the person in front knows where they are going.

Once all the chickens were home to roost, the presentation took place in the ramshackle style I have made my own. For the record, the theme of this year moor top disco was Girl bands in tribute to the many wonderful ladies who have encouraged, marshalled, provided prizes and helped to make the race what it is. The after race social maintained its legendary status.

Mr Sparkle

1. A. Perry	HelmH	32.07
2. N. Leigh O/40	Horw	32.08
3. D. Hope O/40	Horw	33.00
4. B. Procter	HelmH	34.19
5. D. Ryder O/40	Unatt	35.09
6. P. Simcock O/40	Ross	35.37
7. R. Mills	Prestw	35.43
8. C. Rice	RibbleV	35.51
9. D. Fishwick O/40	Chorl	35.57
10. P. Upton	HelmH	36.12

VETERANS O/50

1. (14) G. Chadderton	Horw	38.42
2. (20) M. Hithmough	Newb	40.54
3. (22) A. Burgess	TeamJMC	42.31

VETERANS O/60

1. (44) C. Cash	Darwen	57.20
2. (45) T. Varley	Horw	57.37
3. (49) G. Thompson	Darwen	58.37

VETERANS O/70

1. (54) P. Martin	Bowl	66.32
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WOMEN

1. (8) C. Rice	RibbleV	35.51
2. (16) L. Brindle	Horw	39.38
3. (24) A. Freeman	Darwen	42.41
4 (27) F. Hall O/40	Trawd	43.41
5. (30) L. Parker	Acc	44.55
(34) A. Rushton O/40	Prest	47.42
(25) D. Gowans O/50	Acc	43.18
(58) A. Butler	Ramsb	80.00
(40) K. Thompson O/60	Clay	52.40

68 finishers

FLOWER SCAR Lancashire

AM/13.3km/660m 18.02.17

2017 saw the first running of the Flower Scar junior races – a fantastic turnout of 50 juniors across the age ranges tackled the park and woodland course. Though not reaching the fell proper, the route involves significant climbing and can be summed up as challenging but fun from the feedback received!

The seniors' race also saw a good turnout of 176 runners on what was a mild, calm February day. The race was run under the new (permanent) category AM route. After visiting Flower Scar hill at Checkpoint 1, runners drop down to a ruin on the south side of the moor followed by an interesting navigational stretch to the far side of Todmorden Moor, and the turn at Checkpoint 3.

As in 2016, the conditions at the start line proved decidedly different to those out on the route – this year it wasn't gales that proved the challenge up on the moorland section though but thick, low cloud shrouding the tops. This proved to be a tricky adversary for some!

In the men's race local knowledge proved key for Todmorden Harriers' own Andy Worster in the challenging conditions. Despite very poor visibility, a near perfect line between Checkpoints 2 and 3 saw Andy establish a comfortable lead by the turn. The lead was maintained throughout the second half of the race and Andy crossed the finish line first in a time of 1:07:11, two minutes ahead of second placed Matt Elkington. Third place went to Chris Donnelly. The home club took the men's team prize (Andrew Worster, Jon Wright, Paul Hobbs).

The women's race proved to be a much tighter affair with only a minute between the top three at the finish line after some close racing throughout. Annabel Mason took the honours in a time of 1:28:41, followed by Rebecca Patrick in second and Holly Martin close behind in third. Wharfedale took the

team honours (Judy Howells, Jean Powell, Monica Padilla).

Hot food and the bar awaited runners back at race HQ after an enjoyable race. Thanks to all those who turned up and helped raise some good money for two good local causes: race proceeds going to Calder Valley Mountain Rescue and the Friends of Ferney Lee Primary School providing catering. Thanks of course to all those who helped out on the day too.

Darren Tweed

1. A. Worster	Tod	1.07.11
2. M. Elkington U/23	DkPk	1.09.08
3. C. Donnelly	Sale	1.10.24
4. S. Bailey	Mercia	1.10.45
5. J. Whiteside	Barlick	1.11.14
6. N. Crampton	P&B	1.11.22
7. O. Beilby	Wharf	1.11.24
8. I. Mills	Penn	1.11.33
9. J. Wright O/40	Tod	1.11.52
10. M. Munro	Herne	1.11.55

VETERANS O/50

1. (27) J. Ryder	Ilk	1.19.03
2. (31) D. Soles	Penn	1.20.06
3. (36) M. Wharton	CaldV	1.20.59

VETERANS O/60

1. (32) T. Taylor	Ross	1.20.15
2. (34) C. Davies	Sadd	1.20.47
3. (53) S. Storey	Pstone	1.27.56

VETERANS O/70

1. (134) P. Ellerton	Bing	1.45.05
2. (135) A. Dixon	FRA	1.45.23
3. (153) G. Breeze	Wharf	1.54.03

WOMEN

1. (60) A. Mason U/23	LeedsU	1.28.41
2. (64) R. Patrick O/40	Tod	1.29.31
3. (66) H. Martin	Penn	1.29.41
4. (68) A. Swift	Chorlt	1.29.57
5. (72) J. Howells O/40	Wharf	1.30.22
(79) J. Powell O/40	Wharf	1.31.45

(94) A. Jones O/60	Altrin	1.35.52
(130) J. Gardner O/50	Macc	1.44.06
(142) J. Shotton O/50	Holmf	1.47.51
(157) P. Plowman O/50	RedR	1.56.06

176 finishers

HOPPITS HILL West Yorkshire

BS/5.6km/250m 26.02.17

After a wet week the courses were expected to be muddy. Rain was forecast at 2 00 p.m. and so I was hoping to be done by then! With the unsettled forecast I was very pleased to have an increase in both Junior races especially in the U15 category.

There was good competition in all races and very enjoyable to watch. The early Easter prizes were well received too!

In the seniors we also had an increase in numbers and a closely fought battle for first place between Mike Fanning and Joe Law. In the ladies Sam Shaw held off U18 Helen Thornhill to come in first place and 14th overall.

Many thanks to Hopton Mills Cricket Club for use of the facilities and excellent refreshments and to My Race Kit for the prizes. Thanks to all my marshals and helpers too.

Nicky Spinks

1. M. Fanning O/40	Holmf	21.41
2. J. Law U/23	Holmf	21.50
3. T. Randall	Pstone	22.38
4. R. Norgate	Longw	23.02
5. J. Mason O/50	Dewsb	23.21
6. L. Storey	Pstone	24.18
7. R. Clough O/40	Pstone	24.37
8. S. Sanders O/40	Pstone	24.44
9. G. Pilling	P&B	24.46
10. C. Davies O/60	Sadd	25.06

VETERANS O/50

1. (5) J. Mason	Dewsb	23.21
2. (12) J. Calvert	Dewsb	25.19
3. (22) K. James	Sadd	26.47

VETERANS O/60

1. (10) C. Davies	Sadd	25.06
2. (13) M. Quinn	Pstone	25.20
3. (17) S. Storey	Pstone	25.40

VETERANS O/70

1. (48) P. Ellerton	Bing	29.32
2. (54) D. Weatherhead	Bing	30.56
3. (73) B. Needle	DkPk	35.06

WOMEN

1. (14) S. Shaw	Pstone	25.24
2. (19) H. Thornhill U/18	Buxt	26.16
3. (21) R. Pilling	P&B	26.31
4. (26) J. Darigala O/40	Pstone	27.20
5. (28) L. Watson O/40	Bing	27.27
(30) J. Howells O/40	Wharf	27.32
(37) J. Johnson O/50	Pstone	28.23
(64) B. Nixon O/60	Pstone	33.17
(74) J. Cockerton O/50	Pstone	35.14
(77) S. Charlesworth O/50	Pstone	35.55
(81) B. Haigh O/70	Pstone	36.32
(91) S. Highham O/60	Pstone	40.29
(92) J. Davies O/60	Pstone	41.25

95 finishers

HIGH CUP NICK Cumbria

BM/15km/460m 25.02.17

The 2017 Inov-8 High Cup Nick - Dufton Fell Race grabbed a window in the weather between Storms Doris and Euan to provide probably the most slippery underfoot conditions ever for this 11th edition of Dufton Village's popular early season fell and Junior trail races.

Despite the terrible weather forecast on



An all-star line up at
High Cup Nick

PHOTO © HAMISH DONNELLY

Friday evening, come Saturday morning the wind and rain had calmed significantly, much to the relief of race organisers, Morgan and Lucy Donnelly, and Kirkby Stephen's dedicated Mountain Rescue Team.

A record number 286 adults rocked up and filled the village green starting line. Ahead of the senior race start 54 children competed in the 800 metre and 1.6 kilometre races through the local woods and fields.

In the senior fell race, Steve Hebblethwaite set a blistering pace and led the race out along the road and through the village. However it was Tom Addison and Chris Arthur who topped out at HCN first. Tom held on to his lead, finishing just four seconds ahead of Chris in 1.01.01, with Steve finishing third. Ricky Lightfoot's record of 1.00.01 was safe for another year. Visibility was poor and the runners were glad that Morgan had set out ~250 flags and deployed 21 marshals around the 9-mile course.

Victoria Wilkinson was on tremendous form to win the women's race again breaking her last year's record by over a minute, despite the poor conditions. She came in 11th position overall in 1.06.47, just behind V40 men's winner Rob Jebb. Heidi Dent was second finished strongly in 1.17.08 with Connie Hurton breaking into the senior ranks with a fantastic third place and first Under 23 in a time of 1.20.17. Nina Walkingshaw was fourth in 1.21.38, with Rachel Pilling in fifth and Lorraine Slater in sixth. In all, the race entry comprised 25% women, which is the strongest turn out yet,

Karen Pickles won the FV40 in 1.28.06, with Bernie Gibson taking the FV50 prize and Kim Clark on fine form to take the FV60 top spot in 1.51.03.

In the men's V40 category, Rob Jebb was unusually the only V40 to break into the top 10 overall. He held off previous open winner Darren Kay to win in 1.06.31, with Tom Cowin in third in 1.08.48. Rick Steward took the men's V50 prize in 1.15.12 ahead of Craig Smith. William Proctor showed Helm Hill's strength across the age categories winning the V60s in 1.19.56 and amazing Mike Gill won the V70s in 2.10.40.

New category Under 23 provided local winners in Connie Hurton, Eden Runners, for the younger women and Josh Jardin of Helm Hill for the U23 men, who was also 7th overall in 1.04.34. He held off William Robson of North Shields Poly and James Broom of Borrowdale. Second in the Women's U23 was Poppy Booth, who had travelled up from Dorset to finish in 1.31.24 and third was Megan Hopper from Derwent Valley Trail Runners in 1.58.28.

In the Junior Trail races, 54 children braved the weather and very muddy conditions to race expertly through the woods. The under 11s set off first, with Campbell Donnelly holding off Liam Barr to win in 3.52 to Liam's 4.01. Nathan Kemp raced well to finish third in 4.12. In the girls' under 11 race, team mates Esme Walkingshaw and Madison Barker battled it out with Esme winning in 4.23. Eve Bousfield came in third in 5.23. Jasmina

Innerdale had a storming run in the girls' Under 9 winning in an impressive 4.45 ahead of Ella Stamp and Millie Jebb. For the boy's Corey Tallentire won in 4.57 ahead of Poly Aidan, Lewis Dale and Morgan Vincent.

In the five and under fun run, Arragon's Tri Club Gabriel Newby took the boy's title with Rosa Davis of Dufton taking the girl's win.

Onto the long course, Charlie Harding set the fastest time of the day in the Under 15s, winning in 7.35 ahead of Harry Chambers in 7.48 and third placed George Sidaway. Charlie Parry won the Under 17s and Jake Higginbottom won the Under 19s. Five seconds separated the top three in the Boys' Under13, with Alasdair Grant winning the boy's title in 9.13, one second ahead of Arran Hodgson and Alistair Barr in 9.18.

In the Under 13 girls Mira Tallentire winning in 9.42, managed to stay ahead of Beau Walkingshaw in second 9.49 with Hollie Bousfield in third.

Overall, a fantastic day, with much needed race proceeds going to support Dufton's Village Hall.

Many thanks to: Dufton villagers for making soup, cakes, registration, timing, results, giving access to the fells and fields, marshalling, serving and generally helping to make the event a success. Massive thank you to Kirkby Stephen Mountain Rescue for carefully monitoring the race & ensuring all the 286 runners returned safely.

And final thanks to: Team Prize sponsors Liam and Sue O'Halloran of Midtown Farm and Angela and Ron Barker of High Cup Wines, Dufton. Race numbers sponsored by Northern Runner, Newcastle and first places in women's and men's senior fell race provided by Inov-8.

Morgan & Lucy Donnelly

1. T. Addison	HelmH	1.01.01
2. C. Arthur	Bowl	1.01.05
3. S. Hebblethwaite	Kesw	1.02.45
4. M. Lamb	Kesw	1.03.39
5. M. Roberts	CalDV	1.04.26
6. A. Perry	HelmH	1.04.28
7. J. Jardine U/23	HelmH	1.04.34
8. G. Greenhow	Amble	1.04.38
9. J. Baxter	P&B	1.04.43
10. R. Jebb O/40	Bing	1.06.31

VETERANS O/50

1. (38) R. Steward	HH	1.15.12
2. (49) C. Smith	Kesw	1.17.18
3. (52) S. Watson	Elvet	1.17.38

VETERANS O/60

1. (71) W. Proter	HH	1.19.56
2. (134) A. Duncan	Bowl	1.29.25
3. (166) J. Clapp	DFR	1.34.05

VETERANS O/70

1. (276) M. Gill	Blickhill	2.10.40
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WOMEN

1. (11) V. Wilkinson	Bing	1.06.41
2. (47) H. Dent	Howg	1.17.08
3. (74) C. Hurton U/23	Eden	1.20.17
4. (83) N. Walkingshaw	Howg	1.21.38
5. (96) R. Pilling	P&B	1.23.01
6. (97) L. Slater	Barlick	1.23.04
(127) K. Pickles O/40	P&B	1.28.06
(133) N. Hawkrigg O/40	NFR	1.29.12
(146) K. Bridge O/40	Eden	1.31.41

(187) B. Gibson O/50	Derw	1.36.16
(195) D. Bathgate O/50	Swale	1.37.10
(197) S. Williams O/50	NLFR	1.37.14
(247) K. Clark O/60	Kesw	1.51.03

285 finishers

HIGH CUP NICK JUNIOR RACE

Short course 800m

Boys U/11

1. C. Donnelly	Dufton	3.52
2. L. Barr	Howg	4.01
3. N. Kemp	CFR	4.12
4. D. Thomson	LMart	4.16
5. T. Robinson	Howg	4.33

Girls U/11

1. E. Walkingshaw	Eden	4.23
2. M. Barker	Eden	5.16
3. E. Bousfield	Arrag	5.23
4. L. Booth	Bolt	5.37
5. P. Stewart	Dutton	6.08

Boys U/9

1. C. Tallentire	Arrag	4.57
2. A. Dale	NSP	4.51
3. M. Vincent	OLT	5.54
4. S. Giles	Unatt	6.24
5. W. Main	Dutton	8.40

Girls U/9

1. J. Innerdale	Bolt	4.45
2. E. Stamp	Dallum	5.03
3. M. Jebb	Unatt	5.26
4. S. Sugden	Penr	5.47
5. A. Booth	Bolt	5.58

Long course 1.6km

Boys U/13

1. A. Grant	Arrag	9.13
2. A. Hodgson	CFR	9.14
3. A. Barr	Howg	9.18
4. D. Slack	Eden	9.37
5. I. Robinson	Howg	9.52

Girls U/13

1. M. Tallentire	Arrag	9.42
2. B. Walkingshaw	Eden	9.49
3. H. Bousfield	Arrag	10.37

BOYS U/15

1. C. Harding	Eden	7.35
2. H. Chambers	Unatt	7.48
3. G. Sidaway	CFR	8.13
4. H. Sidaway	CFR	8.32
5. F. Hudson	Arrag	10.40

BOYS U/17

1. C. Parry	Unatt	13.05
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BOYS U/19

1. J. Higginbottom	Dufton	8.29
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ILKLEY MOOR West Yorkshire AS/8km/401m 26.02.17

Recent weather made the challenging course a bit more treacherous than normal but thankfully on the day conditions were good with only a stiff breeze for the runners to contend with. An impressive performance from Tom Adams gave him his fifth victory in this race with a lead of almost four minutes over Ted Mason and Graham Pearce. There were promising performances from Euan Brennan fourth overall and first U18 and Jack Cummings eighth overall and first U23.

The women's competition was won by Helen Glover and she was followed home by



Recent weather made the challenging Ilkley Moor course a bit more treacherous

fellow team member Louisa Powell-Smith. 2016 winner Bronwen Jenkinson came third despite dislocating her shoulder during the race.

The men's team prize was won by Wharfedale Harriers (Ted Mason, Sam Watson, Christian Holmes, Nicholas Charlesworth) and women's team prize was won by Ribble Valley Harriers (Helen Glover, Louisa Powell-Smith, Emma Taylor). 321 finished 2 DNF.

Thanks to all the volunteers that made the race happen and Pete Bland for their continued support of the race.

Chris Oxlade

1. T. Adams	Ilk	37.16
2. T. Mason	Wharfe	41.06
3. G. Pearce	P&B	41.20
4. S. Watson	Wharfe	42.13
5. E. Brennan U/18	Ilk	42.52
6. C. Miller	Hgte	42.56
7. D. Poole	Barlick	43.11
8. J. Cummings U/23	Ilk	43.13
9. C. Holmes O/40	Wharfe	43.31
10. N. Charlesworth O/50	Wharfe	43.38

VETERANS O/40

1. (9) C. Holmes	Wharfe	43.31
2. (12) P. Darwood	Unatt	44.12
3. (15) T. Venning	VStr	45.08

VETERANS O/50

1. (10) N. Charlesworth	Wharfe	43.38
2. (24) C. Smale	Barlick	47.25
3. (32) J. Ryder	Ilk	48.33

VETERANS O/60

1. (99) M. Pickering	Ilk	55.24
2. (138) N. Hindle	FRA	59.17
3. (163) T. Hesketh	Unatt	60.42

VETERANS O/70

1. (183) N. Bush	Ilk	62.34
2. (233) G. Howard	Ilk	68.22
3. (255) G. Breeze	Wharfe	72.15

WOMEN

1. (19) H. Glover	Ribble	46.33
2. (28) L. Powell-Smith	Ribble	47.57
3. (29) B. Jenkinson U/23	Eryri	48.00

4. (59) A. Mason	LeedsU	51.33
5. (78) E. Taylor	Ribble	53.09
6. (82) P. Munro O/40	Ilk	53.47
(100) R. Cesar De Sa O/40	Skyrac	55.35
(161) A. Weston O/50	Ilk	60.37
(165) H. Whitaker O/50	Unatt	61.06
(283) S. Morley O/60	KnareStr	76.55
(295) J. Edwards O/60	Unatt	79.40

321 finishers

HIGH PEAK MARATHON Derbyshire

BL/67km/1645m 03.03.17

After last year's snow enforced sabbatical it was great to be back in Edale Village Hall on the first Friday in March. The atmosphere pre-High Peak Marathon is quite special as the teams contemplate the task ahead of them.

This year that task seemed to include walking on water and although the rain stopped just before the start, the bogs were full of liquid and ready to swallow something more solid. Flagstone paths are not something fell runners always appreciate but I think most were glad of the new hard surface on across Brown Knoll. A more significant change to the route was staying on the higher ground across Cartledge Flat, the original watershed route, which was last run in 2003. This section also has some new flagstones but plenty of boggy ground too.

Ground conditions did not phase our first women's team '3 Blind Mice and a Farmer's Wife' as they set a new women's record nine minutes faster than that set in the frozen conditions enjoyed in 2013. Members of the first male team 'Long Distance Mud Affair' hold many fell-running records between them but none had won HPM before. Congratulations to them for filling this gap in their CVs!

Meanwhile, our current HPM record holding team 'Flipper's Gang', although without Flipper himself (Steve Watts), finished in second place

and were fast enough to win the veterans' trophy almost before applying the handicap to their time. Spyke (Steve Pyke) once again took home an HPM tankard to add to his substantial collection. The two Steve's were also presented with a special prize that Martin Stone had promised for breaking the long-standing HPM record of 8:07 his team set in 1988. In 2013 Flipper, Spyke, Matt Giles and Simon Harding ran 15 minutes quicker. The delay in presentation was in waiting for the appropriate 'High Peak' liquor to become available.

Many thanks to the students of University of Sheffield Mountaineering Club for organising all the things that make a fell race go well - food, transport and manning the checkpoints. The weather on Friday whilst they got set up was truly awful but they ably carried out their task with an enthusiasm much appreciated by the runners. Thanks also to our competitors. We hope to see you again next year.

Richard Bradbury

1. J. Mann/A. Perry, S. Ohly/	8.41.32
N. Barber/C. Arthur	LongD MudAff
2. S. Pyke/D. Taylor/	9.05.41
M. Scotney/J. Hunt Veterans	Flipp Gang
3. G. Borrell/W. Boothman/	9.27.34
R. Skrimshire/R. Hunt	Who's Navig
4. N. Spinks/K. Hewitson/	9.32.15
B. Pascall/J. Brown Female3BlindMiceFWife	
5. T. Saville/K. Saville/	9.36.34
J. Malley/S. Walker	ChilKevolution
6. M. Gillie/L. Langdon/	9.46.50
D. Waide/S. Bellamy Mixed Vets	DoesMyBum
7. M. Harmon/R. Stein/	9.48.50
B. Kelsey/D. Robinette	JustOnceMore
8. S. Bramwell/P. Swindles/	10.37.05
S. Knowles/T. Bush	Pennine SPS
9. S. Mills/H. Kirk/	10.56.14
K. Groom/C. Elliot	AnyonerSeenTigger
10. L. Eccles/G. Beardwood/	10.57.43
P. Jackson/N. Walsh	PennyLnPegLegs

36 finishing teams

CARDING MILL CANTER Shropshire

AS/7.8km/580m 04.03.17

In a break from tradition I'm going to mention the marshals first. Without the volunteer marshals this race (like many others) would not happen. They are the true heroes of the fells! So in no particular order here are the heroes of this race: Charlie Leventon, Mark Bollam, Joe Faulkner, Paul Jennings, Elaine Nichols, Pauline Richards, Keith Richards, Rachel Bollam, Don Hale, Alex, Hugh Morgan-Jones, Ed Austrums, Michael Burton, Leena Cowell, Terri Jones, Rick Robson, Mark Agnew, Tom Roo, Andy Davies.

Conditions this year were very wet underfoot making the steep descent down the Burway and the final descent off Haddon very slippery but it made for some good spectating! Anna Bartlett managed to stay upright on the slippery stuff only to come a cropper on the final rocky finish - ouch.! But she still finished second lady not far behind winning lady Mel Price (both Mercia).

First and second men were 'foreigners' (to

me anyway), Alasdair Campbell (Buxton AC) and Joe Baxter (Pudsey & Bramley). I suspect they were using the race as a warm up for Joe Faulkner's duathlon on the Mynd the next day.

Billy Starling was in fine form winning the under 19s' category and sixth overall with a time that would have given him the outright win last year. His younger brother, Joe, was not far behind in 13th overall. Watch these two in the future.

Dave Nichols

113 finishers

PIPE DREAM

Clwyd

AS/8.2km/518m 04.03.17

It was a good day out for youth and veterans alike at this year's Pipe Dream, with two under 23s in the top three (one of them under 18), but crowned by a V40. Felipe Jones and clubmate U/23 Sion Price travelled a long way to take the top two slots, with Felipe having no trouble with a nearly two minute margin by the end, smashing John Parkinson's V40 record in the process.

Not so easy behind him, as U/18 Max Dunford narrowly beat John P for the final podium position.

Miranda Grant had no trouble winning the ladies, with a strong performance leaving her three minutes clear of Sian Williams. FV40 Jackie Lee took third.

It was great to see some young blood doing well in what is a sea of V40s these days, with seven under 18s taking part and to that end thanks go to Math Roberts for encouraging and facilitating the St David's College pupils to attend. No doubt they will be making further appearances this season.

One notable performance this year came in the form of Steve P Jones who absolutely destroyed Alan Duncan's 2013 V60 record by 2.01 minutes, finishing 11th overall in the process and only 12 seconds behind Miranda. One to watch for this year's British Championships perhaps?

Craig Jones

1. F Jones O/40	...	SarnH	35.21
2. S. Price U/23	...	SarnH	37.12
3. M. Dunford U/23	...	StDavids	37.34
4. J. Parkinson O/40	...	Eryri	37.41
5. G. Roberts	...	Unatt	38.24
6. N. Ashcroft O/40	...	Amble	38.47
7. P. Jones O/40	...	Eryri	39.40
8. M. Davies O/40	...	NWRCC	39.56
9. M. Grant Female	...	Eryri	40.03
10. J. Smith-Keegin	...	GOG	40.06

VETERANS O/50

1. (15) S. Toogood	...	Buckley	41.52
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VETERANS O/60

1. (11) S. P. Jones	...	Eryri	40.15
2. (29) A. Duncan	...	Bowl	46.16
3. (40) N. Hindle	...	WFRA	48.07

WOMEN

1. (9) M. Grant	...	Eryri	40.03
2. (17) S. Williams	...	Hebog	43.37
3. (25) J. Lee O/40	...	Eryri	45.31
4. (39) L. Grantham O/40	...	Pensby	48.05
5. (43) L. Lee U/23	...	StDavids	48.55
6. (50) H. Macarthur O/40	...	GOG	50.16

(64) E. Salisbury O/50 ... Eryri 56.14
71 finishers

HOPE WINTER Derbyshire

BS/9.5km/451m 05.03.17

For the second running of this event we had a very mixed bag of weather in the preceding couple of weeks, which left the route very wet underfoot and an uncertain forecast for the day gave us a very wintry feel.

173 people showed up to run the reverse of the summer route in this tough little event. There was a good turnout from local clubs with runners wanting to blow away the cobwebs from winter plod training with a blast up and round the back of Win Hill.

As the runners set off in the rain the cloud came down and temperature dropped. Reports from the Win Hill marshals said that there was heavy snow on the summit and visibility was down to a few metres. A true winter conditions' race was unfolding. All the runners just got on with it and stayed safe with a few people feeling a bit chilly at the end but apart from a cut knee, no injuries.

Chris Arthur was home first with a clear lead in an amazing time of 44.43, just 17 seconds off last year's winning time. First female was Caitlin Rice with a fantastic time of 54.45.

Thanks to all the marshals who braved the weather and did a great job. Also thanks to all the support from various people in the village as this a great fundraising event for Hope with all the proceeds going back into the village. Let's hope we get proper summer conditions in June when we run the proper way round!!

Colin Papworth

1. C. Arthur	...	Bowl	44.43
2. M. Elkington U/23	...	DkPk	46.19
3. S. Franklin	...	Totley	46.41
4. S. Bond O/40	...	DkPk	46.45
5. J. Williams	...	DkPk	47.18
6. S. Harding	...	Macc	47.32
7. J. Lane	...	Totley	49.45
8. J. Crownshaw U/23	...	DkPk	51.47

9. C. Perry ... DkPk 51.49
10. A. Taylor ... DkPk 51.56

VETERANS O/50

1. (11) P. Butcher	...	Mansf	52.08
2. (28) S. Bell	...	DkPk	56.17
3. (33) S. Shaw	...	Unatt	57.18

VETERANS O/60

1. (74) D. Holmes	...	DkPk	65.29
2. (83) G. Barnes	...	Unatt	67.28
3. (104) S. Wickham	...	Erew	71.28

VETERANS O/70

1. (94) M. Cochrane	...	DkPk	69.22
2. (128) D. Trickett	...	Hallam	76.19
3. (149) B. Needle	...	DkPk	84.27

WOMEN

1. (19) C. Rice	...	RibbV	54.45
2. (32) S. Fawcett	...	DkPk	56.50
3. (35) M. Wilson	...	DkPk	57.27
4. (36) H. Thornhill U/23	...	Buxt	57.47
5. (39) J. Jepson O/50	...	DkPk	58.24
6. (65) R. Walwyn	...	DkPk	63.40
(66) J. Wilson O/40	...	Hallam	64.26
(78) A. Jones O/60	...	Altrinch	65.48
(79) J. Howells O/40	...	Wharf	66.25
(90) J. Crowson O/50	...	DkPk	69.03
(99) J. Gardner O/50	...	Macc	70.16
(139) B. Nixon O/60	...	Pstone	80.01
(148) L. Hayles O/60	...	CaldV	83.19
(153) B. Haigh O/70	...	Pstone	85.32

172 finishers

CLOUD NINE Derbyshire

BM/14.5km/381m 05.03.17

Congleton Harriers hosted the 30th running of the Cloud 9 Hill Race with 265 runners taking part in the 9-mile race that sees runners start on the Biddulph Valley Way up to the Bosley Cloud and back down via the ancient Bridestones monument. In some of the worse conditions the club can remember, it was a day for wearing the required kit rather than just carrying it.

When the race started at 11 00 a.m. there were reports of snow and sleet on the summit but undeterred, the runners began their



Cloud 9 this year was a day for wearing the required kit rather than carrying it

PHOTO © BRYAN DALE

challenge. Fighting their way through the wet fields towards Acorn Lane and up Gosberry Hole lane before the climb up the Cloud itself reaching the trig point at 1,125 ft but no time to stop and stare for the runners wanting a good position or fast time as they made their way off the Cloud towards the Neolithic Bridestones and down through Timbersbrook and Brookhouse Lane before re-joining the Biddulph Valley Way and a sprint for the finish line.

As the stopwatches neared the hour mark, the returning runners came into view and the first to finish in 56:37 was Simon Bailey, second and third places went to local runners from the Boalloy club, Carl Moulton winner in 2015 and 2016 was second in 57:41 and Julian Goodwin was third in 1:01:54.

With over 50 different running clubs represented the Cloud 9 race has built its reputation throughout its history as a challenging race with slick organisation and cheerful supportive marshals and sells out well in advance of race day with organisers maintain a waiting list such is its popularity.

Indeed, it was somebody on that waiting list that came through to finish as first woman, Carla Brown was 27th overall in a time of 1:10:35. Kate Davies was in second place and 34th overall in 1:11:29 and in third and rounding off a great performance for the Boalloy Club was Harriet Pickup coming 44th overall in 1:13:46.

Craig Hewitt

1. S. Bailey	...	Mercia	56.37
2. C. Moulton	...	Boalloy	57.41
3. J. Goodwin O/40	...	Boalloy	1.01.54
4. W. Griffiths	...	Penn	1.02.26
5. J. Burgess O/40...	...	DkPk	1.02.56
6. B. Light	...	Buxt	1.02.57
7. E. James	...	Belper	1.04.07
8. M. Basnett	...	MowCop	1.04.26
9. J. Stockdale O/40	...	Altrinch	1.04.58
10. J. Wood O/40	...	StaffsM	1.05.40

VETERANS O/50

1. (138) M. Haire	...	Boalloy	1.09.33
2. (29) M. Messenger	...	Macc	1.11.02
3. (141) G. English	...	Lpool P	1.11.21

VETERANS O/60

1. (41) S. Morran	...	Bolt	1.13.11
2. (50) T. MGaff	...	Wilms	1.14.59
3. (83) A. Watts	...	Wilms	1.19.19

WOMEN

1. (27) C. Brown	...	CambC	1.10.35
2. (89) K. Davies	...	Unatt	1.11.29
3. (44) H. Pickup	...	Boalloy	1.13.46
4. (57) G. Ford	...	Tod	1.15.38
5. (60) A. Markley	...	Macc	1.16.20
(65) L. Harrison O/40	...	Wilms	1.17.11
(81) C. Stamper-Clark O/40	...	DelamS	1.18.31
(87) W. Higginbottom O/40	...	Buxt	1.20.12

97 finishers

BLUBELL INN Derbyshire

BS/7.6km.190m 05.03.17

Youth had its day by taking the winners berth in both the male and female race at Farnah Green near Belper on a particularly wet

morning.

With 67% of the field in veteran categories it was pleasing to see Christian Howett win by well over a minute and Staffi Luker-Edwards managing to hold off the many times fell race winner, Chris Howard.

It was also encouraging to see several complete newcomers to the sport taking part and finishing covered in mud but with smiles on their faces.

My sincere thanks must go to the official and to the marshals who selflessly stood out to help the runners around the course in such inhospitable conditions.

David Denton

1. C. Howett	...	Ripley	26.59
2. M. Rocchelli	...	LongE	28.19
3. D. Denby-Whitt O/40	...	Unatt	29.39
4. L. Stubbs	...	Redhill	29.58
5. K. Perry O/50	...	FRA	30.05
6. D. Halford O/50	...	Unatt	30.09
7. D. Alexander O/40...	...	Unatt	30.22
8. M. Lay O/40	...	LongE	30.34
9. J. Evans	...	Sinfin	31.00
10. D. Horton O/40	...	Belper	31.06
(12) S. Edwards O/50	...	Belper	31.46

VETERANS O/60

1. (44) B. Powis	...	Ripley	40.05
2. (45) C. Hayward	...	Redhill	40.27
3. (49) C. Bostock	...	LEat	40.54

WOMEN

1. (11) S. Luker-Edwards	...	AmbEre	31.45
2. (14) C. Howard O/40	...	Mat	32.17
3. (21) J. Howett O/40	...	Ripley	34.09
4. (27) C. Scott O/40	...	Sinfin	35.02
5. (30) A. Clemmitt O/40	...	Wirks	36.50
(46) L. Salkild O/50	...	HolmeP	40.35
(53) A. Bent O/60	...	Buxt	42.36
(55) B. Barnes O/50	...	Redhill	43.31
(58) T. Pickard O/50	...	Unatt	44.11

70 finishers

BROUGH LAW Northumberland AS/8km/400m 12.03.17

A staggering 167 runners turned out for the Brough Law fell race in the beautiful Breamish Valley today - twice the number from the previous year! They certainly brought the good weather with them as the conditions were perfect. Registration opened early and it was just as well as the queue built up steadily. This was the first counting race in the NFR championships as well as the North East Counties championships.

The runners were briefed and set off at 10 00 a.m. It was a close finish between Chris Edis, Andy Berry and Colin Donnelly, with Edis coming through the victor. The leading times were slower than expected due to a flag being missed, throwing the leaders off course with the chasing pack following.

First home for the ladies was Katherine Davis with Jo Smith second and Dawn Metcalf in third. First M40 was Scott Gibson, first FV40 was Nina Cameron, first M50 was Garry Robson, first FV50 was Henrietta Carter and M60 was Les Turnbull. Spot prizes were also given out.

Many thanks to all who competed and supported, in particular Mike Steven and Jane Briggs for their help at registration and with the results. Proceeds went to Northumberland Mountain Rescue. Thanks must also go out to Ross Wilson for his support and to the Northumberland National Park for the use of their facilities.

Despite the navigation issue, it was a thoroughly enjoyable day in the Northumberland hills. Chip timing next year, perhaps!

See you next year.

John Butters

1. C. Edis...	...	Kesw	42.10
2. A. Berry	...	DFR	42.16
3. C. Donnelly O/50	...	Cambus	42.32
4. R. Garland	...	NFR	43.26
5. P. Archer	...	Unatt	43.27
6. G. Cooper	...	DFR	43.34
7. K. Heron	...	Ashing	43.46
8. L. Damminga	...	Carlisle	43.48
9. G. Lewis-Dale	...	NSP	44.02
10. S. Gibson O/40	...	NFR	44.08

VETERANS O/50

1. (3) C. Donnelly	...	Cambus	42.32
2. (13) G. Robson	...	NSP	44.18
3. (14) K. Murray	...	Teviot	44.20

VETERANS O/60

1. (45) L. Turnbull	...	Norham	46.55
2. (64) R. Maynard	...	Sunder	49.05
3. (71) D. Henderson	...	Alnwick	49.42

WOMEN

1. (37) K. Davis O/40	...	NSP	46.26
2. (50) J. Smith	...	NFR	47.30
3. (68) D. Metcalfe O/40...	...	DerwV	49.26
4. (72) T. Robb	...	LowFell	49.52
5. (83) N. Cameron O/40	...	NFR	52.10
(92) H. Carter O/50	...	NFR	52.26
(108) S. Davis O/50	...	NFR	55.38
(111) M. Drozzy O/50	...	ElsW	56.02

166 finishers

YR ARAN Gwynedd

AM/16.1km/945m 18.03.17

This was the thirteenth running of the Ras yr Aran and we certainly weren't lucky with the weather. The foot of the mountain was warm with light drizzle but with cloud base low on the Garth, visibility by the summit plateau was down to 25 metres with winds gusting to gale force giving a wind chill approaching -10 degrees.

The race was the third counter in the North Wales series and a quality field of 86 hardy souls took up the challenge. Due to conditions the organiser slashed the Moel Fenigl cut -off time to 50 minutes and all competitors made that time. Deteriorating weather forced three retirements above the checkpoint and everyone had a hard battle to the turnaround, the route being terminated short below the final summit rocks climb.

The first runners home were Gareth Wyn Hughes in 1:34:38, 12 seconds ahead of last year's winner, Karl Steinegger with Lawrence Eccles a minute and a half behind.

The Women's race was won by Zoe Barber

in 1:50:50, followed less than a minute later by Sian Williams. Buckley had a good day with Jez Brown fourth overall and he, Steve Toogood, and John Morris took age category wins. John got very chilled on the descent and in the true spirit of fell running was supported by two Pensby runners and after re-warming, was able to pick up his prize. Women's category prizes went to Ruth Metcalfe, and Ellie Salisbury.

One female competitor developed signs of hypothermia on the return across the plateau and was assisted by members of the Mountain Rescue and she was able to walk down in their company. The race organisers are very grateful for the support of the rescue who are out on the fells for us at all of our races, fortunately rarely are they required to intervene but their presence is a great service to all runners at all races, which is truly appreciated.

Nicholas Bradley

1. G. W. Hughes	...	Mercia	1.34.38
2. K. Steinegger	...	Amble	1.34.50
3. L. Eccles	...	PennyL	1.36.22
4. J. Brown O/40	...	Buckley	1.37.20
5. L. Taggart O/40	...	Manx	1.37.54
6. T. Evans	...	Merionnydd	1.38.19
7. T. Barr	...	Buckley	1.40.01
8. D. Griffiths	...	RhedHebog	1.40.42
9. T. Higginbottom O/40	...	Eryri	1.42.20
10. J. O'Hara	...	Helsby	1.43.07

VETERANS O/50

1. (17) S. Toogood	...	Buckley	1.47.39
2. (21) R. Owen	...	Eryri	1.50.46
3. (25) D. Powell	...	Aberyst	1.54.06

VETERANS O/60

1. (43) T. Taylor	...	Ross	2.04.07
2. (44) G. Davies	...	Mercia	2.04.18
3. (46) L. Hughes	...	Maldwyn	2.04.53

VETERANS O/70

1. (75) J. Morris	...	Buckley	2.34.48
2. (80) D. Prooijen	...	Clwydian	2.58.39

WOMEN

1. (22) Z. Barber	...	Mercia	1.50.50
2. (23) S. Williams	...	RhedHebog	1.51.42
3. (30) L. Beetlestone	...	Eryri	1.55.13
4. (33) H. Evans	...	Buckley	1.56.33
5. (41) S. Harley	...	Eryri	2.03.32
6. (51) R. Metcalfe O/40	...	Eryri	2.07.51
7. (55) M. Hughes O/40	...	Eryri	2.12.05
(77) E. Salisbury O/50	...	Eryri	2.37.02

81 finishers

CARROCK FELL Cumbria

AS/9km/500m 19.03.17

105 hardy fell runners turned up to run this year's Carrock Fell race held in atrocious weather conditions. Heavy rain fell overnight meant that the river was in full flood and dangerous to cross. The start of the race had to be flagged to the bridge at the ford. This small diversion, plus the 60mph winds, horizontal rain, mist and very wet conditions under foot meant that times were predicted to be somewhat slower than the previous year!

Carl Bell and Sam Stead had a battle for first place, with Sam Stead in the lead on the West Fell traverse path, with Carl overtaking Sam very near the end of the race on the steep descent route. Carl took first position by just two seconds with a finishing time of 48.48.

Mario Yeomans and Phil Archer had a hard battle for CFR club's championship points with just 10 seconds separating them.

First Female was Karen Bridge, who was also first FV40 in 1.05.53. She expressed surprise to be first having been convinced she was second but that's the added interest of fell races in

mist with variable route choice options. Karen was closely followed in by Catherine Evans, who was first Open Female.

Three new course records were set, with Michael Mallen setting a new V60 record in 1.02.33. Aiofe Smith set a new U23 record in 1.11.27, closely followed by Jenn Bradley with only three seconds between them. U23 Charlotte Akham also did well to run round in such difficult conditions. Lesley Malarkey set the FV60 women's record in 1.25.49.

Most of the front runners took a clear direct line down West Fell but the descent line on West Fell became more interesting with runners spread out and coming in from all directions by the end of the pack. High Pike marshals reported afterwards that runners were coming from all directions clutching compass and map in the mist.

The club had great feedback from runners after the race who very much appreciated a dry hay barn for shelter, hot drinks and a huge selection of home-made cakes made by the Northern Fells Running Club's loyal support crew.

Thanks to King Kong Adventure in Keswick who helped with a generous discount on prize vouchers.

N Hawkrigg

1. C. Bell	...	Kesw	0.48.48
2. S. Stead	...	Kesw	0.48.50
3. C. Arthur	...	Bowl	0.50.24
4. J. Evre	...	Eden	0.51.59
5. M. Holliday	...	DHR	0.52.19
6. K. Collisan	...	Borr	0.52.26
7. C. Edis	...	Kesw	0.52.37
8. C. Lowther	...	Eden	0.52.51
9. M. Yeomans	...	CFR	0.53.31
10. P. Archer	...	CFR	0.53.41

VETERANS O/40

1. (14) M. Morton	...	Penn	0.56.58
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Carrock Fell race with atrocious weather conditions



PHOTO © STEVE RAZETTI

2. (16) A. Jackson	NthnF	0.57.17
3. (18) A. Slattery	Kesw	0.57.31

VETERANS O/50

1. (24) D. Prosser	Kesw	0.59.38
2. (28) N. Sidawav... ..	CFR	1.00.32
3. (33) A. Beaty	CFR	1.01.08

VETERANS O/60

1. (39) M. Mallen	Kesw	1.02.33
2. (64) J. Clapp... ..	DFR	1.11.00
3. (88) M. Hind... ..	Kesw	1.19.08

WOMEN

1. (43) K. Bridge O/40 ...	Eden	1.05.53
2. (44) C. Evans	Kesw	1.05.58
3. (50) J. Meeks O/50... ..	Borr	1.06.50
4. (56) A. Johnson	Eden	1.07.42
5. (61) H. Horne O/50 ...	NthnF	1.10.34
6. (62) J. Chatterley O/40	CFR	1.10.45
(68) A. Smith U/23	Gatesh	1.11.27
(69) J. Bradley U/23	CFR	1.11.30
(95) L. Malarkey O/60 ...	Kesw	1.25.49
(97) K. Clark O/60	Kesw	1.26.37

103 finishers

WOLF'S PIT Derbyshire

AS/9km/450m 19.03.17

After seven years of fine weather, this year the rain threatened to dampen proceedings but by the time the runners were arriving to register, the sun was shining. Malcolm's plan of renting a 'Reet Proper Marquee' - that would double up as race HQ and then 'maternity ward' for the Sowerby flock during lambing was a good one. It enabled us to accommodate the senior, junior and Notts County Championship registrations, plus catering for all, in the same area.

Thank you to those participants who

respected our parking requests and sensibly left their cars in the dedicated parking areas kindly provided at Hope Valley Garden Centre and EPB Books. The five minute walk to the start is a great meander along a 'Devon-like lane' and, as a result, there was some grass left on the field for the sheep to nibble post lambing.

The Junior races:

The first of the Accelerate Gritty series saw a strong turnout of 24 U12s in the fun run and 43 U16s in the strongly contested main race led home by U14 Joe Currie for the lads and U12 Lauren Wilshaw for the lasses.

Prior to the start of the senior race the 336 runners respectfully remembered Trevor Milner (Dark Peak) who had competed at Wolfs Pit for five consecutive years between 2011 and 2015. Our thoughts are with his friends and family.

As the race results show, there was a strong field, led home for the second year in succession by Stuart Bond in an impressive 42:22, 18 seconds ahead of his club mate, the ever quickening Josh Williams. The pair also assisted in Dark Peak winning the team prize. Ribble Valley's Caitlin Rice took the honours for the women and was followed home by U23s Anna Hoogkaner and Helen Thornhill.

All in all it was another cracking Wolfs Pit - I'd like to take this opportunity to thank Accelerate, whose generous support and promotion of the event has been unwavering; - check out their You Tube videos from the race.

Thanks also to The Bradda Dads, wives and other volunteers who all muck in to make it happen, Dickie Wilkinson and his team from down south (Notts) - who make it their championship race, the landowners, Shatton Hall Farm, RAB/Outdoor designs, St John's Ambulance and finally, Malcolm Sowerby - the

inspiration behind the race and who allows us to use his fantastic field.

Lis Boyle

1. S. Bond O/40	DkPk	42.22
2. J. Williams	DkPk	42.40
3. D. Haworth	Matlock	43.42
4. K. Raulik	Steenstag	43.54
5. J. Paisley U/23	Belper	45.20
6. B. Shaw	Totley	45.32
7. A. Stirk	Steenstag	45.33
8. C. Perry	DkPk	45.36
9. I. Mills	Penn	45.43
10. J. Street	Clowne	45.46

VETERANS O/40

1. (1) S. Bond	DkPk	42.22
2. (14) A. Lake	EskV	46.47
3. (17) S. Dixon	DkPk	47.00

VETERANS O/50

1. (32) P. Shaw	Mansf	48.57
2. (45) P. Butcher	Mansf	50.35
3. (54) D. Soles	Penn	51.21

VETERANS O/60

1. (98) A. Fox	Gloss	54.30
2. (127) G. McMahon ...	RedhRR	56.46
3. (128) R. Taylor	Penn	56.59

VETERANS O/70

1. (140) B. Blyth	Macc	57.49
2. (170) M. Cochrane... ..	DkPk	60.34
3. (181) B. Warwick	Derw	61.23

WOMEN

1. (28) C. Rice	Ribble	48.19
2. (47) A. Hoogkaner U/23	DkPk	50.49
3. (57) H. Thornhill U/18	Buxton	51.28
4. (70) H. Tant	Totley	52.16
5. (85) E. Batt O/50	DkPk	53.39
6. (89) Z. Proctor	Penn	54.05
7. (113) L. Taylor	Ripley	55.27
8. R. Walwyn	DkPk	55.39
9. (121) J. Wilson O/40 ...	Hallam	56.07



*A rainbow at Wolf's Pit
promising better weather?*

PHOTO © STEVE LAWSON

10. (139) A-M. Jones O/60	Altrinch	57.43
JUNIOR RACE		
1. J. Currie Boy U/14		10.18
2. S. Soles Boy U/16		10.41
3. J. Darley Boy U/14		10.44
4. J. Purvis Boy U/16		10.53
5. J. Patton Boy U/14		11.49
6. S. Tierney Boy U/16		12.05
(10) L. Wilshaw Girl U/12		12.43
(11) E. Fitzpatrick Boy U/12		12.50
(13) f. Patton Girl U/12 ...		13.06
(14) H. Robertshaw Girl U/14		13.09
(15) H. Wilshaw Girl U/14		13.22

CAUSEY PIKE Cumbria

AS/7.2km/543m 25.03.17

Keswick AC's iconic Causey Pike Fell Race was marked by some early spring sunshine resulting in perfect weather conditions for fell running. If anything, the general consensus on the start line was that it was going to be a warm one. Regarded by many as the start of the Lakeland the fell running season, full

concentration is required at every stage of this tough technical route. From Stair Bridge, runners head up Causey Pike via Rowling End, taking in a short stretch along the ridge before dropping off the steep grassy flank on the descent. It is then full tilt back down the valley to the finish at stair.

The men's race was well contested at the front with Morgan Donnelly first to the top but was just beaten on the finish line by Ricky Lightfoot (35:27). Callum Tinnion was third. However, the men's team prize was taken by Ambleside.

The women's race was won by Rachel Mellor (51:21), who was also first lady to the summit and was closely followed home by club mate Julie Carter. Kerry Cornforth was third. The women's team prize was won by Keswick AC. *Daniel Barton*

1. R. Lightfoot	Ellenb	35.27
2. M. Donnelly O/40	Borr	35.40
3. C. Tinnion	Ellenb	37.02
4. J. Mann U/23	Ambleside	38.17
5. M. Sullivan	Shettle	38.25
6. A. Fleet	Unatt	38.55

7. D. Cope U/23	Howgill	39.16
8. A. Schofield O/40	Borr	39.50
9. T. Simpson U/23	Ambleside	39.56
10. T. Day	Kesw	40.40

VETERANS O/40

1. (2) M. Donnelly O/40 ...	Borr	35.40
2. (8) A. Schofield O/40 ...	Borr	39.50
3. (15) M. Robinson	DkPk	41.51

VETERANS O/50

1. (12) C. Smith	Kesw	41.27
2. (17) D. Sargent	Eden	42.38
3. (29) D. Wilson	Bowl	45.10

VETERANS O/60

1. (40) M. Mallen	Kesw	47.55
2. (55) A. Reid	Ellenb	50.40
3. (69) T. Symonds	NthnF	54.12

WOMEN

1. (61) R. Mellor	Kesw	51.21
2. (64) J. Carter O/50	Kesw	52.01
3. (70) K. Cornforth O/40	Borr	54.32
4. (76) M. Kelly	Howgill	55.39
5. (78) J. Simpson U/23 ...	Ambleside	57.07
(92) K. Clark O/60	Kesw	65.02

99 finishers

PHOTO © DAVID TUCKER



*Blue Skyline
Thinking at Edale*

Keswick's Carl Bell and Steve Hebblethwaite approaching the first quarry at Donard Challenge



Worn by British fell running champion, Finlay Wild



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